



Optimistic Thinking

ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

What I'm Looking Forward To

By: The 4Rs



What I'm Looking Forward To

Note to the teacher:

What I'm Looking Forward To is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] *Teaching Guide for Grade 1*, Unit 3, Listening, p.50.

Brief activities can be used at the start of the school day, or before or after class meeting, an academic subject block, or story time to set a tone and help students refocus. Used before, it's a "gathering"; used after, it's a "closing."

Time: 3-5 minutes

Materials: none

Use this activity to create a positive feeling in the classroom.

1. Have children pair up and give each a moment or two to talk about something they're looking forward to.
2. Ask for a couple of volunteers to share with the group, or if there is time, give each child the chance to speak in a go-round format.
3. Have children thank their partner before you transition to the next activity.

The 4Rs™ Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, problem-solving and diversity, and adds depth to literacy instruction.