

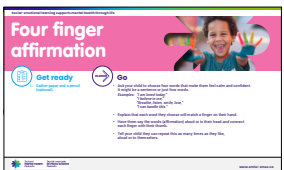


Did you know?

- ▶ Viewing your students through an “asset lens” – that is, with a focus on what the child brings to the learning (their strengths, interests, previous learning, and experiences) not only supports effective pedagogical documentation, but it also increases their confidence to engage in the learning process.
- ▶ Focusing on strengths can help increase positive mood, reduce stress, and help students experience greater growth and development.
- ▶ School and classroom environments have an important impact on a student’s sense of belonging and overall mental health. Maintaining positive relationships with students within a caring school community and safe, welcoming, inclusive classroom, contributes to students’ social-emotional wellness and readiness to learn.



This simple learning experience will complement the learning expectations found in the Self-Regulation and Well-Being Frame of the Kindergarten Program.

CHECK-IN	CURRICULUM CONNECTIONS
 <p>Use the second 6 emojis from our Feelings Flashcards to facilitate a student check-in. This link will take you to a set of 18 flashcards and a downloadable slide deck.</p> <p>Have students try to name what that feeling is and explain why they might be feeling that way.</p> <p>Note: none of the images may best represent how the student is feeling on that day. Provide an option for students to draw their own feelings face/emoji to check in with their feelings.</p>	<p>Overall expectation</p> <ul style="list-style-type: none"> • Communicate with others in a variety of ways, for a variety of purposes and in a variety of contexts. • Communicate their thoughts and feelings, and their theories and ideas, through various art forms. <p>This activity will help students identify feelings and emotions in themselves and others, and explain why they might be feeling that way. They will begin to understand the range of feelings and how different people can experience different feelings.</p>
ACTIVITY	
	<p>Four Finger Affirmation video, just press play!</p> <p>Affirmations are positive statements or reminders that we can use to encourage ourselves and others. These simple sentences can provide us with an opportunity to shift our thinking and approach our day or situation with a more positive and confident mindset.</p>
PARTNER	
<p>Activity Cards for Home</p> 	<p>Consider sharing this activity card with families and caregivers so they can practice their four finger affirmations with their child to provide a connection to learning happening at school.</p> <p>Here is a sample that you may choose to include in your communication:</p> <p><i>“Today our class did an activity called Four Finger Affirmations. Follow the instructions on the card to continue learning at home. You may start the conversation with your child by saying, ‘I heard that you learned about four finger affirmations at school today. What four words did you chose for your affirmation? How did you feel after saying the affirmation? Let’s make one together.’”</i></p>

