

# Future-ready Classroom



45-minutes

## Elementary - Covid 19 Back to School: Lesson Plan 1



### Objectives:

- Create a safe classroom space (in-class and online)
- Develop and build trusting relationships between teachers and students
- Encourage empathy, active listening, and compassion in students



### I Can Statements:

(slide 2)

- I can be a **creative** and **critical thinker** by taking safe risks.
- I can **communicate** my emotions and thoughts to build my classroom community.
- I can **collaborate** by listening respectfully when others share.
- I can **contribute** by being kind and caring to others.

### mindful

#### CHECK-IN

#### 1. Model

(slide 3)



5-minutes

- **Say**, "Today I am also feeling (positive emotion) because \_\_\_\_\_."
- "I am also feeling (challenging emotion) because \_\_\_\_\_."
- Students may connect with hand signs (heart, thumbs up, etc.)



Check-in's help gauge emotions & knowledge; they help develop:

#### CQ Skills:

- Creativity
- Collaboration

#### SEL Skills:

- Emotional Awareness

#### 2. Encourage

- Students share emotions using one or both prompts.
- Alternate volunteers that share challenging and positive emotions.
- **Say**, "We can all feel similar and different emotions. It's great to feel emotions and know how they make us feel!"



#### PLAY

#### 1. Imagine

(slide 5)



15-minutes

- **Say**, "Some of us feel challenged by the risks of going to school. Taking risks can be exciting if we also keep safe. Skydivers jump from airplanes, but their parachute keeps them safe."
- **Say**, "If I liked taking risks, I would \_\_\_\_\_. I could be safe by \_\_\_\_\_."  
...climb to the top of the monkey bars ...holding on tight  
...sing in front of the class ...asking everyone to use kind words
- **Encourage** students to share risks and ways to stay safe.
- **Ask**, "How can we keep our classroom safe this school year?"



#### CQ Skills:

- Communication
- Collaboration
- Critical Thinking

#### SEL Skills:

- Emotional Awareness



**OTHERS**

**1. Brainstorm**

- **Say** "A future-ready classroom uses the 5C's: *creativity, critical thinking, communication, collaboration, and contribution*. Taking risks lets us be creative and critical thinkers."
- **Discuss** how *communication, collaboration and contribution* help everyone feel safe and welcome in the class.

(slide 6)



**15-minutes**



**CQ Skills:**

- Communication
- Collaboration
- Critical Thinking

**SEL Skills:**

- Emotional Awareness
- Social Connection

**2. Share**

- "I feel safe/welcome when \_\_\_\_\_."  
examples: ...others use kind words  
...everyone washes their hands
- Create a poster and hang it in a visible place in the room.

(slide 7)



**DOWNTIME**

**1. Breathe: Rainbow Breathing**

- **Everyone stand** with your hands at your sides.
- **Inhale** through your nose & raise your arms into a rainbow
- **Exhale** slowly and lower your arms. Repeat.

**2. Imagine**

- **Invite** students to close their eyes and **visualize** their safe classroom. Describe some of the guidelines on the poster.
- "It looks like people sharing. It sounds like kind words."

**3. Create**

- **Relax** to calm music as students draw a picture or write a few sentences about their future-ready classroom.

(slide 8-9)



**10-minutes**



**Brain Science Fact:**

"Teaching generosity and kindness though explicit means within the classroom is essential to creating classroom cultures that promote a sense of belonging and significance for our students.."

**-Dr. Shimi Kang**

Click the images below to link to additional resources:



**Discussion:** Use these questions to engage your students further...

- How does being connected to others help us feel safe?
- How can I respond when someone is unkind to me?

