



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.

Gathering, New and Good

By: The 4Rs



Gathering: New and Good

Note to the teacher:

New and Good is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] Teaching Guide for Grade 4, Unit 2, Feelings, p. 28.

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 students pair up and give each a minute or two to talk about something new and good in their life. It can be something small or something important.
2. Ask for several volunteers to share with the group, or if there is time, give each student a chance to speak in a go-round format.
3. Have students thank their partner before you transition to the next activity.

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