



## **Middle School Advisory Lessons**

*Week of May 25, 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 Meditation**

Choose two of the mindfulness exercises on the link below. There are many, so you could try a couple each day until you find some that you'd like to use consistently.

<http://mindfulnessforteens.com/guided-meditations/>

**Reflection Questions:**

- What did the exercises have in common?
- How were they different?
- How did you feel when you began to focus on the directions?
- Did you find one that you'd like to use again?

**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: [37 Minute HITT Cardio and Core Workout](#)

**Friday – CHALLENGE:** Create your own Brain Break Bin- have a container in your home full of handheld mazes, coloring books, cards, Uno, Jenga, jump ropes, chalk, etc.