



NORTH ROCKLAND BRAIN BALANCERS

	 September BUILDING A COMMUNITY OF BELONGING	 October IDENTITY	 November EMOTIONS MATTER
BUILDING A SENSE OF BELONGING Welcoming routines that allow students to connect, contribute & start the day!	 December CREATING A COMMUNITY OF COMPASSION	 January EMPATHY	 February KINDNESS
TRANSITION TECHNIQUES Strategies that build SEL skills & prime the brain for new learning!	 March CURIOSITY	 April INNOVATIVE THINKING	 May ACTIVISM
Bridging Activities Let's Reflect!	 June REFLECTION	Click on each month's link for belonging activities, transition techniques, and bridging activities that foster the mindsets & social-emotional skills for optimal learning and engagement!	