



Middle School Advisory Lessons

Week of April 20, 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: Self Talk

Think about what self-talk is. It is common to find ourselves talking to ourselves. Sometimes this happens out loud, but more often it is an internal dialog. This is called self-talk. When we engage in self-talk, we can give ourselves encouragement or criticism. This is called positive/negative self-talk.

Read article: [Article about self talk](#) then answer the reflection questions.

Reflection Questions:

- As you think about your day so far, can you identify any examples of self-talk that you have had?
- Was it positive or negative?
- As you go through the rest of the day, notice what types of thoughts you have.

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: Cardiovascular exercise is any exercise that raises your heart rate. Our bodies were made to move and to keep our muscles in shape we need move them. This movement makes them stronger and stronger muscles make for a more efficient and healthy body. Cardio can improve both the function and the performance of your heart, lungs and circulatory system.

Try This: [30 Minute Strength and Cardio](#)

Friday – CHALLENGE: Assembling puzzles helps with fine-motor skills, perceptive skills, and planning--after all, you need to look for clues from shapes and colors to figure out what goes where. This all helps keep your brain young, no matter your age! Puzzling is also a good bonding activity for families. **Upload a picture of your finished puzzle to padlet:** [Puzzle Challenge](#).