

Hello Glades County Families,

We have provided an outline for the next four lessons from the Community Wellbeing Pillar. Please take a moment to look over the next four lessons of the community pillar. As a reminder, these lessons may look a little different for each grade level; the lessons vary and are designed to be age appropriate. Students in lower grade levels will be learning simpler and age appropriate ideas of what it means to be a compassionate community. Students in higher grade levels will be tasked with building upon already formed ideals of how to help each other.

If you should have any questions or concerns about these lessons please feel free to contact either Andrea Schillinger, the Director of ESE and/or Jay Reed, LCSW the District's Lead Mental Health Specialist. Please see their contact information below.

Lesson Outline

Lesson Nine: Loving Kindness (Approximately 30 minutes) - This lesson will help students see that love and gentleness can be extended to strangers, or even people we don't get along with, beyond just our friends and family.

Lesson Ten: Gratitude; Part One (Approximately 30 minutes) - This first is about practicing an awareness of gratitude in general. We all like to feel appreciated. Whether one-on-one or in a community, expressing gratitude can set a tone and affect the overall classroom climate. This benefits all learning; academic as well as specifically about emotions. This lesson begins to lay a groundwork that will benefit both the individual student and the classroom community; both now and in their futures.

Lesson Eleven: Gratitude- Part Two (Approximately 20 minutes) - This second involves learning how to practice an expression of appreciation or gratitude to others and how to receive this. It teaches application of gratitude practice in the classroom and students have the opportunity to practice expressing gratitude to other students, to receive the expression of gratitude from others and to express appreciation for gratitude that they received.

Lesson Twelve - Trust and Collaboration - Part One (Approximately 20 minutes) - Students will understand how to cooperate and engage with each other well in order to reach a common goal.

Thank you again for helping us embark on this journey to build a more compassionate community for our students.

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