

Future-ready Classroom



45-minutes



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:

- 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



5-minutes

Model

- 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.)

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!"

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

CQ Skills:

- Creativity
- Collaboration

SEL Skills:

- Emotional Awareness

PLAY



Imagine



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

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OTHERS



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.



Share

- "I feel safe/welcome when _____."
E.g. ...others use kind words **OR** ...everyone washes their hands.
- Create a poster and hang it in a visible place in the room.



15-minutes



CQ Skills:

- Communication
- Collaboration
- Critical Thinking

SEL Skills:

- Emotional Awareness
- Social Connection

DOWNTIME



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.

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."

Create

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



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?



10-minutes

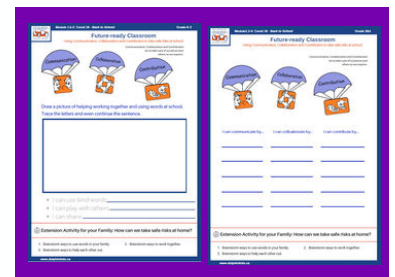


Brain Science Fact:

"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

USE THESE WORKSHEETS WITH THIS LESSON PLAN



Future-ready Classroom

Using Communication, Collaboration and Contribution to take safe risks at school.

Communication, Collaboration and Contribution let us take care of ourselves and others as we explore.



I can communicate by...

I can collaborate by...

I can contribute by...

Extension Activity for your Family: How can we take safe risks at home?

1. Brainstorm ways to use words in your family.
2. Brainstorm ways to work together.
3. Brainstorm ways to help each other out.

Future-ready Classroom

Using Communication, Collaboration and Contribution to take safe risks at school.

Communication, Collaboration and Contribution let us take care of ourselves and others as we explore.



Draw a picture of helping, working together, and using words at school.
Trace the letters and even continue the sentence.

I can use kind words _____

I can play with others _____

I can share _____



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