**Lesson for May 8-Guidance Lesson Materials**

Directions there are many books on kindness and one book that will be read for this lesson is What Does It Mean to Be Kind? By Rana Dioro if you can find or have access to this book please review it if you do not please complete the handout below. Draw a picture in the box and write 2-3 sentences about the picture.

During this time it is important for you to be kind to others no matter what is going on. Think of a time you were kind or think of something you would like to do to be kind to others. Share this with a family member and friend and do not forget to spread kindness no matter where you are!

Kindness

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**Lesson for May 15- Small Group/Individual Services**

Please review the handout below and engage in the activities that are listed below throughout the week! Make sure to try your best and try to keep a positive attitude.

***Activity One:*** **Freeze Dance/Movement**

One of my favorite things to do is to dance or get active! I challenge you to play freeze dance today or get up and move to get your body moving. You can also do this by playing Red Light Green Light and Simon Says which are easy games to play. You may also want to do some stretches or exercises that you have learned in PE as well!

***Activity Two:* Mindful Posing**

Go somewhere quiet and familiar, a place they feel safe. Next, try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Think about how you feel after a few rounds of trying either of these poses. You may be surprised!

***Activity Three:*** **Body Scan**

* Lie down on their back on a comfortable surface and close their eyes;
* Then squeeze every muscle in their body as tight as they can.
* Squish your toes and feet, squeeze your hands into fists, and make your legs and arms as hard as stone;
* After a few seconds, release all your muscles and relax for a few minutes;
* Now think about how their body is feeling throughout the activity.

This simple exercise makes you more aware of your body and help you find a way to be present in the moment.

***Activity Four:* Looking Around**

Think about what your favorite color is. After identifying your favorite color. Throughout the day or for a certain amount of time look for items ( in or outside of your home) or things that are that color and write them down. Then share it with someone, challenge yourself and see if you can find at least 10 items!

**Lesson for May 22- Guidance Lesson**

***The 7 Habits of Happy Kids***

Below are the seven habits and what each one means match the habit to the statement that matches. If you do not have access to internet use context clues based on the meaning of the words.

Be Proactive A. Have a Plan

Begin with the End in Mind B. Balance Feels Best

Put First Things First C. Everyone Can Win

Think Win-Win D. Together is Better

Seek First to Understand, Then to Be Understood E. Listen Before You Talk

Synergize F. Work First, The Play

Sharpen the Saw G. You’re in Charge

**Please answer the questions below in complete sentences.**

Below think about a habit that you have that you would like to improve or change?

Now that you have an idea of what the seven habits are which one would you like to focus on and why?

Note: If you have a library that you have access to or would like to order the book with this lesson the title of the book is The 7 Habits of Happy Kids by Sean Covey. It is a great for students and also have parent resources as well to teach and give your student(s) value information on lessons that will last a lifetime! I challenged you to work on at least one habit over the summer while school it out!