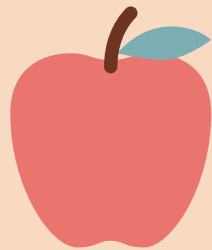
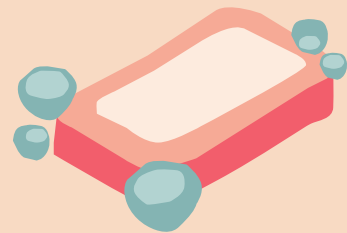
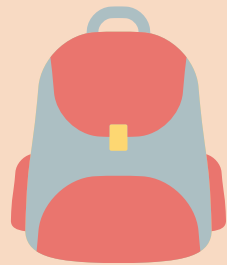




HOMEROOM

Unit 1 Lesson 4: Act & Adjust

ANNOUNCEMENTS



- Wednesday, October 1st – Healthy Minds/Suicide Prevention Assembly
- Friday, September 26th – Art Walk
- Coming up in October: Parent-Teacher Conferences!




Middle School Art Walk

Join the Class Connect session at 1:00 pm

Add your own submission
for the Art Walk by
sending your art to your
HR teacher!

**Friday Sept 26th
at 1 pm!**
**You're invited to
share your art at
the Art Walk.**
**Also, come and
have fun!**

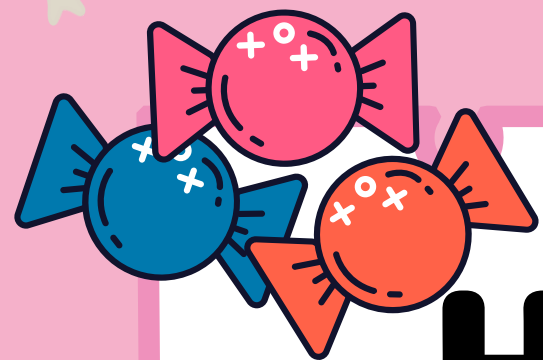




COOKING CLUB

Students interested in culinary arts will learn different cooking techniques and recipes. Students will learn about safety in the kitchen as well as simple recipes to enjoy with family and friends. Don't miss out!

Sign up here!



Help Leadership Club Out!

Do you want your voice heard in the October monthly newsletter?

Vote for your favorite candy HERE!



MONTHLY MINDSET

SEPTEMBER:

Everything is Possible

WEEK 1: 9/3-9/6

Dream Big

WEEK 2: 9/9-9/13

Embrace Creativity

WEEK 3: 9/16-9/20

Think Positive

WEEK 4: 9/23-9/27

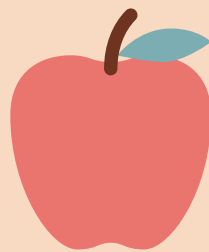
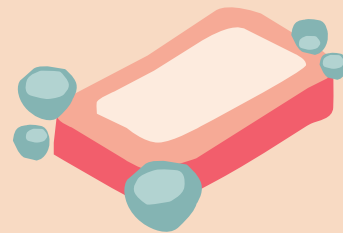
Act & Adjust

MONTHLY MINDSET

WEEKLY OBJECTIVES



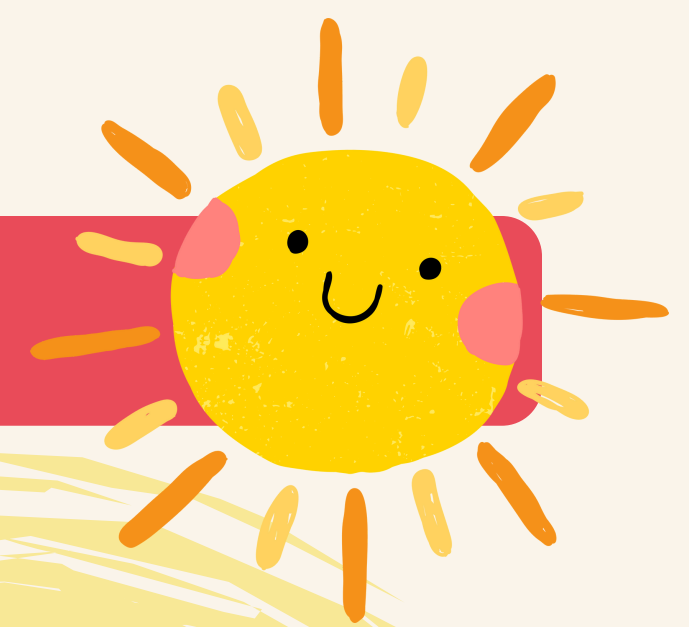
This week we will:



- Recognize that some of the things we believe may limit our ability to achieve our dreams
- Shift our mindset toward what can be done today to overcome challenges
- Understand how important it is to take an action, adjust from setbacks, and continue moving forward



How will you participate today?



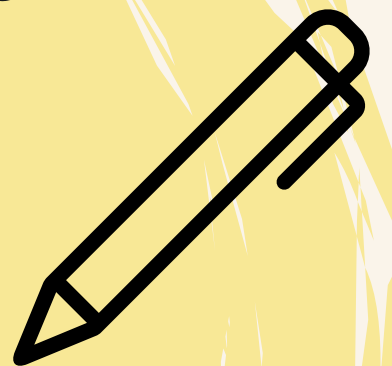
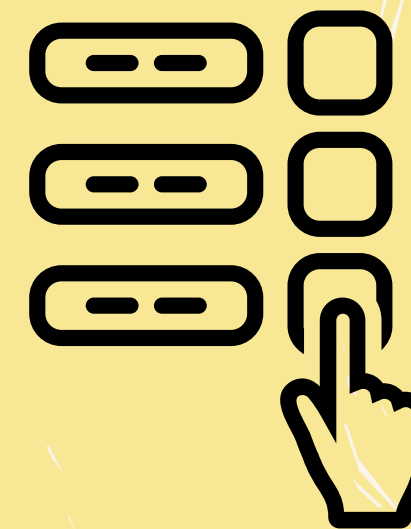
Using the chat



Raising my hand &
speaking



Whiteboard or other
Engageli Tools





WEDNESDAY



WEDNESDAY CHECK-IN

Which one are you today?



QUESTION OF THE DAY



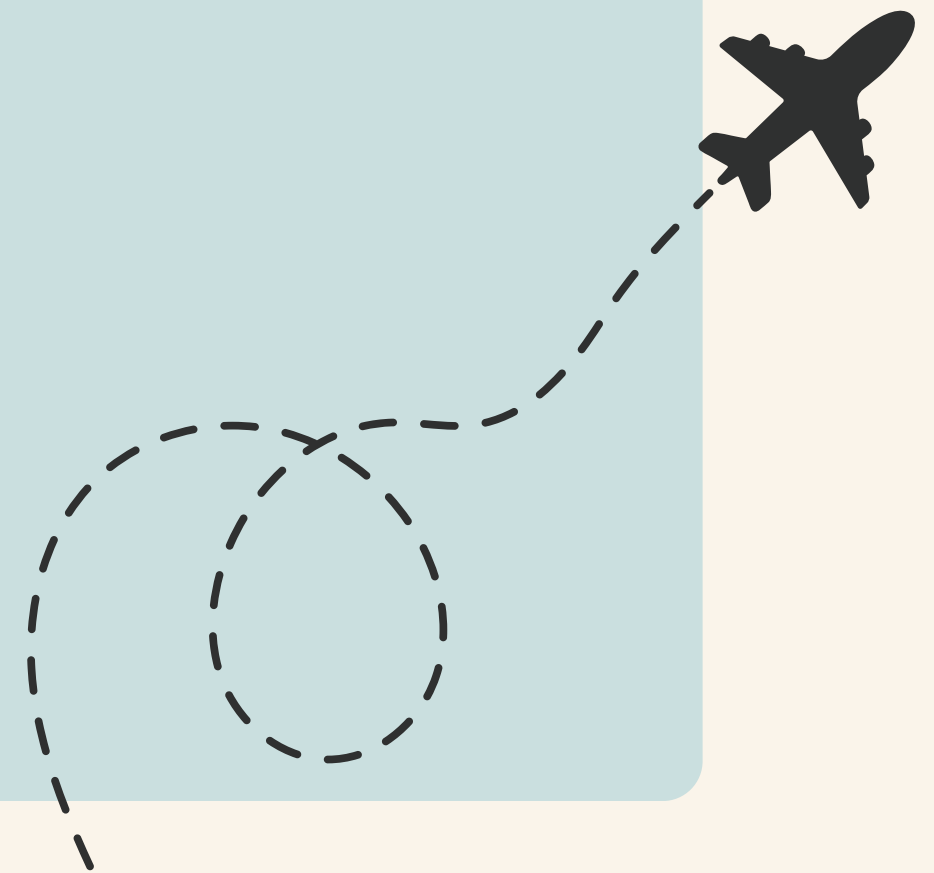
If you were to sail around the world, what would you name your boat?



QUESTION OF THE DAY



If you could go anywhere in the world, where would you go and why?



“A journey of a thousand miles begins with a single step.”

Lao Tzu

What do you think this means?

MICHAEL JORDAN EXAMPLE



Your Answers

“Have you heard of Michael Jordan?

Michael Jordan is one of the greatest basketball players of all time, who took 51 game-winning shots. How many do you think he actually made?

MICHAEL JORDAN EXAMPLE



Actual Answer

He made 25

He would tell you the reason he made the 25 is because he kept trying after he missed the other 26.

What does this tell us?

Video:

**Meet Haben Girma, the deafblind woman who made
Harvard history**

DISCUSSION



What role do you believe positive thinking played in the success of Haben?

Positive
Vibes
Only

DISCUSSION



What were the emotional struggles that she had to overcome?



DISCUSSION



How did technology help, and what did you learn from how Haben acted and adjusted through her life?





LET'S PLAY A GAME

Fixed or Growth Mindset?

Growth Mindset: Believing you can improve with effort and a positive outlook.

Fixed Mindset: Believing you cannot improve. Typically a more negative outlook on things.

YOUR GOAL THIS WEEK:



Try to change at least **THREE** fixed mindset phrases into growth mindset phrases!

Examples:

- “I don’t understand this math lesson” → “I don’t understand yet, but I will keep practicing!”
- “I’m not very good at history class” → “I need to study for history so that I can do better next time!”

When will you use it?



FRIDAY

GOOD MORNING!



Daily Check-in

Take three deep breaths and get settled into your learning space for today.

On a scale from 1-5 how is your day today? If you chose 3 or below, how are you going to make it better? Let us know in the chat!

SELF MANAGEMENT SKILL

Paper Airplanes

This week, we have been focusing on acting, adjusting, and growth mindset. Let's practice with paper airplanes!

1. Grab a piece of paper - any kind is great!
2. Take 1 minute to fold the best paper airplane you can
3. Practice throwing it 3 times
4. Take 1 more minute to revise your airplane and make it better
5. Throw it ONE more time!



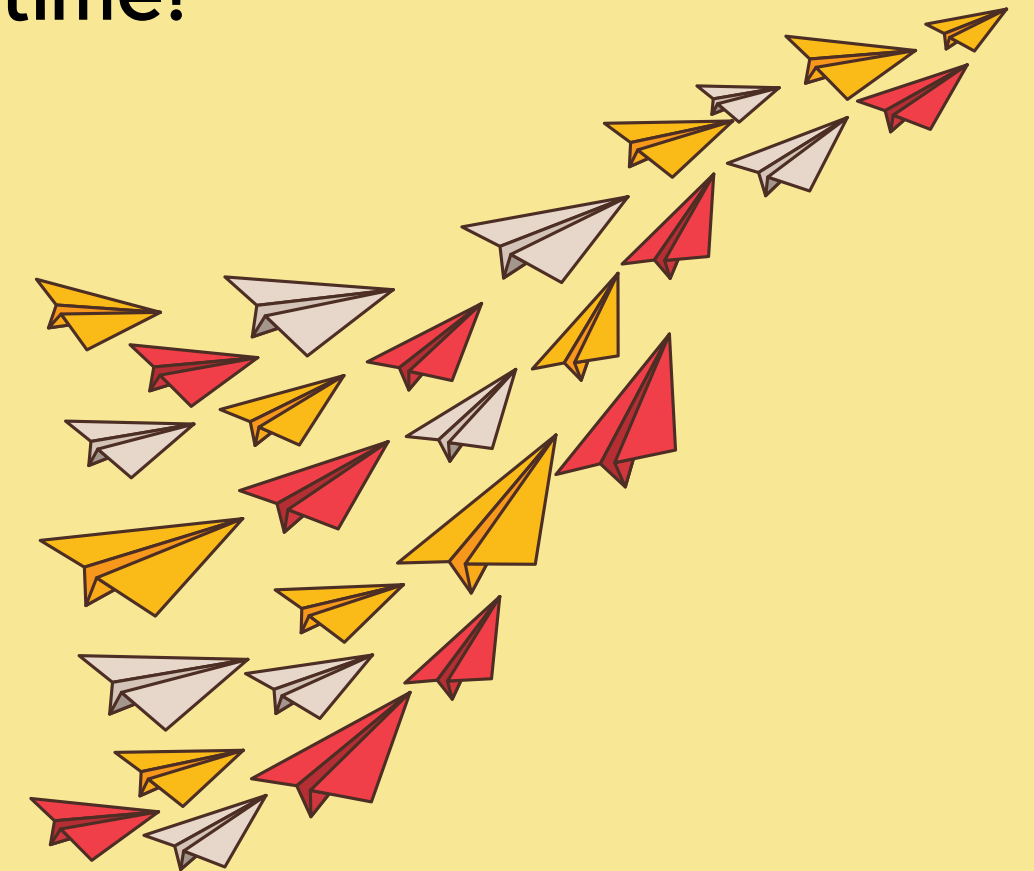
SELF MANAGEMENT SKILL

Paper Airplanes

Throughout Homeroom today, we will take breaks to throw our airplanes 3 times, take 1 minute to revise it even more, and do one last throw. Some of your content teachers may even continue the activity if there is time!

As you do this, you'll be:

- Giving your mind a break from our class
- Getting up and moving around the room
- Probably laughing, smiling, and having fun
- **ACTING & ADJUSTING** with a **GROWTH MINDSET!**



By the end of class, you will have an **AWESOME** paper airplane!

SELF MANAGEMENT SKILL

Paper Airplanes

Reflection:

- How can you use this as a way to help manage yourself and your focus?
- How do structured breaks and activities (like this one) help you focus when it is important?
- What are you going to name your new plane?

CLASS CHALLENGE

Create a virtual poster, like an infographic, for elementary school students. On the poster, advise them on ways that they can act and adjust when they face challenges in their lives. I will give you a link on the next slide. Use this as an example!



CLASS CHALLENGE: 3 – 5 MINUTES

Click on the link in the chat and then:

1. Click “File” and “Make a Copy”
2. Create your own infographic using the “Elements”, “Text”, and “Design” tools on the side bar.

When you are done:

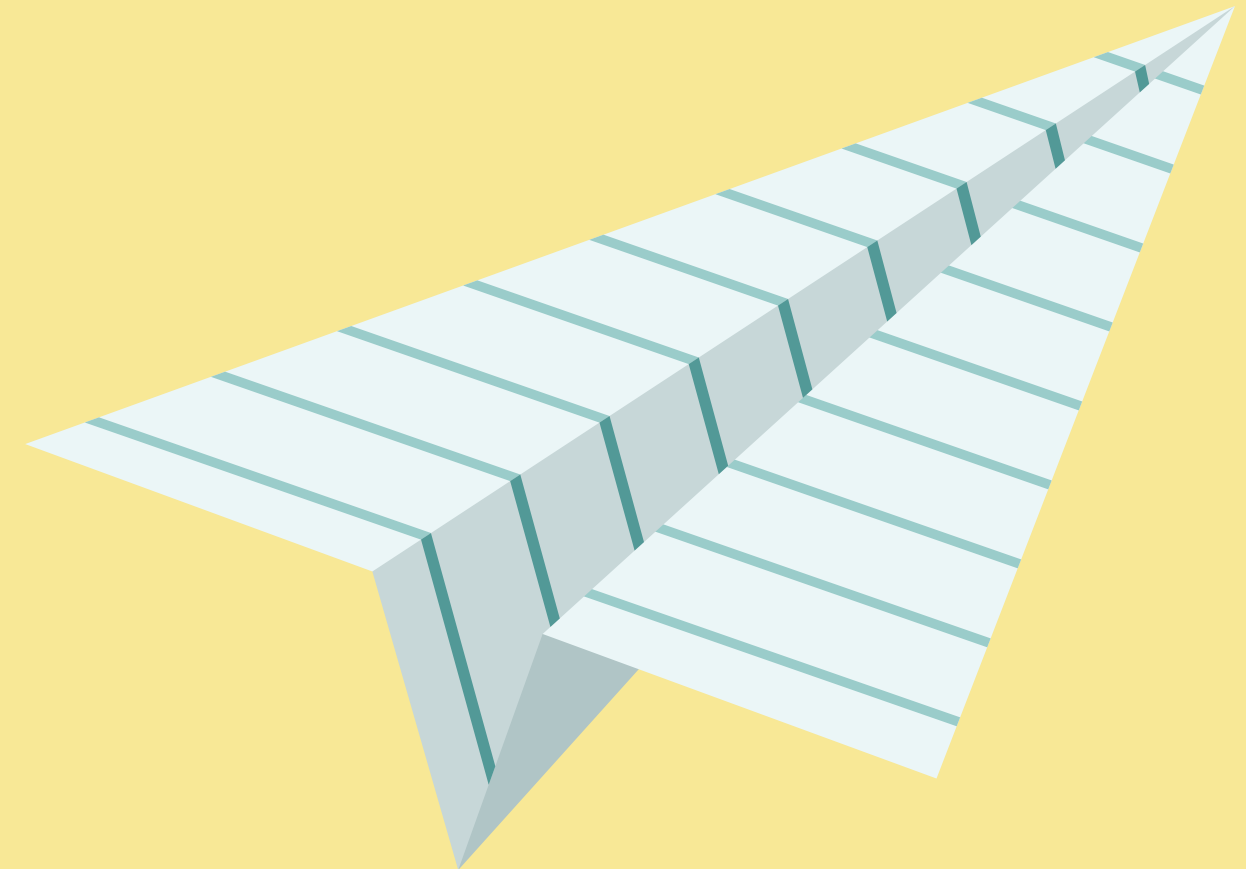
1. Click “Share”
2. Click on the drop down and change it to “Anyone with the Link”
3. Send your teacher the link privately.

SELF MANAGEMENT SKILL

Paper Airplanes

Take 1 minute to adjust your paper airplanes!

READY
SET
GO!



Now throw it 3 times.
Set it aside to adjust again later!



ANYONE WANT TO SHARE?

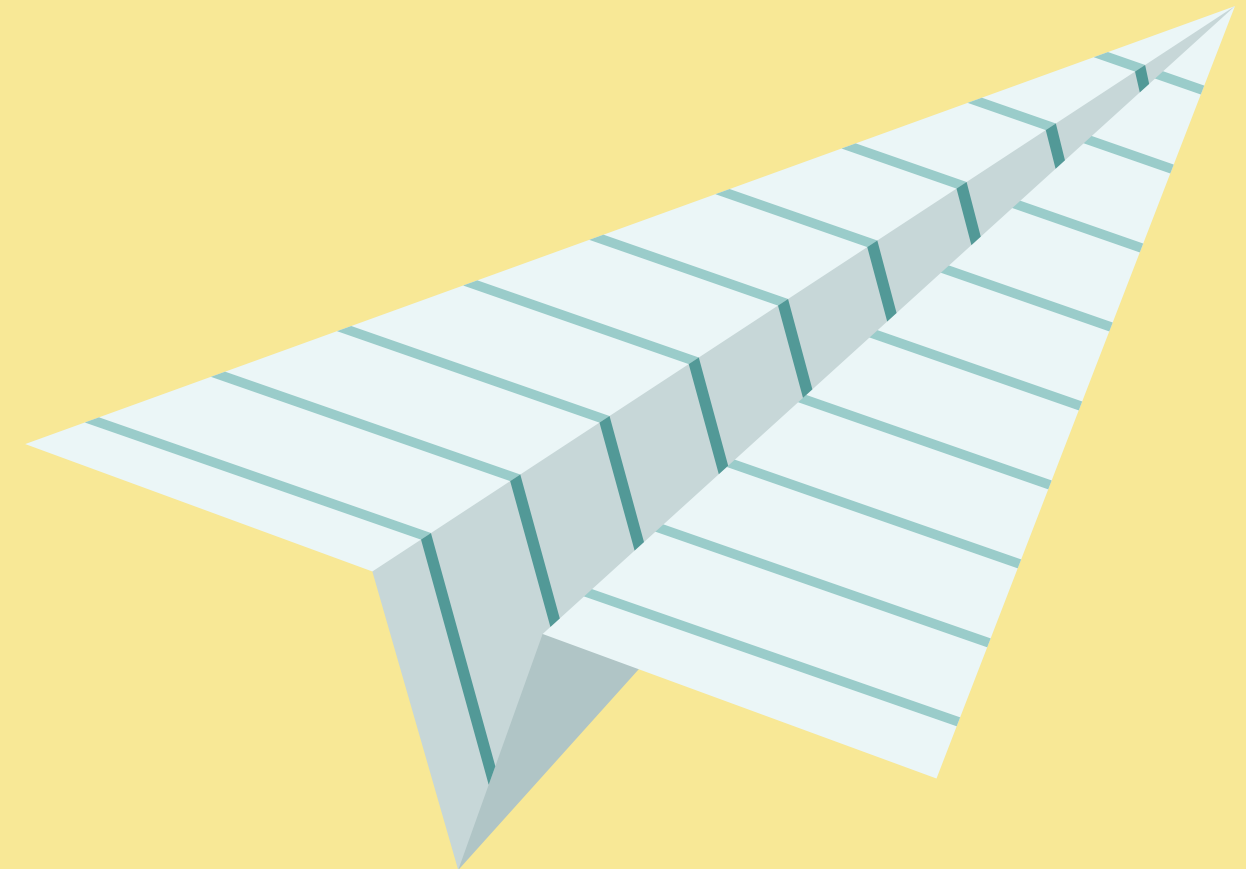
If you sent your teacher your completed link, they can view it and share it with the class. Let them know if you want yours to be shared.

SELF MANAGEMENT SKILL

Paper Airplanes

Take 1 minute to adjust your paper airplanes!

READY
SET
GO!



Now throw it 3 times.
Set it aside to adjust again later!



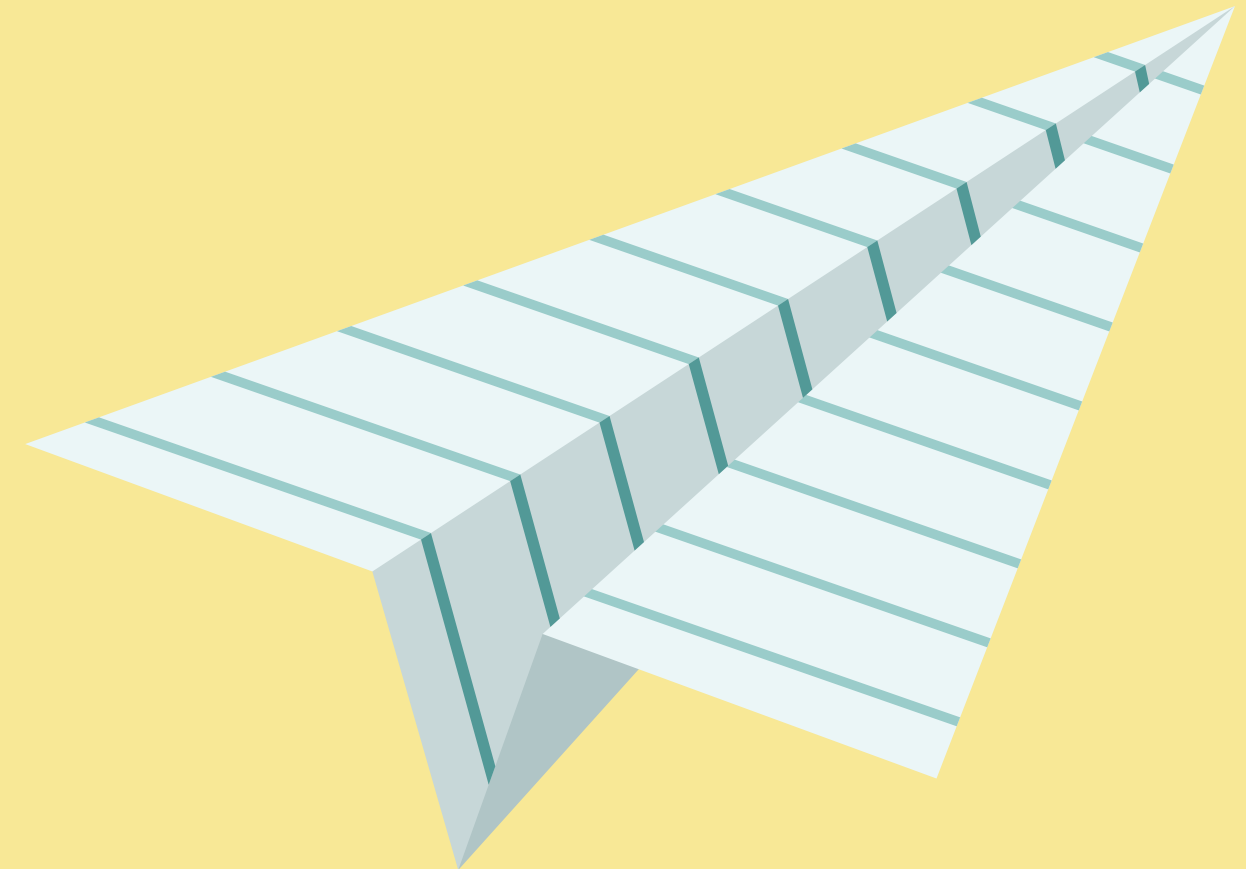
**THIS WEEK, BE MINDFUL OF
CHALLENGES YOU MAY FACE.
REMEMBER TO ACT, ADJUST TO
THESE CHALLENGES, AND KEEP
MOVING FORWARD.**

SELF MANAGEMENT SKILL

Paper Airplanes

Take 1 minute to adjust your paper airplanes!

READY
SET
GO!



Now throw it 3 times.

How has your airplane improved today?



**HAVE A
WONDERFUL
WEEKEND!**
