

Moving from Good to Great!

Virtual Social Emotional Learning Schedule (Students)

Goal: Keeping our students connected while practicing social distancing.....

Day of the Week	Time	Topic	Presenter	Delivery Method	Meeting Access
Monday		Weekly Self Care Tip	SEL Team	Email, Website, Social Media	N/A
Monday	9:00 – 9:25 a.m.	Guided Meditation, Breathing Techniques	SEL Team	Zoom	Log into your Google Classroom for access codes
Tuesday	9:00 – 9:25 a.m.	Guided Meditation, Breathing Techniques	Mr. Baskerville	Zoom	Log into your Google Classroom for access codes
Tuesday	1:00 – 2:30 p.m.	How are you? Check in.....	Mr. Baskerville	Zoom	Log into your Google Classroom for access codes
Wednesday	9:00 – 9:25 a.m.	Guided Meditation, Breathing Techniques	Mr. Baskerville	Zoom	Log into your Google Classroom for access codes
Wednesday	2:00- 3:00p.m	REACH! Open gaming / Wholeness Hour	DJ “D”	Zoom	Log into your Google Classroom for access codes
Thursday	9:00 – 9:25 a.m.	Guided Meditation, Breathing Techniques	Mr. Baskerville	Zoom	Log into your Google Classroom for access codes
Thursday	1 – 2:00 p.m.	Adjusting to the new normal.... How are you?	SEL Team	Zoom	Log into your Google Classroom for access codes
Friday	9:00 – 9:25 a.m.	Guided Discussion	Mr. Baskerville	Zoom	Log into your Google Classroom for access codes
Friday	1:00 – 2:00 p.m.	Weekend Prep.. Are you ready... 12 th grade only	SEL Team	Zoom	TBA
Friday	3:00 – 5:00p.m	REACH! Shutdown Shake Off..... Let’s Party	TBA	FB Live, IG	TBA

REACH! Open Gaming Hour: Are you a gamer? Well let's play together, share gaming handles, swap tips and info on all the latest games

Affirmation Hour....: It is so important for us to keep a positive mindset but even more so during times of increased stress. Let's set the tone for how we want our weeks to carry out. During this time, we will not only share our affirmations for ourselves but also for each other.

Guided Meditation / Breathing techniques: During this time, you be led through a mini-series of guided mediation and breathing. This practice will allow you to become centered in oneself an extremely important practice during time of increased stress.

REACH! Shutdown Shake Off: Let's shake those "shutdown blues". Laughter and movement are extremely healing during this time we will do just that. Be sure to have your speakers turns to maximum volume capacity possible so you don't miss this live dj dance party!!!!!!