

Theme of the Day: **YOU**



Educational Resources- Preschool/Primary Level

Activity 1: Recognize your successes

Subject: Math or Science

Prep Time: 5-15 min

Activity Time: 15 min

Activity Description:

Teachers, give students the opportunity to recognize and share their successes. Ask your students to select one or more of their previously graded papers that represent a job well done. Students should be proud of their work. If they don't have those exact papers anymore consider letting them write what it was on a blank piece of paper.

Give the students a few minutes to share what the assignment was and why they are proud of themselves. Did they do better than they originally thought they were capable of? Did they master a concept that was difficult for them? Did they work extra hard and it paid off with a good grade? Did they maybe not get a great grade, but still did better than they thought they could?

Make a blank bulletin board where the kids can display those papers. Title the bulletin board something like "I am smart" or "Look at what I can do!" "Super Smart in Science" "Mega Mathematician!"

Activity 2: Take 5 minutes for fun

Subject: Any

Prep Time: 5-15 min

Activity Time: 5-8 minutes

Activity Description:

Teachers, choose a short video to share with your class just for fun. Below are some options.

<https://www.youtube.com/watch?v=ZAmZucyzyZM>

<https://www.youtube.com/watch?v=dDSIpMgp5FM>

<https://www.youtube.com/watch?v=7OJ4IvO6CtI>

<https://www.youtube.com/watch?v=qR3rKokZFkg>

Explain to the students that finding a way to reduce stress throughout your day helps keep your day going well. Just finding a few minutes to think about something happy, take a few deep breaths, or anything else is a way to take care of yourself.

Share your photos and experiences @givesevendays on Facebook, Twitter, and Instagram using the hashtag #givesevendays. To share more detailed events email info@givesevendays.org with your school name.