



7th & 8th Grade

Leadership

SPRING BREAK

Choice Board

Week 3

<u>Kind To Myself</u>	<u>Kind To My House</u>	<u>Kind To My Community</u>
<i>Private Victories – Deposits into your Personal Bank Account (PBA)</i>	<i>Public Victories – Deposits into your Relationship Bank Account (RBA)</i>	
<p>Make a calendar for the week. Log the time you go to bed and the time you wake up. Determine the amount of sleep you get each night. According to research it should be between 9 and 9.5 hours for you! Check out this resource on the importance of sleep.</p>	<p>Plan and hold a family game night this week. If you already do this, teach your family a new game from one of these ideas! Pencil and Paper Game Night Cheap or Free Game Night Ideas Minute to Win It Game Night Ideas</p>	<p>Write a letter, create a poem, draw a picture, illustrate an inspirational quote, or do something else creative and send it to the staff and residents of a nursing home. Ashley Pointe Independent & Assisted Living C/O Jeff Hendrickson 11117 20th St. NE Lake Stevens, WA 98258 See the entire idea here.</p>
<p>Reflect on the last three weeks. What has gone well? How will you continue to grow throughout the next three weeks? Commit to one goal for the next three weeks.</p>	<p>Create an 'I am bored' jar with your family. Fill the jar with ideas of things to do: <i>Read a book, build a castle from Legos, find and make a new recipe, do a new exercise, or play with my baby sister.</i> Next time you are bored, reach in for an idea...</p>	<p>Define "empathy." Identify people in your family and community who are empathetic. Discuss ways to show empathy when others feel sad, hurt, or disappointed. Who can you be empathetic towards today? How can you recognize someone for their empathy?</p>
<p>Try to go one full day without sulking, pouting, or feeling sorry for yourself. Were you able to do it? Why or why not? What did you get upset about? What could you do to make it a win-win situation?</p>	<p>Students, interview your parent(s)/guardian(s). Here are some questions to ask! Parent(s)/guardian(s), interview your child(ren). Here are some questions to ask!</p>	<p>Decorate your neighborhood with messages of kindness (quotes, pictures, designs, etc.)!</p> <ul style="list-style-type: none"> • Create a chalk display in your street • Paint rocks and place them for people to see • Place a note on your neighbor's doorstep