



## **Middle School Advisory Lessons** *Week of June 1, 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 - Why is it important?

Watch Ted Talk <https://www.youtube.com/watch?v=-vJPcdiLEkI>

**Reflection Questions:**

- What is Mindfulness?
- How does it relate to the video just shown?
- What were your take-a-ways from this talk?

**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:** Choice

Choice one of the following activities to get yourself moving!

- 15 minutes- Walking outside around track or building or around interior of building.
- Simple Chair Yoga Poses: <https://www.kidsyogastories.com/chair-yoga-poses/>
- 5 minutes- Jumping jacks, toe touches, jogging in place, lunges, Hula-hooping & jump roping

**Friday – CHALLENGE:** Household Items Challenge

*You don't need to be on a sports team or have special equipment to be physically active. Shooting baskets in the driveway, going ice skating or putting on some music and dancing around your room works. So does taking a hike or bike ride with your family, playing "active" video games (like Wii), or even walking briskly through the neighborhood. These are all great ways to be physically active. Today, we'll use creative thinking to create active games using things we find around our houses.*

- Need 1 copy of Household Items Labels sheet [Household Items Labels](#)
- Copy 1 *Our Household Item Game* Sheet per group [Household Item Game](#)
- Objectives: To broaden your knowledge of enjoyable physical activities, to help students who aren't physically active find activities they would enjoy and to create new, fun activities.
- Cut out the labels from the Household Items Labels sheet. Fold the labels and place them into a paper bag/basket/hat/cup, OR Rewrite them on small pieces of paper.
- Find a couple of family members or friends to play with.
- Have each person pick five household labels out of the paper bag.
- Instruct each other to come up with an "active" activity or activities using those five items. Encourage both indoor and outdoor activities.
- Have teams write up their new activity using the *Our Household Item Game* Sheet.