



# A DAY Tuesday, September 8, 2020

7:55-8:30	Homeroom
8:30-9:15	Social Emotional Learning
9:15-10:00	COVID/Health Lessons
10:00-11:00	CLRI Lessons
11:00-11:45	Art - Mr. Warner
11:45-12:15	LUNCH
12:15-12:45	Culture and Identity
12:45-3:10	Teacher Office Hours

**5★4★3★2★1**  
**SLOW DOWN & CALM DOWN**  
*FIRST OFF – TAKE 3 SLOW & QUIET DEEP BREATHS!*

**5** List 5 things you can **SEE** 👁️👁️

**4** List 4 things you can **FEEL** 🖐️

**3** List 3 things you can **HEAR** 👂

**2** List 2 things you can **SMELL** 👃

**1** List something **positive** about yourself 😊

*MAKE today COUNT*

FINISHED? NOW – TAKE 3 MORE SLOW & QUIET DEEP BREATHS ©





# B DAY Wednesday, September 9

7:55-8:30	Homeroom
8:30-9:15	Social Emotional Learning
9:15-10:00	COVID/Health Lessons
10:00-11:00	CLRI Lessons
11:00-11:45	PE - Mr. Marr
11:45-12:15	LUNCH
12:15-12:45	Culture and Identity
12:45-3:10	Teacher Office Hours

5 ★ 4 ★ 3 ★ 2 ★ 1  
**SLOW DOWN & CALM DOWN**  
FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can **SEE** 👁️ 👁️

4 List 4 things you can **FEEL** 🖐️

3 List 3 things you can **HEAR** 👂

2 List 2 things you can **SMELL** 👃

1 List something **positive** about yourself 😊

MAKE today COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ©





# C DAY Thursday, September 10

7:55-8:30	Homeroom
8:30-9:15	Social Emotional Learning
9:15-10:00	COVID/Health Lessons
10:00-11:00	CLRI Lessons
11:00-11:45	Art - Mr. Warner
11:45-12:15	LUNCH
12:15-12:45	Culture and Identity
12:45-3:10	Teacher Office Hours

**5★4★3★2★1**  
**SLOW DOWN & CALM DOWN**  
*FIRST OFF – TAKE 3 SLOW & QUIET DEEP BREATHS!*

**5** List 5 things you can **SEE** 👁️👁️

**4** List 4 things you can **FEEL** 🖐️

**3** List 3 things you can **HEAR** 👂

**2** List 2 things you can **SMELL** 👃

**1** List something **positive** about yourself 😊

*MAKE today COUNT*

FINISHED? NOW – TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺️





# D DAY Friday September 11

7:55-8:30	Homeroom
8:30-9:15	Social Emotional Learning
9:15-10:00	COVID/Health Lessons
10:00-11:00	CLRI Lessons
11:00-11:45	PE - Mr. Marr
11:45-12:15	LUNCH
12:15-12:45	Culture and Identity
12:45-3:10	Teacher Office Hours

5★4★3★2★1  
**SLOW DOWN & CALM DOWN**  
FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can **SEE** 👁️👁️

4 List 4 things you can **FEEL** 🖐️

3 List 3 things you can **HEAR** 👂

2 List 2 things you can **SMELL** 👃

1 List something **positive** about yourself 😊

MAKE today COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ©

