

DEVELOPING DEEP LEVELS OF CHARACTER IN ROOM 5 ARTS

Students have been working diligently in Room 5 ARTs this year to focus on skills for Social/Emotional Learning. We continue to focus on the 6 Cs of Creativity, Communication, Collaboration, Critical Thinking, Citizenship, and Character. Teachers in classrooms also continue to focus on the Cs throughout the year. Our key focus for this school year is to delve into the C of Character.

Character



- Responsibility, Integrity
- Self-Regulation
- Learning to Learn
- Grit, Tenacity, Perseverance
- Resilience



Students have been learning about how to have integrity and be responsible within their community of learners. They have developed a **Room 5 Belief Statement** about how to be calm, focused and kind. This Belief Statement was creatively and collaboratively developed by all of the students at Crestview School and reminds everyone how to be good citizens in our school community.

We have spent a lot of time learning about the **Zones of Regulation**. This is important work as the Zones of Regulation Program helps students understand what strategies will help them to stay calm, focused and kind.

See Self-Regulation – Zones of Regulation Video:
<https://youtu.be/NrY3Jp50p7E>



Students know very well how to calm their bodies and their minds by taking a mindful moment, using deep breathing, keeping kind thoughts in their mind to help them regulate their emotions and using strategies like going for a walk, having a quiet moment at home and spending time outside in nature. These valuable life skills remind us to be calm, focused and kind. These strategies will help students find success both in their relationships and their academic interests and goals.



Most recently in Room 5, students have been focusing on **Howard Gardner's Theory of Multiple Intelligences** in order to help them to understand that there are many ways that they are smart! They are learning that we naturally gravitate to certain areas of interest or sometimes just do the things that come easily to us but that we need to stretch our brains and try to learn in ways that we have not previously considered. They are learning that the more they learn and practice a new skill or interest the more they make "synapses fire in their brain" (snaps of the fingers!) and build new pathways for learning and memory. Students will learn to think critically about how they learn best and what they can do to stretch themselves to learn in new ways.



Our next focus will be to review our school **Growth Mindset** learnings in order to build **Grit, Tenacity and Perseverance** which in turn will help to build **Resilience**. With spring around the corner, we look forward to practicing these valuable skills during our Outdoor Learning experiences.

See Videos:

FIXED vs GROWTH MINDSETS: <https://youtu.be/M1CHPnZfFmU>

GRIT – Angela Duckworth: <https://youtu.be/H14bBuluwB8>

RESILIENCE: <https://youtu.be/1r8hj72bfGo>