



FOSTERING WELLBEING AND COMMUNITY

January 24, 2022 – January 28, 2022

Student Health and Human Services
POSITIVE BEHAVIOR INTERVENTIONS
AND SUPPORTS/RESTORATIVE PRACTICES



Teaching and Learning Framework Standard 2: Classroom Environment
School Leadership Framework Standard 4: Culture of Learning and Positive Behavior

A sense of community in the school and classroom helps stakeholders feel valued and included. Strategic activities that leverage stakeholders' strengths and identities provide opportunity for individuals to learn more about each other, resulting in deeper levels of connection and a sense of belonging in a manner that is culturally and linguistically responsive.

A simple and fun way to approach community building is through thematic events and activities. (Elementary should be done daily, while Secondary should be done on a rotating schedule to ensure that all students are engaged in these activities. For example; History classes may engage in Mindful Mondays, Math classes may engage in Grati-Tuesday, and so on. This can be discussed and decided at a faculty meeting.)

This is a frame to support ongoing purposeful focus on wellbeing and a sense of community in schools and classrooms. Weekly lesson plans will be housed in the Resources Section in the Positive Behavior Interventions and Supports/Restorative Practices (PBIS/RP) Schoology group (access code ZV2B-2PCZ-BMJVX) and will continue to expand to create a sharing community. Please share any ideas, activities and/or resources by emailing them to: pbis-rp@lausd.net.

Mindful Monday 1-24	Grati-Tuesday 1-25	Wellness Wednesday 1-26	Thoughtful Thursday 1-27	Fun Friday 1-28
 <p>Mindfulness is the ability to be fully present in the moment. It can provide numerous benefits, from decreased stress and sadness to increased levels of focus and happiness, according to research. Mindful meditation practice is one way to truly experience the current moment and integrate that awareness into your everyday life.</p>	 <p>Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things we often take for granted, like having a place to live, food, clean water, friends, family, and even computer access.</p>	 <p>There are Eight Dimensions of Wellness: emotional, physical, social, occupational, spiritual, environmental, financial, and intellectual. Each dimension of wellness is interrelated and equally vital in the pursuit of optimum health. Understanding how to maintain and optimize each of the dimensions can support an optimal level of overall wellness.</p>	 <p>Doing something for others is powerful for your wellbeing. In fact, when we give to others, our brain's pleasure and reward centers light up as if we were the receiver and not the giver! We also get a boost of feel-good endorphins and a hormone called oxytocin is released, which lowers our stress!</p>	 <p>Fun Friday is the opportunity to learn more about our students while building community and developing and strengthening relationships. Be creative and have fun!</p>



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STUDENTS

Mindful Monday
1-24

Grati-Tuesday
1-25

Wellness Wednesday
1-26

Thoughtful Thursday
1-27

Fun Friday
1-28

Anchor breathing

- Imagine being on a boat, feeling calm, and safe. Attached to the boat is an anchor. It keeps you there, where you want to be, and happy.
- Our bodies, like the boat, also have anchors. They can help us focus.
- With your hands on your chest, breathe in deeply to a three-count, then breathe out slowly to a three-count. If your mind wanders, come back to your anchor.

Daily Check-In

- Opportunity to check-in on everyone's wellbeing
- Maintain and establish positive rapport and relationships
- Support participant engagement

Community Building & Wellbeing Activities

Rainbow Walk

"It's not what you look at that matters, it's what you see."
 –Henry David Thoreau

- Take a walk and look for something red, orange, yellow, green, blue, and purple. Keep going through the colors until the end of the walk.
- Write about the things you noticed and how they made you feel.
- After the walk, discuss the different things students noticed.

Invite students to share.

Let's Appreciate

"Don't forget that a person's greatest emotional need is to feel appreciated."
 –H. Jackson Brown, Jr.

Play the Appreciation "Hot Seat" Game.

- Randomly pick 2-5 students (depending on time) who will take turns sitting in the "hot seat."
- When it's someone's turn to be in the hot seat, classmates tell the person why they appreciate them.
- Take turns expressing gratitude for each other's work, character traits, any help or kindnesses recently given, etc.

Invite students to share.

Sleeping and Wellness

"Sleep is the golden chain that ties health and our bodies together."
 –Thomas Dekker

Sleep helps our brains process memories and remember important information.

Watch the videos, [Why Do We Need Sleep?](#) and [Sleep and Teens](#), then reflect on the following:

- What happens when you don't get enough sleep?
- What are the benefits of sleeping well?
- What improvements can you make to your sleep routine?

Invite students to share.

Honest Disagreement

"Honest disagreement is often a good sign of progress."
 –Mahatma Gandhi

It's ok to disagree, but it can be tricky to do it thoughtfully.

Click on the title above to hear Kid President's tips on how to disagree.

Review and discuss some of the ideas below:

- Treat people like they are people
- Listen, listen, listen
- Pause, breathe, love
- Accept people for who they are.
- Dance

Invite students to share.

Connecting Through Story

Do you have a favorite relative or a friemily, a friend that's like family?

Become a storyteller by putting words together to create an interesting short story about an event with your relative or friemily.

- Recall a fun, scary, or adventurous moment you shared with this special person.
- Think about the setting, what the situation was, and the result.
- Describe the setting, remembering special details about that moment.

Invite students to share.

Daily Check-Out

- Opportunity to gauge how the individual/group's mood/energy has shifted
- Promote positive relationships
- Opportunity to end on a positive note



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**POSITIVE BEHAVIOR INTERVENTIONS
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ALL EDUCATORS AND STAFF

Mindful Monday
1-24

Grati-Tuesday
1-25

Wellness Wednesday
1-26

Thoughtful Thursday
1-27

Fun Friday
1-28

Anchor breathing

- Imagine being on a boat, feeling calm, and safe. Attached to the boat is an anchor. It keeps you there, where you want to be, and happy.
- Our bodies, like the boat, also have anchors. They can help us focus.
- With your hands on your chest, breathe in deeply to a three-count, then breathe out slowly to a three-count. If your mind wanders, come back to your anchor.

Daily Check-In

- Opportunity to check-in on everyone's wellbeing
- Maintain and establish positive rapport and relationships
- Support participant engagement

Community Building & Wellbeing Activities

Rainbow Walk	Let's Appreciate	Sleeping and Wellness	<u>Honest Disagreement</u>	Connecting Through Story
<p>"It's not what you look at that matters, it's what you see." –Henry David Thoreau</p> <ul style="list-style-type: none"> • Take a walk and look for something red, orange, yellow, green, blue, and purple. Keep going through the colors until the end of the walk. • Write about the things you noticed and how they made you feel. • After the walk, discuss the different things participants noticed. <p>Invite participants to share.</p>	<p>"Don't forget that a person's greatest emotional need is to feel appreciated." –H. Jackson Brown, Jr.</p> <p>Play the Appreciation "Hot Seat" Game.</p> <ul style="list-style-type: none"> • Randomly pick 2-5 participants (depending on time) who will take turns sitting in the "hot seat." • When it's someone's turn to be in the hot seat, classmates tell the person why they appreciate them. • Take turns expressing gratitude for each other's work, character traits, any help or kindnesses recently given, etc. <p>Invite participants to share.</p>	<p>"Sleep is the golden chain that ties health and our bodies together." –Thomas Dekker</p> <p>Sleep helps our brains process memories and remember important information.</p> <p>Watch the videos, Why Do We Need Sleep? and Sleep and Teens, then reflect on the following:</p> <ul style="list-style-type: none"> • What happens when you don't get enough sleep? • What are the benefits of sleeping well? • What improvements can you make to your sleep routine? <p>Invite participants to share.</p>	<p>"Honest disagreement is often a good sign of progress." –Mahatma Gandhi</p> <p>It's ok to disagree, but it can be tricky to do it thoughtfully.</p> <p>Click on the title above to hear Kid President's tips on how to disagree.</p> <p>Review and discuss some of the ideas below:</p> <ul style="list-style-type: none"> • Treat people like they are people • Listen, listen, listen • Pause, breathe, love • Accept people for who they are. • Dance <p>Invite participants to share.</p>	<p>Do you have a favorite relative or a friemily, a friend that's like family?</p> <p>Become a storyteller by putting words together to create an interesting short story about an event with your relative or friemily.</p> <ul style="list-style-type: none"> • Recall a fun, scary, or adventurous moment you shared with this special person. • Think about the setting, what the situation was, and the result. • Describe the setting, remembering special details about that moment. <p>Invite participants to share.</p>

Daily Check-Out

- Opportunity to gauge how the individual/group's mood/energy has shifted
- Promote positive relationships
- Opportunity to end on a positive note



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Parents/ Guardians/ Caregivers (Weekly Office Hours Community Building Prompt for Parents)

Daily Check-In

- Connect with parent's social emotional wellbeing by using one of these ideas to [Check-in](#).
- Use the following Community Building prompts:
 - What are some ways you and your child can improve the school community?
 - What are some ways you can promote your child's socio-emotional awareness?

Daily Check-Out

- Thank parents/guardians/caregivers for their support and time
- Opportunity to end on a positive note

Additional Links for Information and Inspirational Ideas

Mindful Monday 1-24	Grati-Tuesday 1-25	Wellness Wednesday 1-26	Thoughtful Thursday 1-27	Fun Friday 1-28
Rainbow Relaxation: Mindfulness	More Gratitude Games Even More Gratitude Games	Why I Need Sleep 5 Ideas for Better Sleep	Thoughtful Thursday	Storytelling Kids The Importance of Storytelling

These daily activities support [Social Emotional Learning Competencies](#) and do not replace District adopted SEL curriculum. The activities/resources above align with District/School adopted Social Emotional Curriculum (Second Step, Sanford Harmony, etc.).