

Thursday September 9, 2023

Important:

- Today is the first day of school
- No school next Friday, 9/15

Welcome to Advisory!!

Our advisory program is a key way that adults at school can support students in building positive relationships and having a successful year.

What do you think is the most important quality for getting along with others? For example, do you think it's being a good listener? Be prepared to share your ideas with a partner.

Introduction & Activity

Partner chat

You will choose a partner from your table to answer the question posed in the message

"This is _____. _____ Thinks that _____ is the most important quality for getting along with others.

Scrambled Words with a Side of Toast

You will work in your groups to unscramble your word or phrase and discuss how it relates to getting along with others

Reflection

Which qualities would you like to work on as an Advisory Team?

Tuesday September 12, 2023

Important:

- No school next Friday, 9/15

Hello Bully Busters!

Today we are going to discuss bullying. What does “bullying” mean to you? When bullying happens, there are procedures followed in school once it gets reported. Today we will review the procedures, who you can talk to, and how the process works once the incident is reported.

Introduction & Activity

We will start by watching a video and taking the quiz after the video
<https://www.stopbullying.gov/kids/kid-videos/kb-recalls-her-day>

Each of you will have a copy of the HIB policy or you can view it on Google Classroom. We are going to find the answers to questions #1-9. Once your group finds the answer, let us know and we will discuss it.

Reflection

Who is someone who has stood up for you in the past?

Thursday September 14, 2023

Important:

- No school next Friday, 9/15

What's up Upstanders?!

Today will continue to review and discuss the HIB policy. What does HIB stand for? Reviewing the policy is important to do each you, why do you think so?

“If people throw stones at you,
pick them up and build
something.” - Gecko & Fly
How can we work towards
spreading positivity?

Introduction & Activity

Video:

<https://youtu.be/0gpMP-qiAGI>

We will work to find the answers to questions #10-18 in the HIB policy.

If you have any questions, please ask
and we can have an pen discussion

Reflection

When was a time
you stood up for
someone else?

Tuesday September 19, 2023

Important:

- No school Monday, 9/25



Hello CARES Bears!

Today we are going to be
Discussing CARES and creating a
CARES poster for this classroom.

Can anyone list what each letter
of CARES stands for and how we
can show it? Think about it and
find someone to greet. Once you
do, say "Good Morning _____."

The ____ in CARES stands for
_____ and you show it by
_____."

Introduction & Activity

We are going to brainstorm look, sound,
feel charts for each letter of CARES as a
class

Then you are going to work in 5 different
groups where each group will have a
letter that they will create a poster for a

Reflection

Which CARES
quality do you think
is the most
challenging to
follow/remember?

Thursday September 21, 2023

Important:

- No school Monday 9/25

Super Students!

Today we are going to be analyzing our Student Code of Conduct. Why do you think places, especially schools, have a code of conduct?

What is a rule that our school that you agree with? Disagree with? Discuss with a partner, be ready to share.

Introduction & Activity

We are going to work in groups to focus on certain parts of the code of conduct. Each group will share what they learned.

Group 1: pages 4-5

Group 2: pages 8-10 levels 1-4

Group 3: pages 10-11 starting with infractions

You will have 15 minutes to read and summarize your group's section

Reflection

What did you learn by reading the code of conduct and discussing it with your peers?

Tuesday September 26, 2023

Important:

-

Welcome Hardworking Students!

What does it mean to be successful?
Does success just happen, or do you make it happen?

Tanya's Story: Tanya believed she wasn't smart, so she didn't put much effort into her schoolwork. Then her fifth grade teacher taught her a simple equation: $\text{Effort} = \text{Success}$. Since then, Tanya has worked hard and asks for extra help when she needs it. She now feels successful as a student because she advocates for herself and persists in reaching her goals.

Introduction & Activity

How have you been trying your best with you academics/grades? Think about what the equation $\text{Effort} = \text{Success}$ means to you. At your table, greet each other by name and share your response.

[John Legend: Success through effort](#)

Graffiti: Walk around the room and answer the prompts. After we all answer, small groups will summarize the charts to find common themes in the answers.

Reflection

Rate your effort in today's Advisory from 1 (low) to 5 (high). Why did you give yourself that rating? How would you rate everyone's effort as a group? How does individual effort connect to group effort and group success?

Thursday September 28, 2023

Important:

-

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday October 3, 2023

Important:

-

It's a Gritty Tuesday!

Grit is about sticking with a task or an assignment and finishing it. It's about working at something even when the work gets harder.

Marc's Story: Marc has always done okay in school, but this year he's struggling in math. When he gets stuck on a problem, he gets very frustrated and finds himself giving up.

On sticky notes, write down 3 pieces of advice you'd give Marc.

Introduction & Activity

Gone person starts and greets the person to their right "Good Morning _____. What's your advice?" Add these sticky notes to the chart we made last week.

Number Freeze

Everyone begins sitting. A target number will be called out and you will have 60 seconds to get that number of students to stand up at the same time.

Reflection

How do you think effort, persistence, and success are related?

Thursday October 5, 2023

Important:

-

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Tuesday October 10, 2023

Important:

-

Hello Savvy Students!

Today we will discuss the impact of social media and your digital footprint.

What is a digital footprint?

How is social media used for good? How can social media be used for negativity?

Introduction & Activity

Discuss the announcement prompts with your table groups. Be ready to share.

<https://www.youtube.com/watch?v=ottnH427Fr8>

Think about the video and past assemblies, what connections can you make? How can we work towards being more mindful with our social media and what we put on the internet?

Reflection

Share one thing you learned or a positive change you are going to make moving forward.

Thursday October 12, 2023

Important:

- HRW 10/26-10/28

Welcome Goal Setters

Quote of the Day “If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.” - Pat Riley, Pro Basketball Executive.

Think about your SMART goals you’ve created in your classes.

Introduction & Activity

Hand up, Pair Up. Round 1: Find a partner from a different table t=group, give a high five, then share one of your SMART goals and one effort you’ve made to reach it. Round 2: Find another partner, give a high five and share your goal and one change you need to make. Round 3: Find a new partner and share your goal as well as one challenge or barrier you may face
Carousel: Look around at the different barriers, go around and provide advice

Reflection

Which of these hurdles could get in the way of reaching your goal? What are some ways you can leap over them?

Tuesday October 17, 2023

Important:

- HRW 10/26-10/28

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday October 19, 2023

Important:

- HRW 10/26-10/28

Hello Thinkers!

Mindfulness is a way to connect with your thoughts and mind in order to gain control or recognize ideas and stressors.

We are going to watch a video about thoughts and how to focus our energy.

Introduction & Activity

<https://www.youtube.com/watch?v=70j3xyu7OGw>

Create your thought bubbles. Draw bubbles and list all thoughts going through your mind on a piece of paper.

Are any of these thoughts something you need help with? Are these in your control? How can you work towards releasing thoughts you cannot fix/control?

Reflection

Briefly elaborate on what you want to discuss.

Tuesday October 24, 2023

Important:

- HRW 10/26-10/28

Welcome Advisory Team!!

You've probably all experienced or witnessed a team getting better over time and a team getting worse or even falling apart. What made the difference?

Indigo's Story: Indigo loved basketball, so she was thrilled when she made the junior varsity team as a 9th grader. But she was ready to quit by the end of the season because of the cliques that had formed and divided the team.

What advice would you give Indigo?

Introduction & Activity

What's your advice? Greet each other at your table and share your advice. Continue until you have greeted each team member and all have shared.

Graffiti: Look at the headings posted around the room. "Graffiti" your ideas on the charts. With your table, find common themes among the ideas on the charts.

Be prepared to share.

Reflection

Rate your contribution as a team member in today's activity from 1 (low) to 5 (high). Why did you give yourself that rating? How important is each individual team member to a team's success?

Thursday October 26, 2023

Important:

-

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday October 31, 2023

Important:

-

It's a Terrific Tuesday Team!!

A disagreement or difference of opinion can divide a team - or bring it closer together. Isaiah's story: Isaiah was name one of the band leaders. But he and the other two leaders can't agree on how to run the band's fundraising event.

With only 1 week left to plan, Isaiah believed the event would be a disaster because there was still so much to do.

On a sticky note, write down 3 pieces of advice you'd give to Isaiah.

Introduction & Activity

What's your advice? Greet each other at your table and share your advice. Make sure each student is greeted and all have shared their advice. Be prepared to share.

Body Drumming - Spread out and make sure you have room to do the motions

Reflection

What are three ways we can make our Advisory team stronger in the next week or so?

Thursday November 2, 2023

Important:

- No school 11/8 - 11/10

Hello Wingman!

Today your Wingman
are going to lead a
lesson for you. What are
some expectations to
follow as our Wingman
are giving Direction?

During the activity?



WINGMAN

Reflection

Tuesday November 7, 2023

Important:

- No school 11/8 - 11/10
- Marking Period 1 ends 11/15

Hello Listening Lads!

Being a good listener isn't just about pretending, it is about doing. Have you ever felt like your friends weren't listening to you? It is very important to practice our listening skills and work towards being a better friend.

What are some strategies we use to show we are listening?

Introduction & Activity

Find a partner and discuss your answer to the announcement prompt.

<https://www.youtube.com/watch?v=i3ku5nx4tMU>

What is a tip the video shared that you often forget or was new for you?

What is one step you want to take to be a better listener?

Reflection

Describe a time when you felt like you weren't being heard and how you reacted. How can you react differently to help the other person see the importance in listening?

Thursday November 9, 2023

Important:

-

Hello Awesome

Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Tuesday November 14, 2023

Important:

- Marking Period 1 ends tomorrow

Hi Mindful Students!

Today we we are going to take some time for mindfulness. What is mindfulness and how can we practice it?

It is important to use these practices not only when we are stressed or anxious, but day to day.

Introduction & Activity

<https://www.youtube.com/watch?v=SN-4lz2oyNc>

You will have the choice of some activities to complete to relax and recharge your mind.

Reflection

How do you practice mindfulness at home?
What are some strategies you plan to use going forward?

Thursday November 16, 2023

Important:

- Early dismissal 11/22
- No school 11/23-11/24

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Tuesday November 21, 2023

Important:

- Early dismissal 11/22
- No school 11/23-11/24

Greetings, Prioritizers!

What's on your list of priorities?

Quote of the Day: "The key is not to prioritize what's on your schedule, but to schedule your priorities." - Stephen Covey, Author, Educator

On a sticky note, write down one thing that's a priority for you at school and one personal priority. Be ready to share.

Introduction & Activity

Greet as many people with a high five as you can in a minute. Then make groups of 4 to share your response to the announcement prompt.

"Graffiti" your answer on the charts around the room. We will then make groups to summarize the charts.

Reflection

What are three things you can do this week that support your school priorities?

Thursday November 23, 2023

Important:

-

Hello Awesome Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Tuesday November 28, 2023

Important:

-

Hello Awesome

Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Thursday November 30, 2023

Important:

-

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday December 5, 2023

Important:

-

Welcome Advisory Team!

The Dalai Lama says, "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

Today you'll discuss a synonym for compassion: empathy. To have empathy means to be able to imagine yourself in their situation and understand what they're feeling.

List ways someone has shown empathy toward you.

Introduction & Activity

Mix and Mingle - Walk around the room and greet each other by name and offering a handshake or a high five. With each person you greet, share one idea from your list. Be ready to share connections you made.

Mirrors - Find a partner and stand facing them. One person will lead and the other will follow. Make slow steady movements. After some time, we will switch the roles, then switch partners.

Reflection

What are some ideas you heard about empathy that you connect to? What does it feel like when others show empathy to you?

How might showing empathy make school a safer place?

Thursday December 7, 2023

Important:

-

Greetings, Brave Hearts!

Quote of the day: "You must never be fearful about what you are doing when it is right."-Rosa Parks, Civil Rights Activist

Last class you talked about empathy. Today you're going to explore putting empathy into action by supporting your peers at school (for example, avoiding gossip and including others) Think about how you can support others at school. Be ready to share.

Introduction & Activity

Around the table chat- Greet each other then take turns sharing you answers to the announcement prompt. Come up with as many ideas as a group and list them on a piece of paper.

Hands up for empathy activity

Reflection

What are three ways you're going to support others at school this week?

Tuesday December 12, 2023

Important:

-

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday December 14, 2023

Important:

-

Hello Awesome Advisory!

Today we are going to complete an activity using the student code of conduct. Do you feel that as the school year continues, rules/behavior tend to change? Why/why not?

Find a partner to discuss your answer with

Introduction & Activity

Reference the code of conduct and brainstorm different infractions that students could possibly do. Put each one on an index card.

Then each group will pick cards to classify each infraction by the level, how the student may be addressed, and what the consequence might be.

We will discuss all of them as a group.

Reflection

Which infractions or consequences were you surprised by?

Tuesday December 19, 2023

Important:

- Early dismissal 12/22
- No school 12/25-1/1

Hello. Advisory Team!!

Quote of the Day - "The ant is knowing and wise, but he doesn't know enough to take a vacation." - Clarence Day,
Author, Cartoonist

Think about the goals you set for yourself earlier this year. How can vacations help us reach them? Be ready to share.

Introduction & Activity

Inside-Outside Circles- Find a partner and form a circle standing facing each other. Greet each other by name and share your responses to the prompt. We will move the outside circle 1 person to the right.

Do what I said, Not what I say. As actions are given to you, you must do the action that was previously stated. Keep track of the actions!

Reflection

What are you most looking forward to during vacation?
How might the quote apply to your vacation?

Thursday December 21, 2023

Important:

- Early dismissal 12/22
- No school 12/25-1/1

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday December 26, 2023

Important:

-

Hello Awesome

Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Thursday December 28, 2023

Important:

-

Hello Awesome Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Tuesday January 2, 2023

Important:

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Welcome Back Sensational Students!!

We begin a new quarter at the end of this month. There's a lot to look forward to, but first, let's take a step back.

Rate your previous quarter experience on a scale of 1 to 4 (1-ugh; 2-just okay; 3-very good; 4-great!)
Be ready to share.

Introduction & Activity

Greet someone at your table and share your rating. Once you table shared, find the average rating for your group. We will use these to figure out the class average.

I've Never....

You can always have a positive experience regardless of the previous marking period.

"I've never _____ but I hope to next marking period"

Reflection

Think about what motivates you. If your previous quarter rating was 1 or 2, what might help you prime yourself for a better marking period? If you rated a 3 or 4, what could you do to have that energy?

Thursday January 4, 2023

Important:

-

Welcome Hardworking Students!

This class you'll create success plans to become more efficient, independent students - starting with being organized for success.

Take a My Success Plan, and think about this question: Do you consider yourself to be an organized student? If so, what makes you organized? If not, what hard for you about being organized?

Introduction & Activity

Greet a partner by name then chat about the announcement prompt.

In your table group, brainstorm strategies and skills for being better organized in four areas.

Time management, study skills, homework, and test taking.

Complete only step 1 of the success plan

Reflection

What are some benefits of being organized? Which organizational skills do you think are your strengths? Which ones do you want to improve?

Turn in your success plan, we will need it next week.

Tuesday January 9, 2023

Important:

- No school 1/15

Hello Wingman!

Today your Wingman
are going to lead a
lesson for you. What are
some expectations to
follow as our Wingman
are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday January 11, 2023

Important:

- No school 1/15

Hello Advisory Team!

Last class you talked about how to become better organized.

Today you'll continue with your success plan. You're going to talk about how to study for tests and quizzes, and how to complete homework and other assignments.

Get your My Success Plan out. Think about the strategies you use to study and complete homework. Be ready to share.

Introduction & Activity

What's your strategy? One person in each group will share "Good Morning, _____. What's your strategy?" "Good Morning _____, one of my strategies is _____"

Continue around the table until everyone has gone.

Maitre d' - I will call out random groupings and provide a situation. You will talk in your group about the situations. We will do this a few times.

Reflection

Does your strategy for studying ever change based on the type of quiz/test or assignment?

Please turn in your success plan, we will need it for next class.

Tuesday January 16, 2023

Important:

-

Dear Deep Thinkers,

Over the last few classes, you have spent time building a plan for success. Today is the final piece of that plan: Test-taking skills.

Get your My Success Plan out. Think about how you take tests and quizzes. What strategies do you use to help you do well on these?

Introduction & Activity

Partner Chat - Pair up with someone at a different table. After you greet them by name, share your response to the announcement prompt. Think of strategies together as you struggle with certain tests. Hand up, Pair up - Round 1: find a partner from another group and give a high five and share one way you're working to become more organized. Round 2: Find another partner and high five, share a new strategy you will try. Round 3: Find a partner and give a high five, share ideas how you can do well

Reflection

Complete step 3 of your success plan

How does sharing strategies with each other help you create a new strategy plan?

Thursday January 18, 2023

Important:

-

Hello Emotional Connectors!

Have you ever felt like people don't understand your feelings?
Have you ever not understood your own feelings? Today we are going to watch "therapist reacts- Inside Out".

In this video they discuss the imagery in the movie and connections we can make

Introduction & Activity

<https://www.youtube.com/watch?v=vTVQtslfoo8>

We are going to watch how the Pixar film portrays emotions and ways to handle what we all feel inside

Reflection

What are your thoughts on what they shared? Were there any insights that connected with you?

Tuesday January 23, 2023

Important:

- Marking Period 2 ends 1/30

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday January 25, 2023

Important:

- Marking Period 2 ends 1/30

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday January 30, 2023

Important:

- Marking Period 2 ends today

Welcome Trustworthy Team

This week we will discuss how to build trust. Trust can be defined as having faith in a person's reliability, honesty, and dependability. Trust means.....

What does trust mean to you? Finish the above sentence on a sticky note. For example: "Trust means I can count on someone to be on time for a study group meetup." Be ready to share.

Introduction & Activity

One-sentence sharing: In your table group, greet each other by name and share a one-sentence response to the announcement prompt. Be ready to discuss.

Scrambled words with a side of toast.
You will work with your table to unscramble the phrases or words given to you. Discuss the important of those phrases with your group. Work to create a quote about trust to inspire. Be ready to share.

Reflection

Why do you think it's important to have trust in your relationship with classmates?

Teachers? Friends?
Family?

Thursday February 1, 2023

Important:

-

Hi Resolute Students!!

Last class you came up with many great ideas about trust. Today you're going to dig deeper into what trust is all about.

Think about this: How is trust like a house? (For example: Trust is like a house because it must have a solid foundation.)

Introduction & Activity

Making Connections: In your table group greet each other and then brainstorm possible connections between "house" and "trust," coming up with valid reasons to support your connections.

Amazing Analogies: "Trust is like a house because _____" Choose one connection your group came up with to create your own analogy.

Reflection

Which analogy do you have the strongest connection to, and why? How can these analogies help you build more trust with other sin our school?

Thursday February 6, 2023

Important:

-

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday February 8, 2023

Important:

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Hi, Aspiring Achievers!

You've got the power to achieve your goals.

Quote of the Day: "I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest." - Venus Williams, Pro Tennis Player

Rate your previous quarter 1 being ugh and 4 being great!

Introduction & Activity

Rating our previous quarter - pair up with a table mate and share your rating.

Work as a group to find the average rating of your table. Work to find the average of the class.

Picture This - Close your eyes and take a deep breath as I guide you through a visualization.

Mix and mingle sharing you goals and steps to take to achieve it.

Reflection

How does visualizing goal achievement lead to success? How might your strengths help you meet these goals?

Tuesday February 13, 2023

Important:

- No school 2/1 & 2/196

Hello Advisory Team!

You're going to delve into communication during our meetings this week.

Quote of the day: "Do the best you can until you know better. Then when you know better, do better." - Maya Angelou, Poet, Author

Think about what this quote means to you. Be prepared to share.

Introduction & Activity

Interview: Pair up and greet each other by name. Take turns interviewing each other about what the quote means to them. What does the quote mean in terms of improving their communication skills.

I will read you sentences, you will take turns changing only one element of the sentence until we have all changed the original sentence.

Reflection

What communication skills do you need to be successful with this activity? When can you use these skills to help everyone communicate better with each other?

Thursday February 15, 2023

Important:

- No school 2/16 & 2/19

Dear Effective Communicators!

Communication is like a glue that holds every relationship together. Quote of the Day: "Nothing lowers the level of conversation more than raising the voice." - Stanley Horowitz, Author

On a sticky Note, write 3 strategies you use to raise the level of communication and keep it positive.

Introduction & Activity

What's your strategy? One person starts and greets the person to their left "Hi____, what's your strategy?" the student responds, "Hi ____ One strategy I use to keep my communication positive is....."

Encore Brainwriting: Make a T chart on your paper and label one side Talk/Listen and the other side connection. You will list songs on the talk/listen side and the connections on the other side.

Reflection

Think about what it takes to improve your communication skills. What will you do to improve your skills? What can you do to help others improve theirs?

Tuesday February 20, 2023

Important:

-

Welcome, Students!

One definition of self-control is the ability to recognize and regulate one's own thoughts, emotions, and behaviors in any situation.

What does "self-control" mean to you? Be ready to share your thoughts with your table group.

Introduction & Activity

Around the table chat - Going clockwise around the table, greet each other by name and share your response. Going counter clockwise, share one example of demonstrating self-control.

<https://youtu.be/E2jYdEO18nU>

Shake it Down - Find a space to stand and I will count out loud from 1 to 16. You will raise your right hand and shake it on each count, then the left hand, right foot, left foot. We will then cut the count and repeat until we are down to one.

Reflection

How does self-control play a role during an activity like skae it down? Why is it important to have self-control?

Thursday February 22, 2023

Important:

- March Madness 3/1

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Tuesday February 27, 2023

Important:

- March Madness 3/1

Hi Thoughtful Communicators!

Today you're going to explore how self-control plays a part in being a thoughtful communicator. Do you know the saying "Think before you speak"?

On a sticky note, write down the very first thing that comes to mind right now. Do not put your name on it, and keep it to yourself.

Introduction & Activity

Silent Quotes: Move around the room and search for the match to your quote. Once you find your partner, read the full quote together and discuss its meaning. Be ready to share.

Graffiti - Share your ideas on the charts posted around the room. We will split into small groups to summarize the charts.

Reflection

How does thinking before you speak make you a thoughtful communicator?

Thursday February 29, 2023

Important:

- March Madness 3/1

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday March 5, 2023

Important:

-

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday March 7, 2023

Important:

-

Hello Team!

This week, you're going to dig deeper into what causes stress and how you can better manage stress.

Quote of the day: "Stress in the trash of modern life - We all generate it but if you don't dispose of it properly, it will pile up and overtake your life." - Danzae, Writer

What are other metaphors or similes for stress?

Introduction & Activity

Swap meet: mix and mingle then greet each other with a high five, share some of your simile or metaphors with your partner then continue as you greet 2 to 4 people.

Museum walk - Walk around and take a look at your classmate's metaphors. Draw a star next to any ideas you connect with.

Create a chart for the most relatable ones

Reflection

How do you think make connections like these might help someone who is experiencing stress?

Tuesday March 12, 2023

Important:

-

Hi, Brainstormers!

There are many factors that can contribute to stress. Some may be external and some may be internal. While you can't control all factors that lead to stress, there are ways to manage them.

Think of an external factor and an internal factor that might cause someone stress. Be ready to share.

Introduction & Activity

Group Brainstorming - In your table group, greet each other and then brainstorm a list of external and internal factors that can cause stress. The come up with some strategies to respond to these factors.

https://www.youtube.com/watch?v=1mw6M-0_Q7I

Graffitis - share your ideas on the prompts posted around the room. We will then form small groups to summarize connections by circling what is out of your control.

Reflection

What is something you learned today?

Looking at the charts, which strategies do you think are the most important for a person handling external factors that may be out of their control?

Thursday March 14, 2023

Important:

- Variety Show 3/22 & 3/23

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Tuesday March 19, 2023

Important:

- Variety Show 3/22 & 3/23

Welcome to Advisory!

Since our advisory meetings have started, we've spent time getting to know each other. But there's so much more to learn!

On an index card, write 3 facts about yourself;

- Something that's true for most students
- Something that's true for only some students
- And something that's most likely true just for you

Introduction & Activity

Mix and mingle - Walk around the room and greet each other by name and share one word that describes who you are.

Shared Truths - Turn in your index card. If the first statement read relates to you, stand up. If the second statement is true for you, stay standing. The last student standing should be the one who wrote the card.

Reflection

What surprised you today? Why?

Thursday March 21, 2023

Important:

- Variety Show 3/22 & 3/23

Hi Mindful Students!

Today we we are going to take some time for mindfulness. What is mindfulness and how can we practice it?

It is important to use these practices not only when we are stressed or anxious, but day to day.

Introduction & Activity

<https://www.youtube.com/watch?v=SN-4lz2oyNc>

You will have the choice of some activities to complete to relax and recharge your mind.

Reflection

How do you practice mindfulness at home?

What are some strategies you plan to use going forward?

Tuesday March 26, 2023

Important:

- No school 3/29-4/5

Hello Wingman!

Today your Wingman
are going to lead a
lesson for you. What are
some expectations to
follow as our Wingman
are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday March 28, 2023

Important:

- No school 3/29-4/5

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday April 2, 2023

Important:

-

Hello Awesome Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Thursday April 4, 2023

Important:

-

Hello Awesome

Advisory!

Briefly elaborate on
what you want to discuss.

Activity

te on
discuss.

Reflection

Briefly elaborate
on
what you want to
discuss.

Tuesday April 9, 2023

Important:

- Marking Period 3 ends 4/12

Hi, Team!

Quote of the Day “I know there is strength in the differences between us.” - Ani DiFranco, singer-songwriter, poet
Think of one skill you recently learned or a favorite activity, class, book, etc. Write your response down anonymously on an index card and hand it to me. You'll then count off to form groups. We'll use these cards during our whole-team meeting.

Introduction & Activity

What's the News? Greet each other in your group, “Good Morning _____, What's the News?” Share a positive recent event or update with something you've learned

Just Like Me

As I read each shared index card, you will stand up and say “Just Like Me” if the card applies to you

Reflection

How does meeting as a whole team help strengthen our community?

Thursday April 11, 2023

Important:

- Marking Period 3 ends 4/12

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Tuesday April 16, 2023

Important:

-

Hello Stupendous Students!

Today we will review the student code of conduct.

What are some of the things you remember about our code of conduct?

Why is it important to have a set of consequences for actions?

Introduction & Activity

Four Corners

Each corner is labeled levels 1 through 4
As I call out a student scenario, you will choose which level infraction it falls under. Once you are there, discuss with the group why you chose that level and how you would address it.

Reflection

What made it hard to pick a level for the scenario?

What are some factors you think would contribute to a different consequence?

Thursday April 18, 2023

Important:

-

Hello Agreeable Debaters!

“Finding middle ground” is when people who disagree find something to agree on.

Quote of the Day: “It’s a very important thing to learn to talk to those you disagree with.” - Pete Seeger, Musician

Think about the pros and cons of using personal technology in class. Be ready to share.

Introduction & Activity

Debate Duos: Pair up and choose roles, one partner will debate the pro and the other the con. You will each have 30 seconds to state your reasons and defend your position. After you each go, you will then switch sides.

Venn-ting

Imagine Devorah and Zoe did not “agree to disagree” on the best vacation spot. Help them find middle ground. With your partner, set up a Venn Diagram, Beach, Mountain, Both

Reflection

How did today’s activities help find the middle ground of an argument?

How might understanding an opposing side help in a disagreement?

Tuesday April 23, 2023

Important:

-

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday April 25, 2023

Important:

-

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday April 30, 2023

Important:

-

Welcome Brave Students!

Pacer's National Bullying Prevention Center reports that more than 1 out of every 5 students report being bullied, and that 57% of bullying scenarios stop when a peer intervenes.

Quote of the Day: "You must never be fearful about what you are doing when it is right." - Rosa Parks, civil rights activist

What does it mean to be brave and stand up for your peers in school and on social media?

Introduction & Activity

Around the Table - Greet each other by name and take turns sharing your responses to the prompt. Be ready to share

Graffiti - Graffiti your ideas on the prompts posted around the room. We will split into small group to make connections and summarize common themes.

Reflection

What is one action you could take this week to help prevent bullying?

Thursday May 2, 2023

Important:

-

Hello Upstanders!

An upstander is someone who acts when they see something wrong.

On an index card, write down one idea for each of the following:

- How to respond to bullying
- Whom to report to if you experience or witness bullying
- How to prevent future bullying

Introduction & Activity

Info Exchange: mix and mingle, greeting each other by name and giving high fives. When I signal, stop and pair up. Exchange index cards without looking at them. Exchange two more times. On my next signal, you will partner up and discuss what;s on the cards you have. Exchange with your partner, then take a seat at your table.

Analyze data - In your table group, share the index cards and determine your top three ideas (one idea for each prompt)

Reflection

How does this compare to the graffiti charts from last class?

Tuesday May 7, 2023

Important:

-

Hi, Team!

Consider this situation: James is sitting with Amir at a school wide assembly. James tells Tina that she should sit on the other side of the room because she doesn't "look as cool" as the other students sitting with them.

What advice would you give Tina? Amir? James? Be ready to share.

Introduction & Activity

What's your advice? - one student in each table group begins by greeting the student to the left "good morning _____ what's your advice?" Continue until all have shared.

Communication Role Play - You will volunteer as Gabe, Gabe's thoughts, Anthony, or Anthony's thoughts within your group. Discuss with your group what advice you would give Gabe and Anthony.

Reflection

How would this situation be different if Anthony and Gabriel said what was on their minds?

Thursday May 9, 2023

Important:

-

Hello Awesome Advisory!

Last class we discussed peer pressure and read through a scenario for Gabe and Anthony.

Today you will work in a group of 4 to create a skit. You need two main characters and their thoughts, just like yesterday.

Introduction & Activity

First, you will make groups of 4. Decide who will play which role and create your skit. You will have about 10-15 minutes.

Each group will take some time to share their skit.

Reflection

What was challenging for you? How did you work together and compromise?

Tuesday May 14, 2023

Important:

-

Dear Team,

One of my favorite cartoon friendships is Calvin and Hobbes because they're so comfortable being themselves around each other and always look out for each other, even when they argue.

Think of a friendship from a book, movie, or TV show that you admire, and two reasons why.

Introduction & Activity

Friendship Calculator - complete the friend calculator handout. Answer each question as honestly as possible about one of your friendships. Once everyone is done, Review your score and share something that surprises you about it.

Mix and Mingle - Walk around the room and greet each other by name. Share your response to the announcement prompt. Return to your table group and share one common quality about the friendships people shared.

Reflection

Looking at the qualities, which one do you think is most important to have? What actions might you take to strengthen your friendships with others?

Thursday May 16, 2023

Important:

-

Hello Awesome Advisory!

Gender norms are how we are expected to act, roles to play, and jobs we have.

Some gender norms are that women should cook and clean while men work. What are some gender norms you've come across? How do you challenge gender norms?

Introduction & Activity

Wreck-It Ralph 2: Ralph Breaks the Internet - Vanellope Meets Disney Princess - Critical Media Project

What are some of the things the different princesses have in common?

What are some of the societal norms for these Disney Princesses and how does the scene push back against them?

Ralph Wrecks The Internet is produced by Disney, and is referencing other Disney movies? Does this add to or take away from the critique it offers?

Reflection

What are other examples of media that center boys/men when supposedly telling the stories of girls/women?

Tuesday May 21, 2023

Important:

- No school 5/27

Hello Wingman!

Today your Wingman
are going to lead a
lesson for you. What are
some expectations to
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are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday May 23, 2023

Important:

- No school 5/27
- 8th grade trip 5/29&5/30

Congrats Advisory Team!

You have all been working really hard at building positive relationships in Advisory and learning how to communicate better. Today we will join those two things together by practicing giving compliments.

Take a minute to think about specific ways your tablemates work together to help one another.

Introduction & Activity

<https://www.youtube.com/watch?v=g8hOFpNEmRI>

Compliment Greeting - Greet each other by name and offer a specific compliment about the person's actions.

The last word - You will write the word ADVISORY on your paper and brainstorm ideas that start with each letter of the word.

Create a chart

Reflection

List three big ideas you learned about yourself or your advisory teammates this semester; two tips we can use to improve advisory; one question you have about something related to advisory.

Tuesday May 28, 2023

Important:

- 8th grade trip 5/29&5/30

Hello Confidence Crew!

We hear a lot of talk about self confidence.

What is self confidence?

What are some ways you've built your self confidence?

Be ready to share.

Introduction & Activity

We will watch the video, then have a whole group discussion.

<https://youtu.be/5SJe7spsF94>

Reflection

Why is it important to have self-confidence?

Thursday May 30, 2023

Important:

-

Hello Awesome Advisory!

Today we are going to have a lesson with Mrs. Murray. Make sure your learning areas are cleared of any distraction and attention is on the SMART TV.

Where can we find Mrs. Murray if we need her?

Introduction & Activity

[Mrs. Murray's Google Classroom](#)

Reflection

What is 1 thing you learned or reflected on during the lesson?

Tuesday June 4, 2023

Important:

- Early dismissal Friday
- Banquet 6/7

Hello, Team!

Think about every activity you do after school and on weekends. Now think about new activities you'd like to try - maybe a new sport, hobby, or club.

List your top 3 after-school/weekend activities you currently do then make a wish list of the top 3 new activities you'd like to try.

Introduction & Activity

Around the table talk - Greet each table mate, take turns sharing your response to the prompt. Counterclockwise share 3 activities you do, clockwise share 3 things you'd like to try

Common Commonalities - "If new activities were to be offered at school, which ones would you want to see offered?" Pair up and brainstorm ideas. Then find a partner to share with, then we will share common ideas as a group.

Reflection

What strategies did you use to find commonalities?

Thursday June 6, 2023

Important:

- Early dismissal Friday
- Banquet 6/7

Hi Mindful Students!

Today we we are going to take some time for mindfulness. What is mindfulness and how can we practice it?

It is important to use these practices not only when we are stressed or anxious, but day to day.

Introduction & Activity

<https://www.youtube.com/watch?v=SN-4lz2oyNc>

You will have the choice of some activities to complete to relax and recharge your mind.

Reflection

How do you practice mindfulness at home?
What are some strategies you plan to use going forward?

Tuesday June 11, 2023

Important:

- Early dismissal Friday

Hello Wingman!

Today your Wingman are going to lead a lesson for you. What are some expectations to follow as our Wingman are giving Direction?

During the activity?



WINGMAN

Reflection

Thursday June 13, 2023

Important:

- Early dismissal Friday
- This is our LAST MSA CLASS

Hi Sunny Students!

Everyone take a deep breath and let it out. The year is just about over, and soon you'll be on summer break.

What is something you're looking forward to this summer? Why?
Be ready to share.

Introduction & Activity

One-Sentence Sharing - Count off to form groups of four. Greet each other by name then answer the prompt in one sentence.

Solar Power

Reflection

What helps you construct vivid pictures in your mind? How can creating positive mental images help people relax when they're feeling overwhelmed, anxious, or stressed?