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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| April 20th - 24th | |  | | --- | | **THINK AND DO MONDAY:** *Think:* Which emotion are you feeling right now? What can you do when you are feeling grumpy? What can you do when you are feeling sad?  *Do:* Make a list or draw a picture of three things that make you happy. | | **WRITE OR DRAW TUESDAY** Write a letter or draw a picture to your teacher or a staff member at Chandler Elementary.   *Show Them!* Show Them - Snap a picture on the phone and send it to their email. | **YOUTUBE WEDNESDAY:   Go to YouTube and listen to "Your Fantastic Elastic Brain" by JoAnn Deck.**   *Discussion Questions:*  1.What does it mean to have a growth mindset? 2.What are 3 things your brain does that makes you, you? 3. The amygdala controls your emotions. Tell about 3 emotions you have experienced. 4. Why should we try again when we make mistakes? Think of a time you made a mistake but did not give up. | |  | | --- | | **HELPING THURSDAY:**  Do one chore today without being asked.  For example: Make Your Bed Wipe the Counters Do the Dishes Sweep the Floors | | |  | | --- | | **GRATITUDE AND FUN FRIDAY:**           Build a fort out of blankets! Once you are done, sit inside the fort and tell someone ONE thing you are thankful for! | |