

# **Middle School**

## ***Tech-free Social Emotional Learning Exercises for at-home learning***

### **Sample daily routine:**

- 1. Wake up, and set a goal or positive intention for your day. *Today I will be*\_\_\_\_\_.**
- 2. Eat breakfast and try to get 10-15 minutes of physical activity before starting your day (stretching, walking, playing basketball, etc.)**
- 3. School work**
- 4. Break (snack, movement, breathing exercise) or at-home responsibilities**
- 5. School work**
- 6. Lunch, break, at-home responsibilities**
- 7. Choice time or at-home responsibilities**
- 8. School work**
- 9. Break (snack, movement, breathing exercise)**
- 10. Finish the day with reflection:**
  - a. What went well?**
  - b. How do I feel?**
  - c. What do I need to modify or adjust in my schedule to meet my needs?**

***Now use the sample routine to write your own that works for you!***

**What are your 3 daily priorities? Use these to plan your day!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

	Time	Activity
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**Is this going to be the same every day of the week or do you need to write a different schedule for different days?**

**Instructions: Choose at least one exercise from the Bingo board to do each day.**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Take 3 deep belly breaths.	Name 3 things you are grateful for.	Make tight fists with your hands then release. Do this 5 times.	Do 3 rounds of balloon breathing.	Say to yourself or write down your goal for the rest of the day.
Do a standing forward fold.	Take 3 deep stretches overhead with your arms.	Write down or say in your head 2 positive things about yourself.	Name the emotions you are feeling right now, then breath through them.	Is there anyone you need to apologize to? Make a plan for this.
Is there anyone you need to talk to after this? Make a plan for this.	Watch the clock for 90 seconds and focus on breathing.	Practice being mindfully present by counting 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 taste.	Close your eyes and count 10 deep breaths.	Talk a walk around the space while you focus on your breathing.
Draw a picture or a zen tangle.	Think of 3 positive words to help get you through this moment.	Think about your favorite song or beat and play it in your head.	Set an intention/commitment before coming back to the whole group space.	Give yourself a compliment.









## **Tool for Resolving Conflict**

***Use this page to help guide you in reacting to issues that may arise at home.***

### ***HOW BIG IS MY PROBLEM?***

5	<i>Physical and serious danger to yourself or others. Feeling extremely depressed or uncared for.</i>
4	<i>Arguing with others; feeling very down; feeling isolated and extremely stressed.</i>
3	<i>Feeling ill, got hurt playing outside, feeling overwhelmed or stressed.</i>
2	<i>Someone is bothering you, arguments with friends/siblings, feeling annoyed, mild stress.</i>
1	<i>Sleepy, bored, confused on an assignment, missing friends.</i>
0	<i>Lost in a video game, didn't get your way with a sibling, not feeling 100% today.</i>

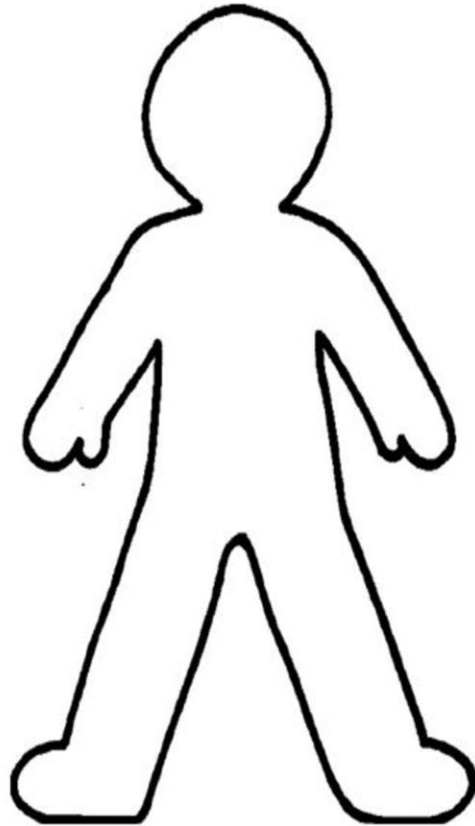
### ***What you should or can do if your problem is a....***

5	Tell a trusted adult immediately. This is a problem that adults (or maybe older siblings) are responsible for helping with.
4	Tell a trusted adult and help think of ways that you can feel better from this issue. Talk it out. Do something that brings you joy. Give yourself some space and time away from the issue if possible.
3	Practice some breathing or calming strategies before confronting the issue. Take some time away from the person or issue. A teacher, friend, or family member could also help you with this.
2	Reach out for help from a friend, teacher, or family member or take some time to think about what you need to move through this issue. Remember that emotions are temporary and will eventually pass. Find other ways to connect with people for support.
0-1	Take 90 seconds of deep breathing or calming before you decide what to do next. Step away and do something else for a few minutes. Rest.

## **Strategy: Managing Physical Discomfort from Stress**



**Where do you physically feel frustration or stress?**



1

*Practice the “name it to tame it” strategy. Identify where in your body you are physically feeling frustration or stress, then breath through it focusing on calming that space down. This strategy alone helps to reduce discomfort you may be feeling in the head, belly, or chest area for example.*



## **Mindfulness: Movement and breathing**

*Here are some fun poses that have been proven to boost mood and confidence!*

Amy Cuddy's Power Poses,  
plus some more

---



Bold & confident



Wonder Woman



Victory



Generic superhero



Statue of Liberty



I'm a little teapot,  
short but with clout



Walk like an Egyptian  
(Pharaoh, that is)



Rawr!



Power yoga



***Breathing strategies for regulation:***

- ❖ Take 3 deep belly breaths
- ❖ Count 1,2 on your inhale; count 1,2 on your exhale
- ❖ Trace your fingers on one hand with the index finger of the other while you breath
- ❖ Visualize your favorite color and as you breath, imagine that color moving through your body
- ❖ Set a timer for 90 seconds and breathe deeply. 90 seconds of breathing can significantly reduce feelings of stress or anxiety.

### **Mindfulness Board: Act, Breathe, Reflect**

<b>ACT</b>	<b>BREATHE</b>	<b>REFLECT</b>
<b>ACT</b> Today I will be... (happy, present, focused, kind, successful, growing, reflective, etc.)	<b>BREATHE</b> 90 second rule (breathe for 90 seconds before reacting- this has a proven calming effect on the brain)	<b>REFLECT</b> “What are 3 good things that happened today?”
<b>ACT</b> The 5 senses (name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste)	<b>BREATHE</b> Take 3 deep belly breaths	<b>REFLECT</b> “How (or when) did you overcome a challenge today?”
<b>ACT</b> Positive affirmation setting. “I’ve got this.” “I am enough.” “I am strong.”	<b>BREATHE</b> Rainbow breathing (make a rainbow motion by raising arms up over head)	<b>REFLECT</b> “What are 5 specific things you are grateful for right now?”
<b>ACT</b> Active listening (listen to an entire song without speaking, focusing solely on the music, beats, words, etc.)	<b>BREATHE</b> Balloon breathing (make a balloon motion up over head or on your belly)	<b>REFLECT</b> How can you frame a negative experience into something positive? Can you “find the light” in a difficult situation?

#### ***How to create a simple mindfulness practice at home:***

1. Set up a designated space with a cushion or pillow.
2. Close your eyes or look down at your lap.
3. Take 3-5 deep breaths.
4. Set an intention or say a positive affirmation for the day.
5. Bonus: Incorporate some movement/stretching/yoga.

## YOGA BOARD

Savasana (laying flat on back, focus on breathing for 1-2 minutes)



Bridge pose (on back, knees bent, hips lift)



Bridge Pose

Supine twist (on back, arms wide open, knees drop to one side then the other)



Cat/cow (hands and knees moving spine up and down)



Child's pose (hips to heels) or puppy pose (keep hips lifted)



Down dog (upside down V)



Sun salutation A. Repeat sequence 5 times.



Mountain pose (standing strong pose)



Tree pose (foot to inside of leg)



Wide-leg forward fold



Warrior pose



End in seated where you can set an intention, say a positive affirmation, set a goal, or take deep breaths/meditate.





# 8 FACTORS OF HAPPINESS

Source: Duke University Study on Happiness

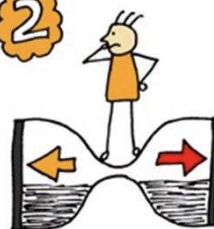
1



**LACK OF SUSPICION and RESENTMENT**

nursing a grudge was a major factor in UNHAPPINESS

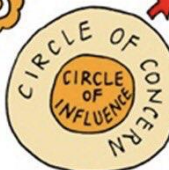
2



**NOT LIVING IN THE PAST**

pre-occupation with past mistakes and failures lead to depression

3



**NOT WASTING TIME & ENERGY FIGHTING THINGS YOU CANNOT CHANGE**

"co-operate with life"

4

**STAY INVOLVED WITH THE LIVING WORLD**

resist withdrawal & become reclusive during stress



5



**REFUSE TO INDULGE IN SELF-PITY WHEN LIFE HANDS YOU A RAW DEAL**

"no one gets through life without some sorrow and misfortune"

6



**CULTIVATE OLD FASHIONED VIRTUES**  
**LOVE**  
**COMPASSION**  
**HUMOR**  
**LOYALTY**

7



**DONT EXPECT TOO MUCH FROM YOURSELF**

gap between expectation and ability = feeling of inadequacy

8



**FIND SOMETHING BIGGER THAN YOURSELF TO BELIEVE IN**

self centered egotistical people score lowest in any test measuring **HAPPINESS**

Sketchnote by: Tanmay Vora ~ QAspire.com ~ @tnvora





***Today, what will you focus on that you CAN control?***