

HAVE YOU...

- Taken one mindful moment to breathe as a class?
- Reminded students about the traffic light?
- Mentioned the focus strength for this week?
- Used the tree analogy to encourage a growth mindset?
- Asked students what they feel thankful for?
- Talked about the animal characters in our minds – how we can grow some of them and shrink our Guard Dog?
- Made sure every student has moved their body today?
- Asked students how they are planning on being kind today?

