



Middle School Advisory Lessons

Week of April 13, 2020

Advisory Activity: These are suggested activities to help students remained engaged and promote social/emotional wellness in the larger school community.

Monday – FREE READING TIME: Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.

Tuesday – REFLECTION: Please watch the video “My Philosophy for a Happy Life” and complete the reflection questions for yourself. [My philosophy for a happy life | Sam Berns | TEDxMidAtlantic](#)

Reflection Questions:

- Ask yourself, “What is the most important thing that people should know about you?”
- What question do you think you spend most of your time thinking about?
- What do you think you should focus on more, after listening to Sam Berns speak?

Wednesday – FREE READING TIME: Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.

Thursday – FITNESS/WELLNESS: Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health and flexibility. **Try This:** [20 minutes YOGA FLOW](#)

Friday – CHALLENGE: We challenge you to recreate a work of art with objects (and people) in your home.

Choose your favorite artwork,
Find three things lying around your house,
Recreate the artwork with those items,
And share with us!

Holicong send to mcanelli@cbsd.org

Lenape send to fpustay@cbsd.org

Tamanend send to kdudley@cbsd.org

Tohickon send to jmurtha@cbsd.org

Unami send to jboyle@cbsd.org