

# Pegasus/GT

## Thursday Thoughts 5-25-2023:

### Success to Significance:

*The significance of education...  
Nelson Mandela once said,  
"Education is the most powerful weapon in the world!"  
Education helps you develop critical skills like...  
decision-making, mental agility, problem-solving, and logical thinking.  
Your ability to make rational and informed decisions  
comes from how educated and self-aware you are.  
~iConnectSchool*

#### LINKS and INFORMATION:

- From We Are Teachers:
  - [21 Meaningful Memorial Day Activities for Kids.](#)
  - [50+ Higher-Order Thinking Questions.](#)
  - [A fun cup stacking game to practice reading and spelling.](#)
  - [40 Free Scavenger Hunt Ideas for Kids in the Classroom or at Home](#) or [Take a Virtual Museum Tour With This Educational Scavenger Hunt.](#)
- From the Wisconsin Shipwreck Coast National Marine Sanctuary (WSCNMS), Wisconsin Sea Grant, and Wisconsin Historical Society are excited to announce our summer 2023 in-person workshop in Sheboygan, Wisconsin. There is a Youth Workshop and an Educator and Student Workshop (See these amazing summer opportunities attached!)
- From Bright and Quirky: The Bright & Quirky Quick Tips Video Vault...[How to Help Your Sensitive Child Self-Regulate When Upset](#) (8 helpful 3 to 4 minute videos)
- From 2E Guru Seth Perler: [How to help struggling students end the school year on a high note!](#)
- From TechLearning: With lots of end of the year assessments coming up...[4 Ways to Reduce Student Test-Taking Anxiety](#)
- Byrdseed Puzzlements for 5-25-2023
  - Never thought that [watching a clam burrow into the sand](#) would be so fascinating! Wait for that ending!
  - Watch how various [animals react to a mirror placed on their turf](#). That gorilla is scary!
  - A favorite of mine: this [flutist plays the theme from Super Mario Bros](#) while beatboxing.
  - A lovely documentary about a group of [typewriter aficionados who discovered the percussive qualities of their machines and began performing on them live.](#)
  - A whole lotta fish (over 100,000!) [create an underwater tuna tornado](#). According to the article, it's part of their mating behavior!
- From Jurassic Quest: National Dino-Day is June 1<sup>st</sup>...[THIRD ANNUAL GREAT BIG DINO PLAYDATE FOR INTERNATIONAL DINOSAUR DAY!](#) IT'S FREE, IT'S VIRTUAL, IT'S T.REX-CELLENT!

- **From UW-Oshkosh: [The Summer Oshkosh Math Academy \(SOMA\) for middle schoolers is back!](#)** Participants will see aspects of mathematics and our activities will help middle schoolers develop mathematical habits of mind by actually doing mathematics, that is, investigating, experimenting, posing questions, modeling problems, conjecturing, justifying solutions and critiquing the reasoning of others. Dates: Monday August 8 through Thursday August 11, 8:30 am - 4:30 pm for students entering Grades 6-8.
- **Summer Theater Opportunity:** Lakeshore Productions is putting on Bye Bye Birdie this summer. Auditions will be the evenings of May 30<sup>th</sup> & May 31<sup>st</sup> for ages 8 to 80+. In addition to on stage, there are also opportunities in all aspects of musical theatre production. More information at <https://www.lakeshoreproductions.org/>

## Mindful Minute:

***Put mindfulness into your school day--every day! (Especially these last couple weeks of school!)***

- *Take a moment to breathe...in and out slowly and deeply for a minute....It will do wonders for your nervous system!*
- *Listen carefully...catch a rare moment of silence. Take that moment to focus intently on the absence of noise in your ears and in your head and feel your breathing deepen and your pulse slow.*
- *Ground yourself...stand up straight with your arms resting comfortably at your sides. Place your feet shoulder-width apart and focus on feeling the bottoms of your feet grounded on the floor below you. Close your eyes and scan your body from bottom to top, sensing any places that feel stiff or tender. Try to breathe into those areas to release any tension.*
- *Use your sense of smell...use an essential oil diffuser for your favorite calming scent.*
- *Try a change of scenery...nothing grounds a person faster than connecting with nature. Even when you're indoors, you can still connect by sneaking a peek out a window....Pause and focus on the blue sky, the green leaves on the trees, or the bright sunlight, grey clouds, or falling rain outside. Take just a moment to block everything else out and soak it in. If you unfortunately work in a windowless environment, find a beautiful nature video or screen saver for your connection moments with nature.*
- *Walk mindfully...whenever you leave your classroom, instead of racing through the hall with a million things on your mind, try to slow your pace and just focus on putting one foot in front of the other. Count your steps silently, if that helps. Use your movement as an opportunity to catch your breath and clear your mind as you transition from one space to another.*
- *Make authentic connections....On these super busy days it's easy to speak at your students instead of with them. Make it a goal to genuinely connect with individual students whenever you can, even if it's just a quick greeting in the morning. Look straight into their eyes and listen carefully to what they say, giving them your full focus, if just for a few moments. Here's a [guide to learning to love even your most difficult students](#).*

*~ We Are Teachers*

## End of School Year Meditation

- **Please join in on Family Ties Tuesdays by wearing a tie or tie on a scarf to promote the importance of family ties, especially during the holiday season!**
- **Please join us in Think Pink Wednesdays to show support all year long!**
- **Get some air and exercise in our parks, on our trails, or in some upcoming Walks/Runs/Races:**
  - [Enjoy our many State Parks, Forests, and Trails!](#)
  - [Enjoy our many National Parks, Forests, and Trails!](#)
- **Mental Health America resource links:**
  - [School Resources and Toolkit](#)

- [Community Mental Health Resource Card](#)
- [MHA Lakeshore Mindfulness Resources](#)
- [Youth Mental Health Crisis Card](#)
- **From ByrdseedTV:** [New videos about anxiety, the brain, and calming down.](#)

SLÁN AGUS BEANNACHT (Salutations and blessings in Gaelic) pronounced: slawn og-us bann-ockt  
Share Positivity!

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Roy

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"It is the supreme art of the teacher to awaken joy in creative expression and knowledge." ~Albert Einstein