

This month's theme is: **Personal Best**

A perspective on

Personal Best

Here are some **traits** that come to mind
when discussing this term:

Effort
Perseverance
Resilience

However, it's so important to note that we often experience **failure** before we can experience success - and it is all of these traits that help us arrive at our **personal best**. Help your students grow through all the experiences that help them build these traits and reach their own **personal best**.

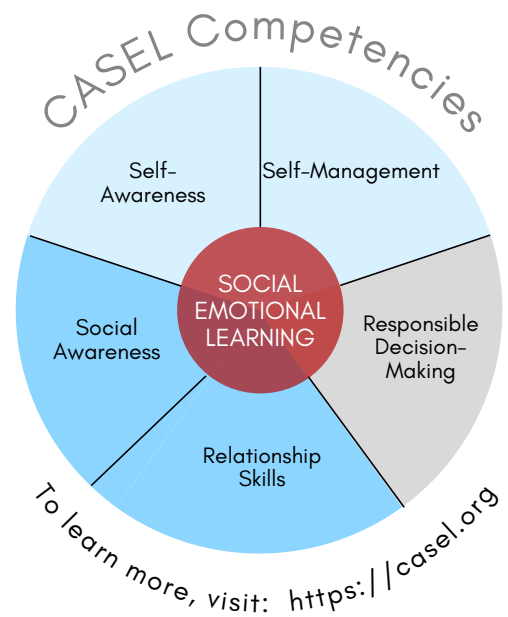
Failure is an
opportunity to
learn and grow

This month's CASEL focus areas:

Our CASEL focus areas this month are "**Self-Awareness**" and "**Self-Management**". These competencies focus on understanding and learning to manage one's emotions, thoughts, and values, and setting out to achieve one's goals and aspirations (CASEL, 2023).

Teaching Self-Awareness & Self-Management Skills in the Classroom

This article by [Edutopia](https://www.edutopia.org) discusses the importance of teaching self-awareness and self-management in the classroom, and offers some realistic strategies that can be implemented at all grade levels (Edutopia, 2016).

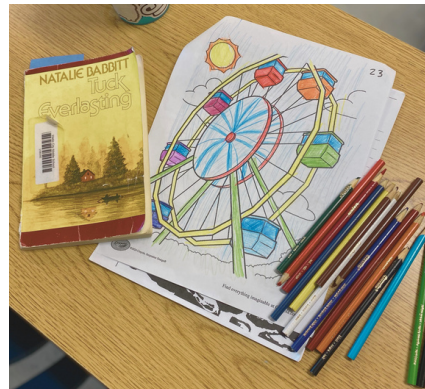
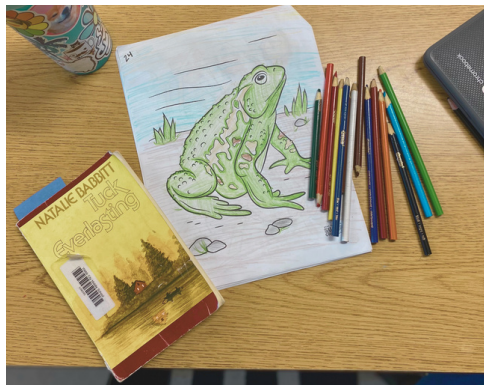




Staff Spotlights:

This month for responsibility, we talked about what all was on "**our plates**" at home and at school. We discussed the importance of being **dependable** and **trustworthy**.

Heather Byrd (*Eugene Field*)



Lydia Dieckhoff incorporated coloring sheets in her students' packets to give them a chance to stop and reflect on their learning between lessons. What a great way to add in these strategies alongside the curriculum!

Lydia Dieckhoff (*Webb City Middle School*)



Participation & Feedback Form

Complete this form to add your name into a drawing for PRIZES from the WCCB!

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This month's goals & resources:

Pre-K
(Elementary)

K - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

MIND

Week 1 (April 1 - 5)

Study Habits

Help your students learn about effective study habits (and practice being a good learner & listener!)

BODY

Week 2 (April 8 - 12)

Prioritizing Sleep & Recharging

Sleep is SO important - help your students learn additional healthy ways to recharge and gain energy to get through their tasks each day,

SELF

Week 3 (April 15 - 18)

"Mindfulness" Continued - Progressive Muscle Relaxation

Sometimes being mindful could mean moving your body and helping blood flow back to your brain so you can focus!

RELATIONSHIPS

Week 4 (April 22 - 30)

Community Service

It's national volunteer month! Teach your students ways to give back to others in their classroom, school, at home and in their community.





Pre-K & Kindergarten Resources:

Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

BACK



MIND

Week 1 (April 1 - 5)

Being a good learner / student

Help your students practice being a good learner & listener!



Yes, I can Listen By: Steve Metzger [\(Video Read Along\)](#)



Create classroom jobs / responsibilities to reinforce these skills

BODY

Week 2 (April 8 - 12)

Prioritizing Sleep & Recharging

Sleep is SO important - help your students learn additional healthy ways to recharge and gain energy to get through their tasks each day,



[The Cat Nap Challenge](#)
(Youtube Video)



Time to Recharge, Harper!
By Kelly Leigh Miller [\(Video Read Along\)](#)

SELF

Week 3 (April 15 - 18)

"Mindfulness" Continued...

Progressive Muscle Relaxation

Sometimes being mindful could mean moving your body and helping blood flow back to your brain so you can focus!



[Danny Go Channel](#) - Get the blood flowing with MOVEMENT!



[Cosmic Kids Channel](#) - Get the blood flowing with STRETCHING!

RELATIONSHIPS

Week 4 (April 22 - 30)

Community Service

It's national volunteer month! Teach your students ways to give back to others in their classroom, school, at home and in their community.



Class Community Service [Flowers](#)
Idea - Print, Color, Cut & Deliver to Nursing Home! :-)



[Cardinals Care!](#)

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Elementary Resources:

Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

BACK



MIND

Week 1 (April 1 - 5)

Study Habits

Help your students learn about effective study habits (and practice being a good learner & listener!)



[My Learning Reflection](#)



How to Be a Good Listener ([Video](#)) - You can also record your own w/ your students!

BODY

Week 2 (April 8 - 12)

Prioritizing Sleep & Recharging

Sleep is SO important - help your students learn additional healthy ways to recharge and gain energy to get through their tasks each day,



[Why Do We Need Sleep?](#)
[Video](#)



Make a [class infographic](#) with ways to recharge

SELF

Week 3 (April 15 - 18)

"Mindfulness" Continued...

Progressive Muscle Relaxation

Sometimes being mindful could mean moving your body and helping blood flow back to your brain so you can focus!



[Progressive Muscle Relaxation for Kids - Facial Muscles](#) ([Video](#))



[Progressive Muscle Relaxation for Kids - Body Muscles](#) ([Video](#))



[Mindful Mantra Mugs](#)

RELATIONSHIPS

Week 4 (April 22 - 30)

Community Service

It's national volunteer month! Teach your students ways to give back to others in their classroom, school, at home and in their community.



[Class Community Service Flowers](#)
Idea - Print, Color, Cut & Deliver to Nursing Home! :-)



[Classroom Community Service Challenge](#)



Write letters of thankfulness to those who serve in our community

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Intermediate Resources:

BACK



Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

MIND

Week 1 (April 1 - 5)

Study Habits

Help your students learn about effective study habits (and practice being a good learner & listener!)



Create a poster that includes helpful study habits that could be used by you and your peers
[Templates on Canva](#)



Super Simple Binder Organization Tips for Pre-Teens! [\(Video\)](#)

BODY

Week 2 (April 8 - 12)

Prioritizing Sleep & Recharging

Sleep is SO important - help your students learn additional healthy ways to recharge and gain energy to get through their tasks each day,



[Types of Rest - Engaging 2-Day Posters Activity](#)



[Sleep Education: lessons and activities for different grade levels](#)

SELF

Week 3 (April 15 - 18)

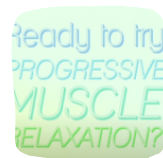
"Mindfulness" Continued...

Progressive Muscle Relaxation

Sometimes being mindful could mean moving your body and helping blood flow back to your brain so you can focus!



[Heartbeat: A Mindfulness Exercise](#)



[Progressive Muscle Relaxation \(Video\)](#)



[Progressive Muscle Relaxation \(Video Option #2\)](#)

RELATIONSHIPS

Week 4 (April 22 - 30)

Community Service

It's national volunteer month! Teach your students ways to give back to others in their classroom, school, at home and in their community.



[Community Service: Passion Project in your Pod / Classroom](#)



[Cardinals Care!](#)



[25 Ways to Volunteer](#)
Read, Discuss & Plan ways to give back!

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Secondary Resources:

BACK



Pre-K - K
(Elementary)

1st - 4th
(Elementary)

5th - 8th
(Intermediate)

9th - 12th
(Secondary)

MIND

Week 1 (April 1 - 5)

Study Habits

Help your students learn about effective study habits (and practice being a good learner & listener!)



Personal
Best/Perseverance
Introduction Activity.



Discuss 10 study tips for high schoolers. Set a goal related to developing healthy study habits



Discuss 12 Bad Study Habits (And How To Fix Them)

BODY

Week 2 (April 8 - 12)

Prioritizing Sleep & Recharging

Sleep is SO important - help your students learn additional healthy ways to recharge and gain energy to get through their tasks each day,



Complete the sleep storyboard activity.
<https://kidshealth.org/classroom/9to12/body/functions/sleep.pdf>



Use the previous storyboard link to have a discussion about effective sleep, complete the sleep log, and take the sleep quiz



Video & Discussion Questions: How teenagers' lack of sleep is harming their mental health

SELF

Week 3 (April 15 - 18)

"Mindfulness" Continued...

Progressive Muscle Relaxation

Sometimes being mindful could mean moving your body and helping blood flow back to your brain so you can focus!



Watch the video and complete the mindfulness activity



Discuss 9 Examples of Mindfulness



Check out mindfulnessfor teens.com, specifically the guided meditation section, which has several simple mindfulness activities.

RELATIONSHIPS

Week 4 (April 22 - 30)

Community Service

It's national volunteer month! Teach your students ways to give back to others in their classroom, school, at home and in their community.



Brainstorm a list of community service opportunities for high school students. Challenge each student to complete at least 1.



Jostens Harbor Video: Service



Check out this infographic (and article) about how community service benefits college acceptance

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