



September

Objective:

I Can Build a Safe and Strong Community by Establishing a Class Charter, Learning How to JAM, and Understanding My Emotions.

Activities:

- ☐ Introduce JAM Station
- ☐ Create Class Charter
- ☐ Emotions Bingo (Extension Activity)

Materials:

- ☐ Poster Board for Class Charter Visual Anchor
- ☐ JAM Strategies Poster size paper
- ☐ Printable Emotions Bingo

Character Word: Confidence

This is why Confidence is so crucial:

- [Building a Child's Self-Confidence in a World of Racial Inequality.](#)

Confidence Tool kit: Some Songs:

- [Confidence SPOT Song Music Video for Kids](#)
- [33 POSITIVE AFFIRMATIONS FOR KIDS SELF ESTEEM](#)
- [Sesame Street: Will.i.am Sings "What I Am"](#)
- [QuaverEd: You-Nique](#)
- [10 Daily Positive Affirmations for Kids | Boost Your Child's Confidence and Self-Esteem](#)
- [Henry & Leslie \(A Children's Story About Confidence and Self-Love\) kids #bullying podcast](#)
- [The Kid's Guide to Confidence](#)

Some confidence building games:

- [Banana Banana Meatball Song | Songs For Kids | Dance Along | GoNoodle](#)
- [Freeze Dance 2.0 | Please Don't Move | Virtual Recess | Freeze Song | PhonicsMan Freeze](#)

Lesson:

INTRODUCE JAM STRATEGIES:

Preselect activities from your JAM lesson to model/practice. Introduce JAM to the students. Model and practice your selected strategies with the children. [JAM Strategies](#).

INTRODUCE CLASS CHARTER:

Brainstorm the reason rules are important with the children. Have them imagine a class or home without rules. Have a student-led brainstorming session to create a class charter (if you don't have one already). Capture your brainstorming session with their ideas. These rules will be followed and referenced all year. This is a positive reinforcement for your expectations. The sign can be in pictures or words. It is important that they know what they are signing. Have all the children sign. This document is valuable in centering individuals and the group on the agreed shared values. Be Sure to use your Charter to joyfully remind your class of agreed rules and routines as you play.

JAM Time:

Leave 5-10 minutes at the end for your Community Circle to review your lesson and wrap up any pressing questions. This is a gathering of the group to debrief on the learning and share lows, highs and Shout Outs. Community Circles are great tools for rebuilding community and strengthening bonds of trust. For more information:

[Building Community With Restorative Circles](#)