# schools ohome

Supporting your students' learning at home.



We're committed to helping you navigate the world of distance learning during this challenging time. That's why we've launched WE Schools @home, <u>free tools and resources</u> to complement and support at-home learning. Developed for Grades K through 12, this weekly lesson package includes interactive and experiential curriculum-based resources, materials and lesson plans with an emphasis on well-being, social and emotional learning, service-learning and fostering resiliency. Every week, we'll help you prepare by sending you a new collection of materials. We'll get through this together, every step of the way.

SIGN UP

Follow @WEmovement for daily activities and program updates.







## **WE Schools Live**

To keep students engaged in learning, find community connection and promote well-being we've launched a live daily online show. Hosted by renowned speakers such as Spencer West, and featuring inspiring guests, experts, teachers, celebrities and more, each day tackles a different, relevant theme and includes curated resources, videos and learning tools.

WATCH DAILY 1 - 2 P.M. EST ON FACEBOOK



## Other helpful educational materials include:



## **COVID-19 activities and lessons**

We know that the non-stop news and social media, combined with social distancing, and self-isolation or quarantine can cause feelings of uncertainty and anxiety. This toolkit is designed to inform and support your students and their families during this uncertain time.

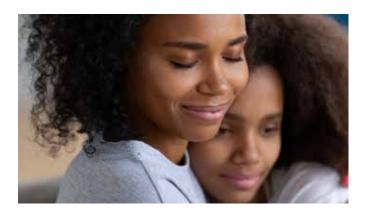
DOWNLOAD



#### Issue-based discussion cards

Help your students explore social issues ranging from discrimination to mental health to cyberbullying and discover their own unique passion. Each card features corresponding online resources where students can find more context, perspectives and detailed statistics on the issue.

DOWNLOAD



## Social and emotional learning toolkit

In times like these, self-care and connection to others is more important than ever. Support your students with resources to build skills like resiliency that will help nurture their mental well-being and the well-being of others.

DOWNLOAD



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## **Calling all teachers!**

Join us for a series of inspiring and informative weekly lesson plans and webinars designed to connect you to a network of teachers supporting each other. Topics will include best practices for creating and managing virtual classrooms, supporting students' social and emotional learning, and a Q&A with subject matter experts on well-being.

Join us every Thursday, 3 p.m. EST, starting April 9.

SIGN UP



# Sign up for our daily virtual lessons

Varying in length from 10 to 45 minutes, these highly engaging, interactive lessons are taught by a certified teacher. Grade-specific and integrated into curriculum with clear student goals, they include daily activities and challenges for students to complete following the lesson, along with links to complementary resources help support further learning.

SIGN UP

#### **SEE SAMPLES BELOW:**

Lesson	Student Objectives
GRADES K-3: WE Have Gratitude  Focused on defining gratitude and its positive effect on well-being, this lesson includes tips and tricks to spark and mobilize gratitude—encouraging students to take action.  VIEW SAMPLE VIDEO	<ul> <li>Investigate and learn how gratitude impacts well-being</li> <li>Consider how gratitude impacts their their own well-being</li> <li>Begin a practice of gratitude</li> </ul>

## **Student Objectives** Lesson **GRADES 4-6 WE Act With Intention** Try a short intention-setting practice Focused on making realistic and positive intentions Consider what intentions are personally meanfor the day, the week and longer, this lesson encouringful ages students to stay goal-oriented and optimistic Create a personal plan for intention-setting toward the future. VIEW SAMPLE VIDEO **GRADES 7-8** Learn about neurochemicals that are linked to **WE Boost Our Brain** well-being Make connections to brain health and positive Focused on neurochemistry and its role in brain human qualities such as gratitude, empathy, health and well-being, as well as an introduction to compassion, altruism and resiliency mindfulness practice and reflection. Make a plan and take action to promote their own brain health and well-being by implementing strategies learned in this lesson VIEW SAMPLE VIDEO **GRADES 9-12** What Is A Social Entrepreneur? Understand what makes social enterprises and social entrepreneurs unique and be able Focused on defining social entrepreneurs and to identify relevant criteria for each enterprise in relation to traditional businesses and Research and identify current businesses, charities. Students are encouraged to analyze and charities and social enterprises to gain an reflect on their own skills and passions and how they awareness of the presence and impact of align with those of a social entrepreneur. these entities VIEW SAMPLE VIDEO



Don't miss our weekly lesson packages. And remember: we're with you every step of the way!