



Responsive Classroom®

#SELday

MIDDLE SCHOOL BRAIN BREAK

And Don't You Forget It!

1. Students stand at their desks or in a circle.
2. Pose the topic. "Our topic today is the social and emotional skills that help us do our best learning in and outside of school." Give students a moment to think of them, and then encourage students to be ready with one idea to share.
3. The first student looks at the next person and says, "I can use cooperation skills when working on group projects, and don't you forget it!"
4. The second student looks at the next person and says, "Adam said 'cooperation.' I say, be assertive and ask questions when I am unsure how to do something. And don't you forget it!"
5. The third student looks at the next person and says, "Hannah said, 'be assertive.' I say, use more empathy when listening to my classmates. And don't you forget it!"
6. Continue around the room until everyone has had a turn.