

**WE SCHOOLS**

**@home**

# 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, [free tools and resources](#) 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

## 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
<p><b>GRADES K-3:</b> <b>WE Have Gratitude</b></p> <p>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.</p> <p><a href="#">VIEW SAMPLE VIDEO</a></p>	<ul style="list-style-type: none"><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>

Lesson	Student Objectives
<p><b>GRADES 4-6</b> <b>WE Act With Intention</b></p> <p>Focused on making realistic and positive intentions for the day, the week and longer, this lesson encourages students to stay goal-oriented and optimistic toward the future.</p> <p><a href="#">VIEW SAMPLE VIDEO</a></p>	<ul style="list-style-type: none"> <li>• Try a short intention-setting practice</li> <li>• Consider what intentions are personally meaningful</li> <li>• Create a personal plan for intention-setting</li> </ul>
<p><b>GRADES 7-8</b> <b>WE Boost Our Brain</b></p> <p>Focused on neurochemistry and its role in brain health and well-being, as well as an introduction to mindfulness practice and reflection.</p> <p><a href="#">VIEW SAMPLE VIDEO</a></p>	<ul style="list-style-type: none"> <li>• Learn about neurochemicals that are linked to well-being</li> <li>• Make connections to brain health and positive human qualities such as gratitude, empathy, compassion, altruism and resiliency</li> <li>• Make a plan and take action to promote their own brain health and well-being by implementing strategies learned in this lesson</li> </ul>
<p><b>GRADES 9-12</b> <b>What Is A Social Entrepreneur?</b></p> <p>Focused on defining social entrepreneurs and enterprise in relation to traditional businesses and charities. Students are encouraged to analyze and reflect on their own skills and passions and how they align with those of a social entrepreneur.</p> <p><a href="#">VIEW SAMPLE VIDEO</a></p>	<ul style="list-style-type: none"> <li>• Understand what makes social enterprises and social entrepreneurs unique and be able to identify relevant criteria for each</li> <li>• Research and identify current businesses, charities and social enterprises to gain an awareness of the presence and impact of these entities</li> </ul>