



Virtual Leadership Development

Weekly Leadership Lessons for 4th and 5th graders

Practice your social-emotional and leadership skills by completing the three items below this week!

1. Complete this week's lesson focused on Self-Management.

2. Complete this week's Mindfulness Challenge!

3. Teach others in your home the games from the **GAME OF THE DAY CHALLENGE.**
 - This week the challenge includes:
 - One Step Back
 - Popcorn
 - Rock, Paper, Scissors, Stretch!
 - Beans on Toast
 - The Big Cheese



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Self-Management Review and Reflection

Remember, self-management is the ability to successfully regulate your emotions, thoughts, and behaviors. In order to regulate them, we must reflect on them first. Let's reflect on the past few weeks to help us start practicing self-management.

Reflecting on Distance Learning

Watch the video below and then spend time writing about the reflection questions below.

[Self-Management Video 1](#)

- What's been hardest about being away from school?

- What's been a positive thing about distance learning?

- Can you name some challenges of keeping up with your school work while distance learning?

- Based on the reflection you just did, what are 3 things you want to do this week to help you keep up with your school work and/or enjoy distance learning more?
 - 1.
 - 2.
 - 3.



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GAMES and Self-Management

One way you can practice self-management is through playing games! Watch the following three videos of Playworks games in action, and write down one way that the players in each game might be demonstrating self-management skills. If you already know or have played the game, you can reflect on how you've practiced self-management while playing.

Watch me! → [Rock Paper Scissors STRETCH!](#)

Answer me: How might players in this game practice or use self-management skills?

Watch me! → [I See, I See!](#)

Answer me: How might players in this game practice or use self-management skills?

Watch me! → [Huckle Buckle Beanstalk](#)

Answer me: How might players in this game practice or use self-management skills?



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MINDFULNESS CHALLENGE

One way to practice self-regulation skills is to practice mindfulness. **Mindfulness is the act of paying attention to the moment that you are in.**

Below you'll find several mindfulness challenge options.
Try to complete at least one, but feel free to do more if you'd like.

Challenge	Description	Done?
Sit and listen	Sit very still and quiet for 2 minutes and simply observe what you can hear around you. Try to pay attention to any sounds that you hear (the rain, cars, footsteps, someone talking).	
Noticing	Look out the window and take 2 minutes to simply observe what you can see. A squirrel? Cars? Someone walking down the street? See how many things you notice in that minute.	
Personal weather report	Take a minute or two to think about your own personal weather report. Sunny? Warm or cold? Windy? Start by observing your emotions and then write down what your weather report is at this moment. Be as detailed as possible!	
Practice gratitude	Reflect on and write down 3 things that you are grateful for right now.	
Slow breathing	Slow down and focus on your breathing. Count to 4 slowly as you breath in, and count to 4 slowly as you breath out. Do this for 2 minutes. Try to keep your focus on your breathing and the numbers you are counting.	