Daily DE

SEL EDITION
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<th>SEL Edition</th>
<th>MENTALITY MONDAY</th>
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<th>WORLD HAPPINESS WEDNESDAY</th>
<th>HAPPINESS SKILLZ THURSDAY</th>
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<td>Grades 6-8</td>
<td>Learn the causes and consequences of an <em>us</em> vs. <em>them</em> mentality.</td>
<td>Grades K-5</td>
<td>Examine the world's happiest countries.</td>
<td>Grades 7-12</td>
<td>Expand your human rights knowledge.</td>
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Mentality Monday
Us vs. Them: Causes & Consequences

First
Explore these clips of testimony, demonstrating the impact of an us vs. them mentality.

Next
Work with someone in your home to complete the eyewitness analysis on the next page.

Adapted from Teaching with Testimony
Eyewitness Testimony Analysis Recording Sheet

Inquiry Question: What creates an us vs. them mentality?

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<th>Hypothesis</th>
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<td>Identify and describe the witness and any other people from the clip as well as information about their groups and relationships.</td>
<td>Explain how this is evidence of us vs. mentality them and why that was done.</td>
<td>Additional thoughts and personal response</td>
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Zen Zone Tuesday
Soar with Wings
Let’s take a trip to the Zen Zone

First
We are going to practice meditation.
• Find a quiet, comfortable place to sit.
• Practice taking slow, deep breaths.
• Close your eyes and think about a time that you were happy. Who was with you? What were you doing? When was it? Where were you?

Next
Think about different things that bring you happiness. Ask a family member about what brings them happiness.

Lesson adapted from:
Soar with Wings
Soar with Wings
Let’s take a trip to the Zen Zone

Then

• Get a piece of paper and collect some old newspapers or magazines. Cut out pictures that make you think about happy things.

• Glue or tape the pictures together to create a happiness collage. Share your collage with a family member and tell them why each word or picture brings you happiness.
World Happiness Wednesday
Explore the World's Happiest Countries

Use information found in the 2017 World Happiness Report to respond to the following questions.

• What criteria does the World Happiness Report use to measure happiness?
• What countries are the world’s happiest? Why?
• What countries are the world’s least happy? Why?
• How have the happiness measurements for the top and bottom countries on the list changed in the past year?
• What has impacted this change?
• What similarities do you notice about the world’s happiest countries?
• What differences do you notice?
• Do you think that someone from the most happy or least happy countries would agree with their ranking? Why or why not?
• What are the benefits of ranking systems? What are the drawbacks?

Adapted from Ignite My Future in School
ThurZday SkillZ Day
The Six Sustainable Happiness Skills

Learn the benefits of the six sustainable happiness skills in this digital experience.

Which skills have you mastered?

Which skills will you commit to improve?

Launch the experience to Discover Your Happy!
Field Trip Friday
A Conversation on Human Rights

Study the Universal Declaration of Human Rights (UDHR). Consider the meaning of the preamble and the first ten articles. Use the grid to create "teen-friendly" summaries of each article.

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<tr>
<th>Preamble</th>
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<tbody>
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A Conversation on Human Rights


Consider how you would tackle the questions asked by Kerry Kennedy in the VFT and discuss the answers with someone in your house.