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|   | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| April 20th - 24th |

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| **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. |

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| **HELPING THURSDAY:**Do one chore today without being asked.For example:Make Your BedWipe the CountersDo the DishesSweep the Floors |

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| **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! |

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