

Social Emotional Wellness Activities at LBES

PBIS Programming (Positive Behavioral Interventions and Supports):

- *PAWS cards for students and teachers (Practice Kindness, Act Responsibly, Welcome Challenges, and Show Respect)
- *All PAWS lessons taught the first three months of school
- *Monthly/Bi Monthly all-school assemblies with character counts messages.

Examples of in-class PAWS activities:

***Wellness-**

Introduction of rules using PAWS taking one letter at a time and talking about what that means for wellness.

Problem solving challenges which we relate to the 4 letters in PAWS.

Wellness leaders also have groups of 5-7 Fifth graders who come in each morning to set up for wellness classes.

***Primary-** BINGO game in my room. I have a cute board up on my white board. When I see the kids exhibiting a PAWS behavior, they can earn a BINGO chip. We circle the chosen card and if they get 5 (or 6) in a row, then they get a special treat/privilege. It could be a little prize from inside the prize ball (stickers, smarties or bouncy balls) or it could be extra choice/outside time.

***Intermediate-** Book clubs categorize their books into PAWS criteria. Is it a book that shows characters Practicing Kindness, Acting Responsibly, Welcoming Challenges, or Showing Respect

***All grade levels--**PAWS tickets passed to students who exhibit positive PAWS behaviors.

Leadership Programming:

- *Traditional Fifth grade students buddy with Kindergarten students and walk them to the bus
- *ALL fifth grade students walk the entire student body down to the assemblies, help perform in the assemblies, and escort them back to their classes.
- *Buddy classes—all intermediate classes pair with one primary class and work with them monthly—for example, they read with them, have pen pals, go on fieldtrips with their buddies, etc.

Awareness Weeks:

- *Red Ribbon Week (October): Drug and alcohol prevention (daily themes and activities)

Bullying Prevention:

- *Grade 4 and 5—Steps to Respect
- *Grade 3—Coping skills to manage stress and identification of bullying
- *Grade K-2—Second step program, Identifying feelings, managing difficult situations, and dealing with frustration
- *Individual and group counseling

Staff Programming:

- *Staff development (wellness workshops)
- *Monthly discussions and flyers regarding social/emotional topics
- *Social gatherings: Payday treats holiday/year-end parties, potlucks, faculty kickball game and district basketball game.

Parent Programming:

- *Emotional Wellness handouts at parent-teacher conferences
- *Three-part parent series on social/emotional topics