



Middle School Advisory Lessons

Week of April 6, 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: April is Autism Acceptance Month. During Autism Acceptance Month, we focus on sharing positive, respectful, and accurate information about autism and autistic people. Autism Acceptance Month promotes acceptance and celebration of autistic people as family members, friends, classmates, co-workers, and community members making valuable contributions to our world. Autism is a natural variation of the human experience, and we can all create a world which values, includes, and celebrates all kinds of minds. Click on the link to watch a video and answer reflection questions.

[Rosie King Autism Ted Talk](#)

Reflection Questions:

- 1) What new insights has this video given you regarding autism or anyone you know on the autism spectrum?
- 2) What makes you unique?
- 3) What do you think when someone looks at you differently?

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. Click on the link for a high intensity interval training workout: [HIIT and Kickboxing Cardio Workout Plus Abs.](#)

Friday – CHALLENGE: Chalk your driveway to create eye-catching, positive notes for those walking by. This challenge promotes unity for our community but also motivates us to get outside! Messages can consist of an ode to calming thoughts, an ode to those who are working hard to defeat this virus, an ode to those who are facing rough times, or even an ode to moving forward. We are all in this together and by maintaining kindness we can overcome this obstacle. Take a picture of your drawing an upload to padlet: [Positive Driveway Messages.](#)