



ESOL Choice Board for Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Click here to watch a video detailing “AT’s,” or “automatic thoughts.” Try the suggested activity (3 R’s) in relationship to beginning virtual learning, then use it in other anxious moments you may have.</p> <p>Bonus: complete another set of “3R’s” for a different life event that may be making you anxious. Use your home language this time.</p> <p>Confused on how to “rationalize?” Click here and scroll to p.3 to find all 12 types of AT’s.</p>	<p>Make a playlist of your favorite relaxing music on YouTube and share with friends. Add some songs in your home language!</p> <p>Click here for an example of a relaxing playlist.</p> 	<p>Discuss virtual learning with an adult who you trust. Talk with them about how you will make the most of this quarter. What are some ways you can help yourself succeed?</p> <p>After you discuss virtual learning, write down three “I will _____.” statements to remind yourself how you will succeed with this new experience. Post your statements somewhere you can see them every day.</p> <p>Bonus: Complete this whole activity in your home language. Post your “I will _____.” statements in both languages.</p>	<p>Play “Would you Rather?” with a friend or family member. Click here for some sample starters!</p> <p>Bonus: Play in your home language!</p> 	<p>Empathy is the ability to sense what other people are feeling, or “put yourself in their shoes.” Everyone has different levels of skill with this- click here to measure yours.</p> <p>After you get your results, read the suggestions about how to increase your empathy. Can you put a suggestion into practice this weekend?</p> 