



## **Middle School Advisory Lessons**

*Week of May 4, 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:** What's the last thing you said to yourself? Was it positive? Negative? The answer to that question, especially in times of stress, has a lot to do with our physical and mental health. Research indicates that our bodily functions are directly affected by our internal monologue. As negative self-talk increases, we're prone to self-doubt and can develop poor self-perception. All of which contribute to stress, anxiety, and shame.

Watch the following TED Talk and then complete the questions. [Ted Talk - Positive Self Talk](#)

### **Reflection Questions:**

- Psychologists point to self-talk as a cause for procrastination. What are some things we may say to ourselves that cause procrastination?
- What is something we might say to ourselves to avoid procrastinating? (Think of yourself as a coach preparing a team before a big game or what you might say to a friend to give them confidence.)
- Negative self-talk is prevalent in disorders like depression, anxiety, and stress. Instead of saying things like "I'm not smart enough to learn this," or other self-criticism, experts say we should try journaling. It's especially useful as a tool to allow us to develop a positive inner dialogue and it reduces anxiety. In the space below write a few sentences about something good that happened to you today or about something positive you did (for yourself or someone else) this week. GO YOU!! :)
- Positive self-talk should encompass the following:
  - Offer reassurance, the same as you would do for a friend who's struggling.
  - Use self-distancing to provide yourself space and clarity. (Talk about yourself in the 3rd person.)
  - Acknowledge the emotions coming into play. Don't dismiss negative emotions because they're unpleasant.
  - Take a goal-directed approach. Make a plan of small goals to complete that make-up a large goal.

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**Thursday – FITNESS/WEELLNESS:** 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:** Watch "[How 2 Decisions Led Me to Olympic Glory](#)" (4 min)

- Consider the challenges he poses at the end of the clip. Decisions are often accompanied by fear and sacrifice. Sticking to your decisions can also pose unique challenges.
- What two decisions can you make and stick to that may change your like, your circumstances, your outlook?
- How do these decisions align with your life dreams?