

The background features a series of horizontal brushstrokes in various shades of teal and blue, creating a textured, artistic effect. The strokes are layered and have soft, feathered edges, giving the overall appearance a hand-painted or watercolor-like quality. The colors transition from a lighter, pale blue at the top to a darker, more saturated teal at the bottom.

SEL LUNCH
WELCOME BACK!

HELLO!



**WE
MISSED
YOU!**

How are you feeling? Check in on the Mood Meter Jamboard.

BRAINPOWER BREAK!

Choose one or two videos on the Brain Power YouTube Channel and take a break from your seat!



[Brain Power Wellness on YouTube](#)

LET'S CHAT!

What was good about online-only learning?
What was difficult?

What's a benefit to learning in the building?

How did you feel when the school building was closed?

PICK 3 WORDS THAT DESCRIBE HOW YOU FEEL ABOUT BEING BACK IN THE SCHOOL BUILDING

Panicked	Stressed	Tense	Stunned	M O O D	Surprised	Upbeat	Motivated	Ecstatic	
Furious	Irritated	Nervous	Restless		M E T E R	Hyper	Cheerful	Enthusiastic	Inspired
Apprehensive	Angry	Irritated	Annoyed			Energized	Lively	Focused	Excited
Troubled	Worried	Uneasy	Peevish			Pleasant	Joyful	Hopeful	Blissful
Pessimistic	Concerned	Down	Apathetic	Easygoing		Chill	Content	Fulfilled	
Glam	Lonely	Sad	Bored	Secure	Thoughtful	Satisfied	Grateful		
Miserable	Sullen	Exhausted	Tired	Calm	Complacent	Restful	Balanced		
Hopeless	Desolate	Spent	Drained	Sleepy	Relaxed	Tranquil	Serene		



ENTER YOUR WORDS!

Go to <https://www.menti.com/1o8zjvk6uj> to type in your words. Please type CAREFULLY and **check your spelling** before hitting submit.

REVIEWING OUR CHARTER WORDS (HOW WE WANT TO FEEL IN SCHOOL)

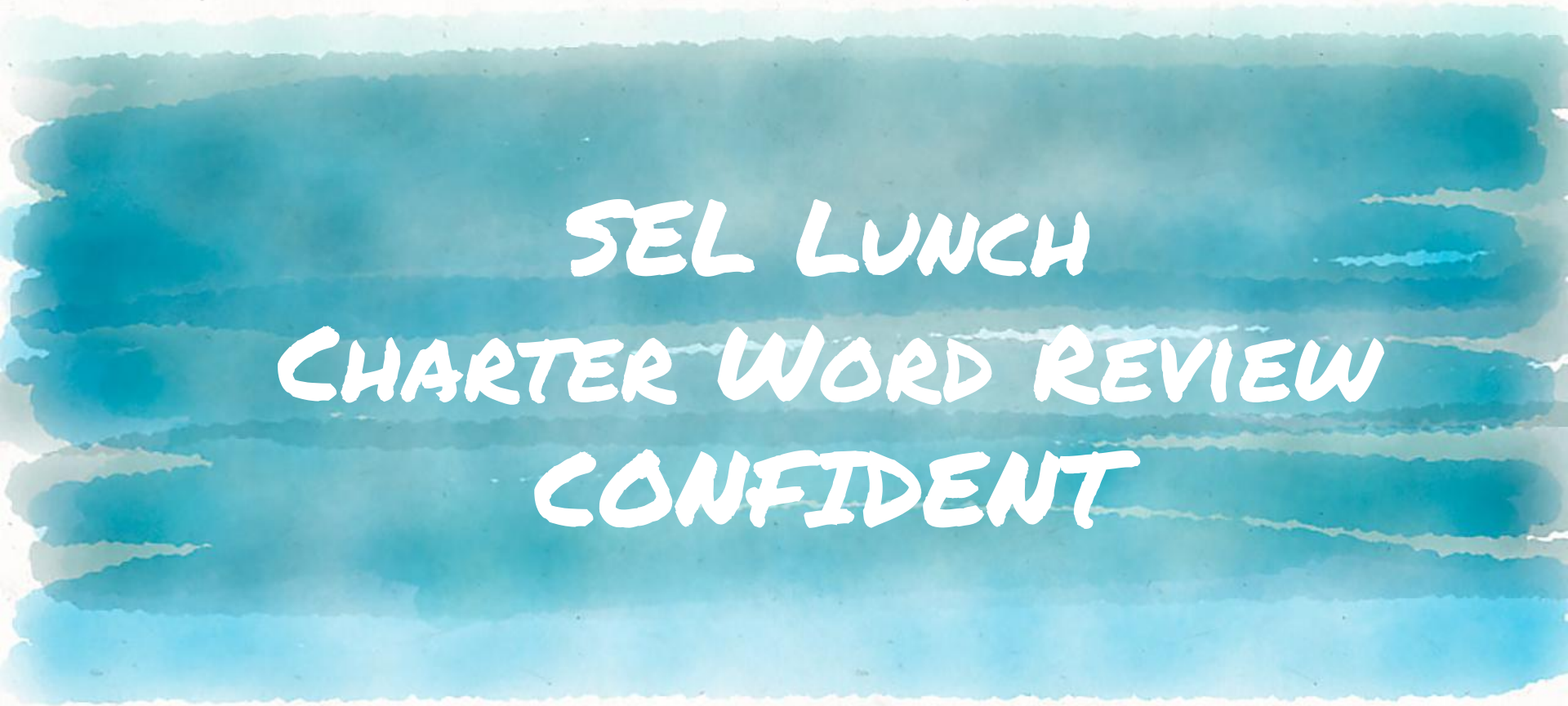
Confident

Respected

Motivated

Safe

Which word stands out to you today? Why?

The background consists of several horizontal, overlapping brushstrokes in various shades of teal and blue, creating a textured, painterly effect. The strokes are centered on a light-colored, slightly textured paper background.

SEL LUNCH
CHARTER WORD REVIEW
CONFIDENT

WHAT IS CONFIDENCE?

Confidence means feeling sure of yourself and your abilities — not in an arrogant way, but in a realistic, secure way. Confidence isn't about feeling superior to others. It's a quiet inner knowledge that you're capable.

Confident people:

- feel secure rather than insecure
- know they can rely on their skills and strengths to handle whatever comes up
- feel ready for everyday challenges like tests, performances, and competitions
- think "I can" instead of "I can't"

BUILDING OUR SELF-ESTEEM

**Complete the Nearpod SEL Activity
on building self-esteem.**

(Teachers - please find the link to this lesson in the speaker notes.)