

## Hello First Grade Friends!

I miss you all so much and I hope that you are staying safe and healthy while at home with your family. This week I hope that you listen to a book that I love called, Giraffes Can't Dance. This book is like the book we read, The Little Snowplow because the main character has a Growth Mindset. Do you remember what that means? Show your parents the video below to review a growth mindset!

I hope you enjoy this book as much as I do. Please have a trusted adult email me if you have any questions or want to tell me something! I would love to hear from you!

Love, Miss Picha

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### Online Activity Week #2

1. Growth Mindset Video: <https://www.youtube.com/watch?v=2ZrtHt3bBmQ>
  2. Using YouTube.com, listen to the book Giraffes Can't Dance by Giles Andreae read by actress Brie Larson. This version has subtitles in Spanish.  
<https://www.youtube.com/watch?v=WJezxKj08vCQ> (If this does not work, you can still have a conversation with a trusted adult about how you show a growth mindset!)
2. Work with a trusted adult to answer the following questions
- What do you do well?
  - What is something that you wish you could do better?
  - Has anyone made fun of you? How did that make you feel? What color zone were you in?
  - What coping strategies can you use when you have an uncomfortable feeling?
  - What is something that you wish that you could do better?

- Do you have a friend like Cricket? What does that friend do to encourage you?
  - Are you a friend like Cricket to someone? What do you do to encourage that friend?
3. Draw a picture of yourself doing something that you are good at! Have an adult take a picture of it and email it to me! I would love to see your work!

A reminder of the Zones of Regulation

# ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space