



Although this has been a trying and difficult week, we adjusted to our new normal and made some strides. Most importantly, we made it to FRIDAY!!! Take a moment and have some family fun today with this activity below that promotes mindfulness, kindness, and empathy. Be sure to capture these moments and post them to the PTO CT Walker FB page or email them to LeeKe@Richmond.k12.ga.us CONGRATULATIONS on surviving the 1st week of Virtual Learning from Home!
#YOU DID

Name _____ Teacher _____

How many of the following activities can you do?

Be Responsible by cleaning your room	Be Respectful as you play a game with a friend or family member	Do something extra nice for a brother or sister	Write about a time that you Persevered	Tell someone about a time when you used Self-Control
Tell someone 5 things you are grateful for	Write or draw what it means to be a good friend	Practice sitting still for 1 minute - what sounds do you hear?	After reading a chapter in a book, write or tell someone the emotions you saw in the book	Tell someone what it takes to be a good listener
Tell someone all of the emotions you can think of	Tell someone what are 3 things you can do when you are upset?	Talk/Write/Draw about a time you showed empathy	Talk/Write/Draw about a time someone showed you empathy	List 3 positive character traits you have learned this year
Read a book and discuss the moments of caring you see	Tell about a time you felt sad	Be Responsible by helping to set the table or clean play area	Tell about a time you showed compassion	Do an act of kindness for a family member or neighbor
Send a note of compliment to a classmate telling something they do well	Write and send a thank you note to your parent	Do an extra chore around the house to help out your parents	Send a "thinking of you" note/card to your grandparents, aunt, uncle, or another adult friend	Practice Mindfulness by doing the 5 Finger Breathing (trace the fingers on your hand while breathing)
Ask an adult about a career that you are interested in	Draw a picture of your future career. What is your career?	Research a college that you would like to attend. Go on a virtual tour of the college	Research a career that you are interested in	Do this lesson on Developing Empathy https://bit.ly/2WcFBwk