

2019-2020 Aberdeen Public School Social Emotional Learning/College & Career Readiness

WEEK 1 (March 25- March 27, 2020)

Directions: Select one optional activity per day to complete.

Middle School (6-8 grade)	High School (9-12 grade)
<p>SDMyLife/Xello www.sdmylife.com 6th grade: School Subjects at Work 7th grade: Learning Styles 8th grade: Skills</p> <p>All SDMyLife activities will require student SIMS # and date of birth as a login. Students will be prompted to change their password if they have not already.</p>	<p>9th & 10th Grade Co-Pilots Lesson Worksheets</p> <p>11th & 12th Grade All Stressed Up and Nowhere to Go Lesson Worksheets</p>
<p>Knowing My Strengths & Support System</p>	<p>9th & 10th Grade Oral History Lesson Worksheets</p> <p>11th & 12th Grade The Job Hunt Lesson Worksheets</p>
<p>SDMyLife/Xello www.sdmylife.com 6th grade: Interests 7th grade: Discover Learning Pathways 8th grade: Explore Career Matches</p>	<p>9th & 10th Grade What Does Success Mean to Me Lesson Worksheets</p> <p>11th & 12th Grade Quotables Lesson</p>
<p>Listening/Interview Activity & Dark Doodling</p>	<p>9th & 10th Grade Who Am I Lesson Worksheets</p> <p>11th & 12th Grade: What is Respect Lesson Worksheets</p>
<p>SDMyLife/Xello www.sdmylife.com 6th grade: Decision Making 7th grade: Biases and Career Choices 8th grade: Transition to High School</p>	<p>9th & 10th Grade Road Map to Success Lesson Worksheets</p> <p>11th & 12th Grade Bad Attitude Lesson</p>

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WEEK 2 (March 30 – April 3, 2020)

Directions: Select one optional activity per day to complete.

Middle School (6-8 grade)	High School (9-12 grade)
<p>Mindfulness & Positivity *Grab a notebook and take a nature walk! Focus on the trees, the changing colors, the ground under your feet, and the weather around you. Feel free to draw some of what you see and log how you feel. Note in your journal the things for which you are thankful. When you arrive, back home, share what you saw with your family and encourage someone from your household to join you on your next walk.</p>	<p>Log into www.sdmylife.com (These activities need to be completed by the end of the school year). Enter the following information:</p> <ul style="list-style-type: none"> • Username – “SD-“ followed by your nine-digit Student # • Password- Whatever you created <p>(Note: If you have not used SDMyLife yet this year, you will log in the first time using your date of birth as your Password – MMDDYYYY; then you will be prompted to change it – you can reenter your date of birth or change it to something else)</p> <p>9th Grade: (Lessons for the whole week) Lesson #1---Personality Styles Lesson #2---Exploring Career Factors Lesson #3---Getting Experience Lesson #4---Study Skills Course Planner (Complete courses planned for the next three years)</p>
<p>Risk Taking Behaviors/RISKO</p>	<p>10th Grade: Skills Lab (Lessons for the whole week) Lesson #1---Work Values Lesson #2---Careers and Lifestyle Costs Lesson #3---Workplace Skills and Attitudes Lesson #4---Program Prospects Course Planner (Complete courses planned for the next two years)</p>
<p>SDMyLife/Xello www.sdmylife.com 6th grade: Time Management 7th grade: Jobs & Employers 8th grade: Self-Advocacy</p>	<p>11th Grade: Skills Lab (Lessons for the whole week) Lesson #1---Choosing A College Lesson #2---Career Demand Lesson #3---Entrepreneurial Skills Lesson #4---Work/Life Balance Course Planner (Complete courses planned for next year)</p>
<p>My School Attitude & Motivation- style quiz, handout, motivation packet (located in student folders)</p>	<p>12th Grade: Skills Lab (if Ability Profiler was not taken with advisory group in computer lab in Grade 10.</p> <p>Lesson #1---Career Backup Plans Lesson #2---Job Interviews Lesson #3---Defining Success</p>

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WEEK 3 (March 30 – April 3, 2020)

Directions: Select one optional activity per day to complete.

Middle School (6-8 grade)	High School (9-12 grade)
<p>Stress Management: Find something you enjoy and allocate time for that each day!</p> <ul style="list-style-type: none">• Take a virtual tour of the San Diego Zoo! https://kids.sandiegozoo.org/• Amazon.com is now offering free streaming of their family friendly/learning-centered programming.• Take part in a historical museum tour https://britishmuseum.withgoogle.com/• Videos to watch WITH your parents! http://www.parenttoolkit.com/academics/video/organization/the-middle-school-brain-while-learning	<p>9th & 10th Grade Navigating the Road to My Future Lesson Worksheets</p> <p>11th & 12th Grade Writing a Cover Letter Lesson</p>
<p>Fun with Career Exploration Visit the following website: http://education.ohio.gov/Topics/Career-Tech/Career-Connections/In-Demand-Jobs-Week-Toolkit/Middle-School-6-8-Activities Have fun with the ‘Online Career Scavenger Hunt’. Check out the ‘Unusual Careers’ link to see what “out there” occupations could be open to you one day!</p>	<p>9th & 10th Grade Helping My Friends Stay on Track Lesson Worksheets</p> <p>11th & 12th Grade Resume Writing Lesson</p>
<p>Problem Solving, Critical Thinking, and Perspective Brain Freeze Activity https://www.scholastic.com/content/dam/teachers/articles/migrated-files-in-body/brain_freeze.pdf Keeping the answer sheet separate, tackle each of these “brain freezes”. Be sure to think outside of the box and be flexible with examining the possibilities.</p>	<p>9th & 10th Grade Benefits of College Lesson Worksheets</p> <p>11th & 12th Grade References & Recommendations Lesson</p>
<p>The Power of One: Pick one of these 4 people to look up and research: Ruby Bridges, Cesar Chavez, Ryan White, Anne Frank. How can 1 person affect the lives of many? You could journal by answering these questions: Why did you choose..? How did it help others? What hardships did they face? Is there a need in your community that 1 person could make a difference? What is a special talent, interest or skill you might have that you could use to help your family, friends, or community? Think about a problem you see in the community. Brainstorm ways of what would be needed to solve those problems. Then think about a leader in your community or someone that you know who has made a difference in your life. What qualities do they have? You could write a letter, a thank you note, to let them know that they have made a</p>	<p>9th-12th Grade Your Brain Believes Everything You Say Lesson</p>

<p>difference. (Examples: Teachers, city officials, law enforcement, business owners, neighbors.)</p>	
<p>Anxiety in Disguise: With a trusted adult, family member/friend, (or you could journal on your own), Think about anger, irritability, sadness, feeling “hyper”. Have you noticed these come over you when you might be anxious or worried? List those feelings. Use these statements as a guide for your journal: Are there times when you felt your anxiety was buried under a layer of sadness, guilt or loneliness? Write about those times. Are there times when you have acted out in destructive ways or maybe you know someone who has (using substances, harming themselves, and gotten into trouble because of the choices they have made)? What disguises your anxiety? How can you recognize it and who can you talk about it with? Healthy coping activities: Community service, dancing, playing/listening to music, exercise, drawing/painting, eating healthy, reading, spending time with positive people you love and trust, studying or learning something new, pets, writing and journaling.</p>	<p>9th-12th Grade What's Left In Your Wallet Lesson</p>

If you or your child need assistance for mental health or social/emotional support, please reach out to one of the local resources below.

Breakthrough Psychological Services: 605-725-5505	Dakota Counseling Group: 605-725-9565
Lutheran Social Services: 605-229-1500	Northeastern Mental Health Center: 605-225-1010
Footsteps Counseling: 605-725-2155	Professional Counseling Services: 605-229-2029
Northern Plains Psychological Associates: 605-225-3622	Helpline Center: call 211 or email: help@helplinecenter.org
Emergency: 911	National Suicide Prevention Lifeline: 1-800-273-8255