

# Weekly Community Meeting Questions

## Diversity and Inclusion

Week	Topic	Questions
1	<p><b><u>Being Respectful</u></b> Being respectful means treating people the way you want to be treated. When we are respectful to one another, it helps us all learn.</p>	<p><b><u>Getting to Know Each Other</u></b> What is one way you can show respect at school today? How did you benefit by showing respect? How will your relationships improve?</p>
2	<p><b><u>Attentive Listening</u></b> One way to show respect at school is to focus on the speaker and listen with attention. When we listen with attention, our eyes are watching the speaker, our ears are listening, our voices are quiet, and we are still. Who is one person you are going to listen to today with full attention? You are great listeners!</p>	<p><b><u>Discovering Commonalities</u></b> What do you believe makes a good listener? Why should we focus on being attentive listeners? How would your relationships improve as you become an attentive listener?</p>
3	<p><b><u>Respecting Differences</u></b> Having empathy can help you understand and respect when people have different preferences than you or feel differently than you do. It is normal to have different feelings about the same situation. For example, I might feel really scared to climb a tree, but my friend might feel really excited. I might like to eat spicy food, but my friend might not like it at all. Learning to respect other people's preferences can help us make and keep friends.</p>	<p><b><u>Learning from Diversity</u></b> What does being empathetic mean to you? How do you show empathy? Think about something you like that your friend does not— how can you be respectful of that difference?</p>
4	<p><b><u>Managing Anxious Feelings</u></b> Anxiety is a general feeling of worry or unease about a situation. Negative self-talk can make strong feelings of anxiety even stronger. When you feel really worried and anxious about something, calming down helps. Notice if you feel anxious this week and try to calm yourself down.</p>	<p><b><u>Community Meetings</u></b> What is something you feel anxious about? What do you do to calm yourself down?</p>
5	<p><b><u>Belly Breathing</u></b> Taking deep breaths or “belly breathing” is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b> This week we will focus on breathing and mindfulness activity.</p>
6	<p><b><u>Making Conversation</u></b> One way to make and keep friends is to share in good conversation. Here are some tips for talking to your friends: 1. Ask a question to get the conversation started; 2. Face the person; 3. Listen with attention; 4. Use friendly, respectful, sincere words and tone of voice; 5. Ask more questions to keep the conversation going; 6. Notice something specific to compliment. Who is someone you want to have a conversation with today? Think of one question you could ask to start that conversation!</p>	<p><b><u>Building Community</u></b> How do you make and keep a friend? What things do you do to continue growing the friendship?</p>

## Empathy and Critical Thinking

Week	Topic	Questions
7	<p><b><u>Different Feelings</u></b></p> <p>When we think about feelings, we often think of happy, sad, and mad. There are lots of different feelings we can have and it's important to build our feeling vocabulary. Here are some feeling words you might not always think of. <i>Surprised: Feeling surprised is when something happens that you didn't expect. Frustrated: Feeling frustrated is when you're trying to do something hard or you're learning something new and it's not working. Proud: Feeling proud is when you accomplish something that was difficult or challenging.</i> Try to spot one of these three feelings in a classmate or teacher.</p>	<p><b><u>Feelings</u></b></p> <p>What words other than happy, sad, and mad can we use to describe the way we feel/our mood?</p> <p>What changes about you when you are in a bad mood?</p> <p>How does your mood affect how you learn?</p>
8	<p><b><u>Predicting Feelings</u></b></p> <p>Predicting feelings means being able to accurately guess how what you do or say might make other people feel. Predicting people's feelings is respectful and will help you get along better with others. Think about one of your friends and predict in your head how they would feel if you asked them to climb a tall tree with you. Think about how predicting this feeling might help you get along better with others.</p>	<p><b><u>Predicting Feelings</u></b></p> <p>Can you predict when one of your friends mood?</p> <p>How can predicting someone's mood help you?</p>
9	<p><b><u>Joining In</u></b></p> <p>Have you ever felt left out or excluded? I know I have. It can be very hard to join in when people are already playing together. Today take a walk in someone else's shoes and try to notice someone who is being left out. If you see someone being excluded, invite them to play!</p>	<p><b><u>Red Ribbon Week</u></b></p> <p>Describe a time when you felt excluded. What did you do?</p>
10	<p><b><u>Belly Breathing</u></b></p> <p>Taking deep breaths or "belly breathing" is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b></p> <p>This week we will focus on breathing and a mindfulness activity in order to get ready for assessment week.</p>
11	<p><b><u>Feelings Change</u></b></p> <p>We all have uncomfortable feelings sometimes. It's important to remember that feelings don't last forever. Our feelings change from moment to moment, day to day, week to week. Sometimes how we feel about a certain thing, like eating scrambled eggs, might change. If you are having an uncomfortable feeling, like sad, mad, or frustrated— remember our feelings change and you won't always feel that way.</p>	<p><b><u>Explaining Feelings</u></b></p> <p>What mood or feeling do you most often notice in yourself?</p> <p>What makes your mood/feeling change?</p>
12	<p><b><u>Handling Name Calling</u></b></p> <p>It is not okay for people to call you names that hurt your feelings. If someone calls you a name, you can ignore the person or respond assertively. If the person doesn't stop, you should tell a grown up.</p>	<p><b><u>Anti-Bullying Week</u></b></p> <p>Tell about a time when someone has called you a name. What did you do? How did you handle it? As you think about it, would you change your reaction if it happened again?</p>

## Empathy and Critical Thinking

Week	Topic	Questions
13	<p><b><u>Empathy</u></b></p> <p>Empathy is feeling or understanding what another person is feeling. When you understand how someone else is feeling it is like walking in their shoes. This means you imagine what it would be like to be them. You can focus your attention on someone's face or body and on the situation for clues about how that person is feeling. We can have many different feelings. Some are comfortable, and some are uncomfortable. All our feelings are natural.</p>	<p><b><u>Having Empathy</u></b></p> <p>Today try and be a feeling detective! Try to notice how your teacher is feeling throughout the day. Watch his/her face and body for clues!</p> <p>What are somethings that you will look for?</p>
14	<p><b><u>Avoiding Jumping to Conclusions</u></b></p> <p>When you jump to conclusions, you believe you know what is going on or make decisions without having all the information. When your emotions are out of control, it's easy to jump to conclusions.</p>	<p><b><u>Understanding Stereotypes about People</u></b></p> <p>What is something you were blamed for because someone jumped to conclusions about you? How did you feel?</p> <p>How can you avoid jumping to conclusions about others?</p>
15	<p><b><u>Showing Compassion</u></b></p> <p>Compassion is empathy in action. People feel better when we show them care and concern. Listening, saying kind words, and helping are three ways to show compassion.</p>	<p><b><u>Understanding Stereotypes about Objects, Activities, and Roles</u></b></p> <p>What does compassion means to you?</p> <p>Name three ways you can show compassion for others.</p>
16	<p><b><u>Belly Breathing</u></b></p> <p>Taking deep breaths or "belly breathing" is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b></p> <p>This week we will focus on breathing and a mindfulness activity.</p>
17	<p><b><u>Strong Feelings</u></b></p> <p>When you have strong feelings, it's hard for your brain to think clearly. The feeling part of the brain can take over! When this happens, it's like you "flip your lid" or lose control of the thinking part of your brain. Try to focus your attention on your body for clues about how you're feeling. This gets your brain thinking again, so it can start to take back control.</p>	<p><b><u>Feelings</u></b></p> <p>Can you imagine how you would let a friend know you would let a friend know some bad news?</p> <p>What is a goal you want to achieve this year?</p> <p>What makes you feel calm?</p>
18	<p><b><u>Feeling Confident</u></b></p> <p>Feeling confident means believing in ourselves and knowing that we can do something. If there is something that you don't feel very confident about, practicing can help you build your confidence. Feeling confident helps you do your best and makes you feel proud.</p>	<p><b><u>Understanding that People Can Change</u></b></p> <p>What does confidence look like to you?</p> <p>What is one thing you can practice today that will build you confidence?</p> <p>what is your favorite place to relax?</p>

## Communication

Week	Topic	Questions
19	<p><b><u>Self-talk</u></b></p> <p>Self-talk means talking to yourself in a quiet voice or in your head. Self-talk can help us stay on task and focus attention. What self-talk might you use if you were trying to remember directions your teacher gave you? Remember to use self-talk when you need to stay focused and on task!</p>	<p><b><u>Listening to Others</u></b></p> <p>What event or concert would you love to attend?</p> <p>What is your favorite subject?</p>
20	<p><b><u>Handling Put-Downs</u></b></p> <p>How do you feel when someone puts you down? Sometimes when people say mean, disrespectful, or hurtful things to you they can make you feel sad, unimportant, and even angry. It can be difficult to handle put-downs when you're feeling a strong emotion. Practice using the Ways to Calm Down the next time someone says something mean to you. You can calm down by breathing, counting, or using positive self-talk.</p>	<p><b><u>Responding to Others</u></b></p> <p>On a scale of 1 to 5, with 5 being the highest, how do you feel today?</p> <p>What is your favorite place in your home?</p> <p>Who do you talk to when you are feeling sad?</p>
21	<p><b><u>Being Assertive</u></b></p> <p>Being assertive means asking for what you want or need in a calm and firm voice. Pretend your teacher didn't give you the book you need. You might say: "Excuse me, may I please have a book." Being assertive also means standing up tall and making eye contact. What is a time today when you might need to use your assertiveness skills?</p>	<p><b><u>Being Assertive</u></b></p> <p>What does assertive look like to you?</p> <p>What is a time today when you might need to use your assertiveness skills?</p> <p>If you could make a new law, what would it be?</p>
22	<p><b><u>Friend</u></b></p> <p>A friend is a person you like and enjoy spending time with. You can be a good friend by listening with attention, having empathy, showing compassion, and considering your friend's perspective.</p>	<p><b><u>Friendship Week</u></b></p> <p>What are some quality traits of a good friend?</p> <p>What traits do your friends admire about you?</p>
23	<p><b><u>Belly Breathing</u></b></p> <p>Taking deep breaths or "belly breathing" is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b></p> <p>This week we will focus on breathing and a mindfulness activity to get ready for assessment week.</p>

## Problem Solving

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24	<p><b><u>Problem Solving</u></b></p> <p>Some solutions to problems are complicated and you will need to make a plan in order to make the solution more manageable. A good plan will have three main characteristics: <i>1. The order makes sense. 2. There's enough time to make it happen. 3. It is simple and realistic.</i> What is a problem you are having that might require you to make a plan to solve it?</p>	<p><b><u>Identifying Problems</u></b></p> <p>What can you do when you get stuck while making a decision?</p> <p>Talk about a decision you regret? How would you hand it differently?</p>
25	<p><b><u>Frustration</u></b></p> <p>When you're doing something difficult, or trying to master something new, it's common to feel frustration. Frustration is not a comfortable feeling. Often our muscles are tense; you might even want to shout! When you feel frustrated, it's important to calm down. You can calm down by: <i>taking a deep breathe, counting, using positive self-talk, walking away, or taking a break.</i> What's your favorite way to calm down when you feel frustrated?</p>	<p><b><u>Solving Problems</u></b></p> <p>How do you show your frustration?</p> <p>What's your favorite way to calm down when you feel frustrated?</p> <p>What is one thing you want to do during spring break?</p>
26	<p><b><u>Taking Responsibility</u></b></p> <p>Everyone makes mistakes sometimes. When we do something that hurts someone else, whether it's on purpose or by accident, it's important to take responsibility. Accepting responsibility means admitting what you did wrong, apologizing and offering to make it better. For example, "I bumped into you and hurt you. I'm sorry! Can I help you up?"</p>	<p><b><u>Cooperating</u></b></p> <p>Describe a time when you took responsibility for your actions. How did that make you feel?</p>
27	<p><b><u>Being Considerate</u></b></p> <p>When two people want to play with the same thing, there are three easy ways to play fairly. <i>1. You can share the toy and play with it together. 2. You can take turns playing with the toy by yourselves. 3. Or you can trade one toy for another toy.</i> Think about a time today when you can share, take turns, or help someone?</p>	<p><b><u>Being Considerate</u></b></p> <p>What does being considerate mean to you?</p> <p>Think about a time today when you can share, take turns, or help someone.</p>

## Peer Relationships

Week	Topic	Questions
28	<p><b><u>Inviting Someone to Join the Group</u></b></p> <p>We all have times when we don't get invited to play. When you see someone being left out, it's a great opportunity to invite them to join the group. When we play with others we get to know them better and might make a new friend.</p>	<p><b><u>Caring for Others</u></b></p> <p>Describe a time when you felt left out. How did that make you feel? What would you have liked others to do for you?</p> <p>What would you do if you saw someone who had been left out?</p>

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29	<p><b><u>Belly Breathing</u></b> Taking deep breaths or “belly breathing” is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b> This week we will focus on breathing and a mindfulness activity to get ready for assessment week.</p>
30	<p><b><u>Dealing with Negative Peer Pressure</u></b> What happens when a friend tries to talk you into doing something that is not safe or respectful? This is called negative peer pressure. It can be hard to say no to friends and it's a good idea to practice beforehand. Try using assertiveness skills to say no: Face the person; keep your head up and shoulder back; use a calm, firm voice; and use respectful words.</p>	<p><b><u>Being Inclusive</u></b> What makes you feel sad? What makes you feel happy?</p>
31	<p><b><u>Belly Breathing</u></b> Taking deep breaths or “belly breathing” is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b> This week we will focus on breathing and a mindfulness activity to get ready for assessment week.</p>
32	<p><b><u>Accidents</u></b> Accidents happen all the time. If something happens to you by accident, think about how it could have been an accident and find out more information. If you do something by accident, think about how the other person feels, apologize, and offer to help. Today notice what happens when there is an accident at school or at home.</p>	<p><b><u>Making Amends and Forgiving</u></b> In an emergency situation, what would be your greatest strength? What do you think of when you hear “I am sorry”?</p>
33	<p><b><u>Seeking Help</u></b> Even though you are all wonderful problem solvers, there are times when even the best problem solver needs help from an adult. If a problem is serious enough or if you've tried to solve it on your own without success, it might be time to assertively ask an adult for help. When you assertively ask an adult for help, you use a calm, firm voice; you use respectful words; and you face the person you are talking to.</p>	<p><b><u>Reflecting and Connecting</u></b> How do you ask for help when needed? When have you felt appreciated after helping someone?</p>
34	<p><b><u>Belly Breathing</u></b> Taking deep breaths or “belly breathing” is a quick and simple way to calm ourselves. When you have a strong feeling, try focusing your attention on your breathing. Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. Breathe in slowly through your nose and out through your mouth. It should be very quiet. Let's all practice together. (Take a slow deep breath.)</p>	<p><b><u>Mindfulness Week</u></b> This week we will focus on breathing and a mindfulness activity to get ready for assessment week.</p>