



Middle School Advisory Lessons *Week of May 18, 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: Guided Breathing Exercise - 5 Min

<https://www.youtube.com/watch?v=vVaMLYAiR8o>

Reflection Questions:

- What did you notice during this breathing exercise?
- Is this something that you think you could do on a regular basis?
- What are the benefits/drawbacks of something like this?
- What did you like? What did you find uncomfortable about this?

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: Water

Drinking water is a positive habit that can help students with academics as well as sports. The link below is to a 5-minute video on the importance of water in the body.

<https://ed.ted.com/lessons/what-would-happen-if-you-didn-t-drink-water-mia-nacamulli#review> Before watching the video, try to think of reasons why water is important.

1. Watch video.
2. Develop a strategy/schedule to make sure you are drinking enough water.

Friday – CHALLENGE: Human Camera

<http://www.mindfulteachers.org/2014/03/human-camera-mindfulness-activity-to.html>

Get into pairs with someone else in your household. One person is the camera; the other is the photographer.

The photographer walks behind her "camera," with hands on her camera's shoulders. She carefully guides her partner, who keeps his eyes closed. She will have the chance to make three photos.

She can guide her camera to just the right spot, either lifting his head up or down, to get the right angle. When she's ready to take the picture, she gently squeezes her partner's shoulders.

He can open his eyes momentarily, and his partner can "take the picture." Then he must close them again right away.

After the third snapshot, have the partners switch.

Reflection Questions:

- Can you remember details about the snapshots that your partner directed you to look at? Were they the details that they wanted you to see?
- As the photographer, did the "camera" capture what you were focusing on?
- How did it feel to be the camera?
- Was it difficult to only be able to catch a glimpse of something for a moment and then have to close your eyes again?
- How challenging was it to fill the role of photographer and/or the camera?