


Northwest Falcons
are a strong and diverse family
building future-ready leaders
and scholars! 



NORTHWEST MIDDLE SCHOOL

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Northwest Middle School - Winston-Salem



Falcons_NWMS



<https://www.youtube.com/channel/UCtNuQXLXhcmBdQ8Ey20ALwg>

**End of the School Year
Social-emotional Learning (SEL)
Activities**



*For the last few days of school,
we want our Falcon scholars
to unwind with
the following daily activities.*

WEDNESDAY, JUNE 2ND

"Relax Your Mind"

DEVICE NEEDED NO DEVICE NEEDED

- Stress-Relieving Coloring Sheet
- "Mindful Walking" pdf
- 1 Journal Question
- Stress-Relieving Coloring Sheet
- 1 Journal Question

SEE JOURNAL QUESTIONS ON THE BACK.

THURSDAY, JUNE 3RD

"Keep Calm & Carry On"

DEVICE NEEDED NO DEVICE NEEDED

- Breathe, Hum, Focus video
- Basic Poses for Yoga
- 2 Journal Questions
- 2 Journal Questions

SEE JOURNAL QUESTIONS ON THE BACK.

FRIDAY, JUNE 4TH

"Try Something New"

DEVICE NEEDED NO DEVICE NEEDED

- Try Something New video
- 2 Journal Questions
- 2 Journal Questions

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MONDAY, JUNE 7TH

"Reflect & Look Forward"

DEVICE NEEDED NO DEVICE NEEDED

- Week of Thanks
- 1 Journal Question
- Week of Thanks
- 1 Journal Question

SEE JOURNAL QUESTIONS ON THE BACK.

WEDNESDAY, JUNE 2ND JOURNAL PROMPT QUESTIONS: CHOOSE 1

- How am I taking care of myself right now? (mentally, physically, spiritually)
 - What is my body communicating to me right now? Am I listening to it?
 - What are my emotions communicating to me right now? Am I listening to them?
-

THURSDAY, JUNE 3RD JOURNAL PROMPT QUESTIONS: CHOOSE 2

- How am I feeling about things that are happening in the country right now?
 - How am I feeling about things that are happening in the world right now?
 - How am I feeling about how I am personally reacting to what is happening?
 - How am I feeling about how other people are personally reacting to what is happening?
-

FRIDAY, JUNE 4TH JOURNAL PROMPT QUESTIONS: CHOOSE 2

- What are two new things that I have always wanted to learn or do?
 - How could I do that from home this summer?
 - Find three YouTube videos that will assist you in trying out or learning your interest.
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MONDAY, JUNE 7TH JOURNAL PROMPT QUESTIONS: CHOOSE 1

- What have I learned (this past year) from the experience of learning from home?
- What have I learned about myself in this past year?
- Where have I seen the good coming out of people in all of this?