

THIS WEEK'S  
FOCUS:  
**CELEBRATE  
A  
MILESTONE**

**GRADE  
LEVEL:  
K-2**



**I MATTER**

**30  
MIN**

## TODAY'S ACTIVITY: "CELEBRATION TIME CAPSULE"

Students will take time to CELEBRATE A MILESTONE as they reflect on the past year. Students will create a personalized time capsule, celebrating these moments. Students will open up their TIME CAPSULES in the future especially when they need a little JOY in their day.

Blank or lined paper, notecards or index cards; pens or pencils; or printed copies of the CELEBRATION TIME CAPSULE handout for each student or display lesson handout for prompts; an envelope for each student

**Prep time:** 5-10 minutes

As this is the final Monday of the month, please consider sharing or reviewing highlights from the Monthly Launch lesson and/or Week 1-4 lessons. \*Be mindful of students who may have experienced difficulties throughout the year or are challenged in identifying things they would like to remember and celebrate. Let students know that their experiences and accomplishments don't have to be big. Small accomplishments are just as important for their growth.

LEARNING MODALITIES		SOCIAL & EMOTIONAL LEARNING		4 C's	
•	Visual	•	Self-awareness		Critical thinking
	Auditory	•	Self-management		Communication
	Kinesthetic		Social-awareness		Collaboration
	Verbal		Relationship skills	•	Creativity
	Interpersonal		Responsible decision-making		
•	Intrapersonal				
	Logic				



## GOALS FOR THE WEEK

- 1** DISCOVER how CELEBRATING our achievements together, creates a space of support and connection.
- 2** UNDERSTAND how CELEBRATING our MILESTONES show us and the people around us how much and why we matter.
- 3** ENGAGE in different ways to notice and joyously CELEBRATE the significant moments and experiences in our lives.



## LAUNCH: (3-5 minutes)

\*Consider asking one or more questions below to build students' background.



  What is something positive you achieved or experienced this past year that is memorable for you?

Why might we remember our positive events or experiences from time to time?

Have you ever created a TIME CAPSULE? What was it like to create it? Definition: time capsule: (noun) a container or box filled with present day items such as photos, pictures, letter and more that is typically hidden away for you to open in the future ([www.wcccwellesey.org](http://www.wcccwellesey.org))

Why might it be important to take time to CELEBRATE yourself?


How can a time capsule bring JOY to your future self?

  Sometimes time passes quickly and looking at past photos and videos can help us remember special moments and our accomplishment. You might even recognize some of the past moments and events that you thought weren't very important are very important because it helped you to become who you are now. If we don't stop to reflect on how far we have come, we could miss the opportunities to celebrate the incredible things we have achieved in our lives.




## INQUIRY: (3-5 minutes)

Consider asking 1-3 questions from the list below to help build background for the activity. \*NOTE: Consider modifying the questions pending students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.

 Is it easy or hard to CELEBRATE yourself and your accomplishments? Why might that be?  
What are some small or simple things you can CELEBRATE about yourself?  
What are some big or significant things you can CELEBRATE about yourself?  
What might get in the way of CELEBRATING your big and small achievements?



## ENGAGE: (1-2 minutes)

 For some of us CELEBRATING our own accomplishments can seem like we are bragging or even uncomfortable. Some of us might focus on the things we can't do yet instead of realizing that everything we do leads us towards achieving our goals. No matter how many ups or downs we experience, there is always something good and CELEBRATION-worthy each day. Let's give ourselves permission to CELEBRATE all the incredible things, big and small, you achieved this year.

Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s



Are you ready to CELEBRATE A MILESTONE with a CELEBRATION TIME CAPSULE?



## START ACTIVITY: (10-15 minutes)

**Directions:** Provide copies of the lesson handout or blank pieces of paper or notecards/index cards and display the TIME CAPSULE handout to use as a guide. Provide students with an envelope to decorate, seal and save their CELEBRATORY moments from the past year. Have students place their CELEBRATIONS in their TIME CAPSULES and have students keep it in a safe place. Encourage students to open their CELEBRATION TIME CAPSULES whenever they need a bit of JOY in their lives. \*If working with younger students, consider having them choose 2-3 special moments that made them proud and draw illustrations of those moments.



Today, we are going to CELEBRATE the MILESTONES you accomplished this year. We will recognize our achievements by creating a CELEBRATION TIME CAPSULE. Sometimes, you have to be your own cheer leader and CELEBRATE the goals you have achieved. Taking time to recognize and CELEBRATE your accomplishments matters!

\*Pass out materials for students to make their TIME CAPSULES. Consider displaying the lesson handout to help guide students in reflecting on and identifying moments of growth and learning that brought them JOY this past year. On a sheet of paper or small notecards, have students write down the MILESTONES and accomplishments they made happen this past year.



You are going to create a personal time capsule.

On your time capsule envelope, label it "Open to GET JOYOUS". On your handout/blank paper/notecards, write down or draw the things you accomplished this past year. These moments and experiences times that made you happy and proud about what you did. Remember, even small things can be a MILESTONE in your life.

Let's recognize and CELEBRATE the amazing things we have done this year and GET JOYOUS.

\*Provide time for students to create their CELEBRATION TIME CAPSULES. Encourage students to be open-minded and kind to themselves during their reflection. Remind students that we learn and grow even within the simplest moments.

\*After students finish their TIME CAPSULES.



Traditionally, a time capsule has a date that instructs the owner when to open it, however, in the case of your CELEBRATION TIME CAPSULE, it can be opened whenever you need a reminder of how incredible you are.



## REFLECT: (3-5 minutes)

After the activity, consider asking 1-3 of the following questions to help students reflect, evaluate, and make connections to the lesson. \*NOTE: Think about modifying the questions based on your students' ages, grades, ability levels, and classroom goals. Consider having students share their responses in pairs, small groups, or as a large group.

- What was it like reflecting on your experiences this past year?
- What was it like to CELEBRATE yourself today?
- How does recognizing our learning and growth create JOY?
- Why might it be important to CELEBRATE yourself and your accomplishments?
- How does CELEBRATING yourself and your accomplishments help you to show yourself how much you MATTER?



## WRAP UP: (1 minute)

Thank you for CELEBRATING your MILESTONES today. Let's continue to recognize the things in our lives that deserve CELEBRATION. Let's take pride in what we have achieved and what we are working towards. Let's create JOY and show how much and why we MATTER.

<b>Icon Key</b>	- Ask	- Explain	- Say	- Brainstorm	- Slide #'s
-----------------	-------	-----------	-------	--------------	-------------

## EXTEND

Consider diving more into this week's strategy, **CELEBRATE A MILESTONE**, with your students by doing one or more of the activities listed below:

- 1 JOYOUS TIME CAPSULE:** Take your TIME CAPSULE to the next level. Find a sealable clear container. Have students pinpoint the events and people that bring themselves JOY. Then have students collect small items, photos, letters, and mementos from the year to place in the container. Then have students seal and label with a specific date to reopen the time capsule (or reopen when you need JOY).
- 2 CELEBRATE ME:** How can students celebrate themselves with very few materials? Have students create an "I AM" card or mini-poster. Have students list the things they love and appreciate about themselves. Encourage students to identify the things that make them amazing and unique. Some students may have difficulty in identifying things they appreciate and value about themselves. Remind students to be open-minded and kind to themselves. Help students see the wonderful things about themselves.

**“CELEBRATE WHO YOU ARE  
IN YOUR DEEPEST HEART.  
LOVE YOURSELF AND THE  
WORLD WILL LOVE YOU.”**

- AMY LEIGH MERCREE, AUTHOR AND HOLISTIC HEALTH EXPERT

### Icon Key



- Ask



- Explain



- Say



- Brainstorm



- Slide #'s



## CELEBRATION TIME CAPSULE PROMPTS

I am CELEBRATING myself for taking on the challenge of \_\_\_\_\_.

This brings me JOY because...

I am CELEBRATING myself for the times I stepped outside of my comfort zone, when I pushed myself to \_\_\_\_\_.

This brings me JOY because...

I am CELEBRATING myself for the progress I made doing \_\_\_\_\_ this past year.

This brings me JOY because...

I am CELEBRATING myself for learning how to \_\_\_\_\_ this year.

This brings me JOY because...

I am CELEBRATING myself for being kind to myself when \_\_\_\_\_.

This brings me JOY because...

I am CELEBRATING myself because I am proud I \_\_\_\_\_.

This brings me JOY because...