

Middle School Advisory Lessons

Week of April 27, 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: Mindfulness – What is it? Please watch the video and complete the reflection questions for yourself.
<https://www.youtube.com/watch?v=mjtfyuTTQFY>

Reflection Questions:

- How often do you get stuck thinking about things that happened in the past or that we have coming up?
- How does that make you feel?
- Have you ever tried mindfulness and living in the moment? What was it like?

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: Strength training involves the performance of physical exercises which are designed to improve strength and endurance. Strength training can provide significant functional benefits and improvement in overall health and well-being.


Try This: [24 Minutes TABATA for ALL levels](#)

Friday – CHALLENGE: Growth Mindset Choice Board [Growth Mindset Choice Board](#)

"In a Growth Mindset, people believe that their most basic abilities can be developed through dedication and hard work- brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment."
(Dweck, 2015)



Growth Mindset Choice Board



Create a playlist of songs that inspire your growth mindset.

Research a famous person you admire. Find out how their failures propelled them on their journey to success.

Create a Word Cloud (wordle.net/create) featuring your favorite growth mindset words.

Create two Memes: one that shows growth mindset and one that shows fixed mindset.

Create a comic strip that shows someone using their growth mindset to overcome a problem.

Choreograph & film a dance to the song Power of Yet by C.J. Luckey or another growth mindset song.



Create an advertisement for growth mindset encouraging "customers" to use it daily.

Write a poem about growth mindset.

Create an online album or slide show of pictures that show growth mindset in action. Don't forget the captions.

