

SEA Meeting

11.12.20

Attendance:



Agenda:

1. Attendance
2. Check-In
3. Book Highlight
4. Next Meeting



CHECK IN





Mental Health Check In

https://www.polleverywhere.com/multiple_choice_polls/qLW2JL0CLyIf25st311VH


PEP TALK







7 Scientifically Proven Benefits of Gratitude

- Opens the door to more relationships
 - Improves physical health
 - Improves psychological health
 - Enhances empathy and reduces aggression
 - Grateful people sleep better
 - Improves self-esteem
 - Increases mental strength
- 

Gratitude Prompt:

Write about 5 things that are going well currently.

Write about the last thing that made you smile.

Book Highlight

Title: The Couch Potato

Release Date: 2020

Author: Jory John

Book 1

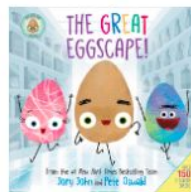
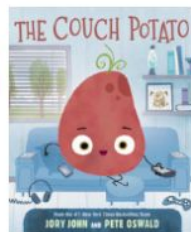
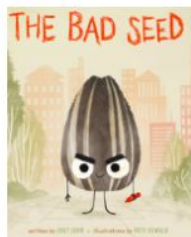
Title: Long Way Down

2020 High School Winner

Author: Jason Reynolds

Nutmeg Book Award

Book 2



The Bad Seed

The Good Egg

The Cool Bean

The Couch Potato

**The Good Egg Presents:
The Great Eggscapes!**

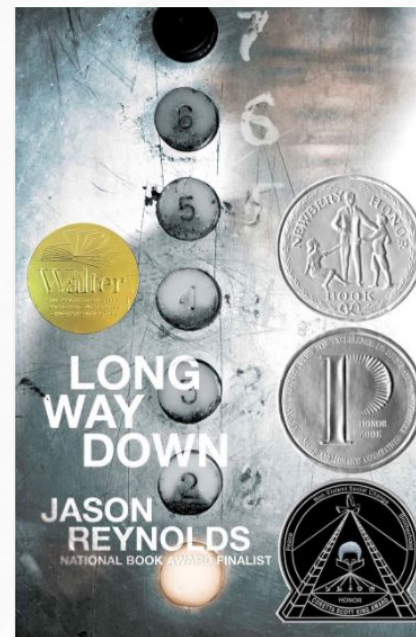
Self-Acceptance

Self-Care

Self-Esteem

Self-Management

Teamwork





LAST MEETING OF THE SEMESTER:
DECEMBER 3RD