Teachers,

The world is changing every minute. With school closures and uncertainty, we know you’re concerned about your students. Because we are too!

Classroom Champions mission has always been to support teachers, families, and kids and our top priority right now is making sure you have the right tools to help your students at a time when you can’t see them face to face.

In moments of uncertainty, our students need social and emotional skills more than ever. Our team knows a lot of you will be doing distance learning or sending resources out to your families and we want to help you do that.

Included in this toolkit, you’ll find a series of resources to help start social and emotional learning (SEL) conversations with students and families. These resources can be sent home daily, weekly or all at once, including:

- A mindful minute video and parent discussion guide with Olympic mountain biker and Classroom Champions mentor Evan Guthrie on strategies to work through anxiety (pg 2)
- Family activities on identifying emotions and self-regulation (pg 3)
- A SEL video from mentor and Olympic bobsledder Nic Taylor on emotions (pg 4)
- Storyboard family activities on dealing with uncertainty featuring Paralympic track and field athlete and mentor Lex Gillette (pg 5)
- A mindful minute video from heptathlete turned bobsledder Tiffeny Parker on finding your Center (pg 6)

We’ll be continuing to update and create new resources - including more Mindful Minute videos and social emotional learning videos - for students and families and will update on our website, platform and social media feeds.

Please let us know if there is anything you or your parents and students need, either by email, Twitter, Instagram, or Facebook!

Classroom Champion athlete mentors and our team want to help.
Working Through Anxiety

Messaging to Send to Parents:

Right now, with all the unknowns, students may be feeling anxiety. These feelings may or may not be new to them.

Meet Professional Mountain Bike Racer, Olympian, and Classroom Champions mentor... Evan Guthrie!

In this short Mindful Minute video, Evan shares some practical strategies for dealing with anxiety. After watching Evan’s video, use these discussion questions to start a conversation around anxiety.

Click Here for Evan’s Mindful Minute video:

Click Here for a Downloadable Discussion Guide for Parents:

Evan Guthrie: Working Through Anxiety

After watching Evan’s mindful minute video, use this discussion guide to help spark conversations at home surrounding this topic. You will see various levels of questions grouped by difficulty level. Pick and choose questions that are appropriate for you and your family.

For more Mindful Minutes, visit: teach.classroomchampions.org
Naming Emotions

Messaging to Send to Parents:

Identifying emotions is tough work, even for adults. We often don’t know how we’re feeling or when we’re feeling it.

Teaching students how to name their emotions and use various strategies to return to center gives them agency over their minds and bodies, which is especially powerful in situations when they may feel out of control.

Use this activity as a way to spark a conversation behind the emotions that your child or student may be feeling. For grades K-2, cut and paste the emojis into the venn diagram defining which are positive, which are negative, and which are centered. For grades 3-8, have your child or kid create a list of 30 emotions - write them in the venn diagram in their appropriate space.

Click Here for an Emotions Activity instructions for grades K-2

Click Here for the Emotions Activity venn diagram for K-8

For more family activities, visit: teach.classroomchampions.org
Emotions and Self-Regulation

Messaging to Send to Parents:

Take a look at Olympic bobsledder and Classroom Champions athlete mentor Nic Taylor’s video about Emotions. This video is just one of eight in our SEL Foundations Curriculum and tackles the art of self-regulation.

Self-regulation is a core skill that students need to learn to be successful in life. Students who can regulate their emotions are better able to engage in school, focus on the task at hand, and have healthier relationships. With time and practice, students are better able to react to upsetting situations, reducing the amount of time between the strong emotional reaction and the return to center.

Because students may never have been explicitly taught how to intentionally and mindfully find their center, modeling and open dialogue are especially important.

Click Here for Nic’s video on Emotions:

Click Here for a Downloadable Discussion Guide for Parents:

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Emotions: Find Your Center

After watching Nic’s video, use this discussion guide to spark conversations at home surrounding this topic. You will see various levels of questions grouped by difficulty level. Pick and choose what questions are appropriate for your family.

- Think of a time when you were really happy or really mad. What made you feel that way?

For more activities like these, visit: teach.classroomchampions.org

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Emotions and Self-Regulation

Messaging to Send to Parents:

Meet Lex Gillette, world class Paralympian and Classroom Champions mentor who also happens to be blind. Lex is an expert in dealing with uncertainty. As a kid, Lex went through multiple surgeries as he was losing his vision before becoming completely blind when he was 8 years old.

Yet, despite his blindness, Lex has reframed moments of uncertainty into moments of opportunity. You can learn more about Lex and his journey here.

Uncertainty is fed by a fear of the unknown. And while we can’t always be in control of situations around us, we can learn how to find our center in order to keep moving forward.

Use Lex and his storyboard example below to walk through some strategies to find one’s center in times of uncertainty.

Click Here for Lex’s classroom activities on uncertainty:

For more Mindful Minutes, visit: teach.classroomchampions.org
Mindfulness

Messaging to Send to Parents:

Everyone feels strong emotions from time to time — it’s a normal, natural part of life, especially right now. In order to achieve success in life, however, students must learn to regulate these emotions and find their center when they are in the midst of the highest of highs and the lowest of lows.

Mindfulness is a state of being aware or conscious of the present moment. Practicing the art of mindfulness can help students to strive to learn to regulate those emotions.

See how heptathlete turned bobsledder and 2022 Olympic hopeful Tiffeny Parker uses mindfulness to help her succeed. Then use the family activity to start a conversation on what it means to be mindful.

Click Here for Tiffeny’s video on Emotions:

Click Here for a Downloadable Discussion Guide for Parents:

For more Mindful Minutes, visit: teach.classroomchampions.org