



October 2020

THEME:
BULLY PREVENTION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August SEL Calendars September SEL Calendar			1 Parent Resource: English Spanish	2 CASEL Resource: 3 Signature Practices
5 Mindful Monday: Breathing Techniques	6 Second Step: Accepting Differences	7 Bully Prevention Lessons: Elementary	8 Committee for Children Bully Prevention Resources	9 CASEL Resource: 5 Minute Chats with Principal
12 Mindful Monday: Breathing Boards (display on screen or assign in Canvas)	13 Second Step: Handling Put Downs	14 Cyberbullying: 6-8 Lessons 9-12 Lessons	15 10 FREE Bully Prevention Resources	16 CASEL Resource: Creating Shared Agreements
19 Mindful Monday: STOP Video (Stop, Take a Breath, Observe, Proceed)	20 Second Step: Bystander Responsibility	21 Learning to Give Lessons: Elementary & Secondary	22 Education World: 5 Lessons for Teaching Tolerance	23 Resource: How to Hold Virtual Circles
26 Have a student lead 1-2 minute mindfulness practice	27 All In Lesson: Elementary Secondary	28 End of Month Goal Setting	29 Written Reflection: What did you learn about the topic of bullying?	29 Class Activity: As a class community, create an anti-bullying pledge.