## Momina Meeting

### FUN FACT OF THE DAY

In Lahti, Finland, a total of 130 people fastened themselves onto one giant pair of skis - which were about 460 feet long - and marched together across the snow. This was the most people ever on a single pair of skis.



#### JOKE OR PUZZLE OF THE DAY

#### **BOGGLE**

How many words can you find?

0	G	Qu	I
i	ГР	У	Т
1	F	Ε	Н
F	1 s	В	D

### THINK ABOUT IT

**Thinking About Your Thinking** (3:14)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



When is it helpful to have a plan or strategy? What might you be doing?

How can thinking things through

"It's helpheronevyou do plan/strategy when help

"When yyou succeed?

important to think it through because \_\_\_\_\_

131 watermelons once grew on a single watermelon plant.



### JOKE OR PUZZLE OF THE DAY

#### **BOGGLE**

How many words can you find?

M	A	P	0
Ε	Т	Ε	R
D	Ε	N	I
L	D	н	С

# Moming Meeting

#### THINK ABOUT IT

Respect Others (2:47)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



What are some ways you can show respect on the playground? What are some nice things you

"One wooph do for others respective."

"One nice thing you can do for others on the playground is \_\_\_\_."

There are 132 rooms in the White House.



#### JOKE OR PUZZLE OF THE DAY

#### **BOGGLE**

How many words can you find?

A	2	۵	0
Т	В	Р	F
Н	Ε	Т	0
Z	K	L	R

## Moming Meeting

#### THINK ABOUT IT

Ask the Teacher for Help (2:22)



#### POLL OF THE DAY

Which do you prefer?





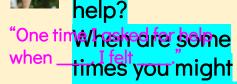




#### SHARE OUT



Think of a time you asked for help. What happened? How did you feel after you asked for



"A time veed to ask your ask for help?

In Austria, there are 3 separate numbers that correspond to 911 in the US. Dial 133 for the police, 144 for an ambulance and 122 in the case of a fire.



## JOKE OR PUZZLE OF THE DAY

**BOGGLE** 

How many words can you find?

0	Ε	5	T
G	A	N	I
N	U	L	L
s	A	Р	Q

## Moming Meeting

THINK ABOUT IT

Raise Your Hand and Wait to be Called On (2:30)



### POLL OF THE DAY

Which do you prefer?









APRIL 1, 2022

#### SHARE OUT



Raising your hand and waiting to be called on is one way you can

follow the rules in class. What are

some other "One way to follow the rules in class is to things you can

do to follow the

"One rule in ear in project class?

## Moming Meeting FUN FACT OF THE DAY

The world's largest thermometer in Baker, California is 134 feet tall. A businessman built it to represent The highest official temperature on the planet which was recorded in Death Valley at 3:30 pm on July 10,

1913: 134 degrees.



THINK ABOUT IT

Get Up and Go! (3:27)



#### SHARE OUT

APRIL 4, 2022



What types of exercise do you enjoy doing?

Why?

How can you

"I enjoy exercise indoors and/or outdoors?

"One way to exercise indoors is to \_\_\_\_."

"One way to exercise outdoors is to \_\_\_\_."

#### JOKE OR PUZZLE OF THE DAY

#### **BOGGLE**

How many words can you find?

T	N	Т	В
G	D	A	R
Ε	L	٢	E
s	I	s	Н

### POLL OF THE DAY







The London Eye ferris wheel is 135 meters (443 feet) tall. It is also called Millennium Wheel as it opened in 2000.



### JOKE OR PUZZLE OF THE DAY

#### **BOGGLE**

How many words can you find?

W	Н	I	J
R	A	٧	P
7	У	Ε	Т
Ε	L	M	0

# Moming Meeting

#### THINK ABOUT IT

"Everyone Has A Strength" (1:25)



### POLL OF THE DAY

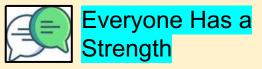
Which do you prefer?







#### SHARE OUT



What is your strength (something you are good at)?

It takes 136 Legos to build this ghost.



#### JOKE OR PUZZLE OF THE DAY

Which does not belong? Why?

Carrot Apple Cabbage 0nion

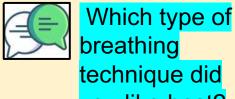
# Moming Meeting

### THINK ABOUT IT

Breathing Exercises (3:20)



### SHARE OUT



you like best?
"My favorite preatning technique is..."

"I like... the best because"

### POLL OF THE DAY









The Delirium ride at Kings Island spins riders 137 feet in the air!



#### JOKE OR PUZZLE OF THE DAY

Which does not belong? Why?

Sandal Sock Boot Slipper

# Moming Meeting

### THINK ABOUT IT

What Makes You Happy? (4:11)



### POLL OF THE DAY

Which do you prefer?







#### SHARE OUT



What are some things that make you happy?

Something that makes me happy is .

"I am most happy when because\_

Europe's tallest water slide is the Captain Spacemaker in Italy. It is 138 feet tall.



#### JOKE OR PUZZLE OF THE DAY

Which does not belong? Why?

Car Bus Train Ship

# Moming Meeting

#### THINK ABOUT IT

Courage and Bravery (2:22)



### POLL OF THE DAY

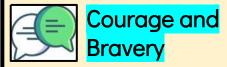
Which do you prefer?







#### SHARE OUT



"I had to show courage when

"Courage means to be \_\_\_\_\_ because

The movie Mary Poppins is 139 minutes long. (2 hours and 19 minutes)



#### JOKE OR PUZZLE OF THE DAY

Which does not belong? Why?

Turtle Egg Crab Cat

# Moming Meeting

#### THINK ABOUT IT

Mindfulness: (2:40)



### POLL OF THE DAY

Which do you prefer?







#### SHARE OUT



What are some strategies someone can use to calm down if they are feeling really nervous?

"One strategy to use is ..." "One thing that helps is

If you have 140 quarters, you have \$35.00.



#### JOKE OR PUZZLE OF THE DAY

Which does not belong? Why?

Eyes Hands Nose Ears

# Moming Meeting

#### THINK ABOUT IT

Mindful Breathing: (2:34)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



How do you feel when you take slow, deep breaths? Do you feel different after practicing mindful breathing?

"My body feels ..."

"My mind is ...."

'After practicing mindful breathing, I feel ..."

Max Stanford is the Oreo world record holder, after eating 141 of the cream-filled cookies in five minutes.



#### JOKE OR PUZZLE OF THE DAY

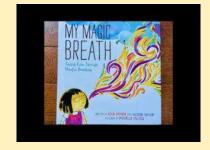
Which does not belong? Why?

Whale Shark Seal Dolphin

# Moming Meeting

#### THINK ABOUT IT

My Magic Breath: (3:40)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



What happened this week this made you smile? Take a deep breath in and picture that moment in your head.

"One thing that made me smile this week was ..."

"I can picture ..."

There are 142 staircases at Hogwarts School.



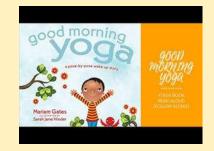
#### JOKE OR PUZZLE OF THE DAY

What do clouds wear beneath their clothes?

# Moming Meeting

### THINK ABOUT IT

Listen and move to, *Good* Morning Yoga (5:02)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



Think about how your body and mind feel after doing some stretches and yoga poses. Could this be a good way to start the day? Why?

"My body feels ..."

"My mind feels ..."

"I think this would/wouldn't be a good way to start the day because ..."

143 is often referred to as "I Love You".



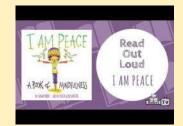
#### JOKE OR PUZZLE OF THE DAY

How do you cut a wave in the ocean in half?

# Moming Meeting

#### THINK ABOUT IT

Listen to, I am Peace: A Book of Mindfulness (2:34)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



Name one thing you could do every day to be mindful. Draw a picture of yourself doing this mindful practice.

"One thing I could do everyday to be mindful is

"In my picture, I am ..."

## Moming Meeting FUN FACT OF THE DAY

If you buy 12 dozen eggs, you would have 144 eggs!

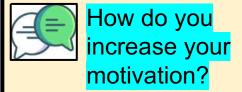


#### THINK ABOUT IT

How to Increase Motivation: (3:21)



#### SHARE OUT



"I can increase my motivation by....."

"I can help motivate others by......"

#### JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words

sound like?

JOCK LIT JIP **GOO KEYS** 

### POLL OF THE DAY





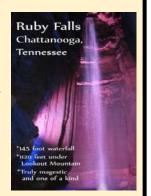




# Moming Meeting

FUN FACT OF THE DAY

Ruby Falls is the deepest and tallest underground waterfall in the US. It is located in Chattanooga, Tennessee and is 145 feet tall.



### THINK ABOUT IT

Having Confidence: (1:16)



#### SHARE OUT



someone might

"A pers<mark>ack</mark>ight lack confidence?

"Having confidence means...."

#### JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words sound like?

FLAY MEN HOTCH HE TOES

### POLL OF THE DAY









The Silver Bullet roller coaster in California climbs 146 feet high.



#### JOKE OR PUZZLE OF THE DAY

What food

do these words sound like? Funny Talk

BEP PER OH KNEE PEAS UH

# Moming Meeting

#### THINK ABOUT IT

Resilience: (2:27)



## POLL OF THE DAY

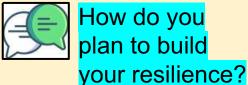
Which do you prefer?







#### SHARE OUT



"I can build my resilience by.....'

The White House has 147 windows.



## JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words sound like?

MY CAR OWN KNEE AUNT SHES

# Moming Meeting

#### THINK ABOUT IT

Relationship: (1:22)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



What do you think is the most important quality for a successful friendship?

"Being a good friend is....."

"The important quality for a successful friendship is...."

# Moming Meeting

FUN FACT OF THE DAY wing a playing card a distance of (216 feet). The distance he threw the card is almost three-quarters the length of an American football field. This is about the same as NFL players max football throwing range, 70-80 yards.



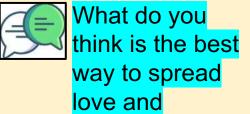
He also threw the card 92 mph (148 kph).

#### THINK ABOUT IT

Kindness: (1:00)



#### SHARE OUT



kindness?

"The best way to spread love and kindness is ....."

#### JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words sound like?

**BOE DAY** TOTE SHIPS

### POLL OF THE DAY









## Momina FUN FACT OF THE DAY

Long Island in New York is the 11thlargest island in the United States and the 149th-largest island in the world larger than the smallest U.S. state, Rhode Island. The total area of Long Island is 1,401 square miles



#### JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words sound like?

HAP PULLED USE

## Meeting

#### THINK ABOUT IT

Personal Space (1:33)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



What do you think is meant by personal space and how can you honor

"To me other people's? means......" OR "I can honor other

people's personal space by....."

Americans eat 150 million hot dogs on the 4th of July, enough to stretch from D.C. to L.A. more than five times.



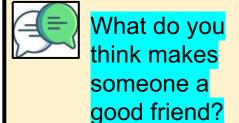
## Momina Meetina

#### THINK ABOUT IT

Being A Good Friend (1:24)



#### SHARE OUT



"A good friend is someone who....."

#### JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words sound like?

RISE KER HIS PEAS

### POLL OF THE DAY

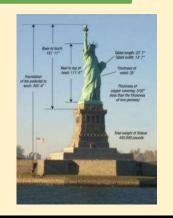






From the base to the torch, the Statue of Liberty is

151 feet tall.



#### JOKE OR PUZZLE OF THE DAY

Funny Talk

What food do these words

sound like?

FUR ROSE IN YOKE HURT

# Moming Meeting

#### THINK ABOUT IT

A Little Spot of Flexible Thinking (6:36)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



What are rigid thoughts? What are flexible thoughts? How can a back up plan help you "A rigid brepare for

"A flexible mode?" ...

"A back up plan can..."

The Cessna 152 is an American twoseat, airplane, used mostly for flight training and personal use.



### JOKE OR PUZZLE OF THE DAY

What food do these words sound like? Funny Talk

HIGHS CREEK OWN

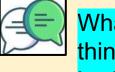
# Moming Meeting

#### THINK ABOUT IT

Buddy Bench (1:20)



#### SHARE OUT



What do you think about the buddy bench? Why do you feel this way?

"I think the buddy bench is a .....idea because.......'

### POLL OF THE DAY









### JOKE OR PUZZLE OF THE DAY

What could this mean?





# Moming Meeting

#### THINK ABOUT IT

Self-Management (1:11)



### POLL OF THE DAY

Which do you prefer?









#### SHARE OUT



When is a time you have felt unmotivated? What can you do to motivate

"I have feyourself?

unmotivated.....because...... OR "I motivated myself by.....

## Momina Meetina FUN FACT OF THE DAY

With just 17 cuts, a pancake can be cut into 154 pieces.



#### JOKE OR PUZZLE OF THE DAY

What could this mean?



#### THINK ABOUT IT

You Can Learn Anything (:30)



### POLL OF THE DAY

Which do you prefer to travel?



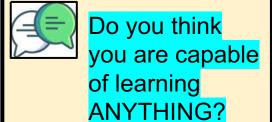






MAY 10, 2022

#### SHARE OUT



"I am capable of learning anything because ..."

"If I fail..."

# Moming Meeting

FUN FACT OF THE DAY

TikTok is available in 155 countries and in 75 different languages.



#### JOKE OR PUZZLE OF THE DAY

What could this mean?





### THINK ABOUT IT

Brain Jump (1:51)



### POLL OF THE DAY

Which do you prefer?



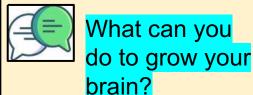






MAY 11, 2022

#### SHARE OUT



"I can grow my brain by..."

The tallest stand-up roller coaster is Riddler's Revenge at Six Flags Magic Mountain in California and is 156 feet tall.



POV video

#### JOKE OR PUZZLE OF THE DAY

What could this mean?



## Moming Meeting

#### THINK ABOUT IT

Operation Ouch (2:34)



## POLL OF THE DAY

Which do you prefer?







MAY 12, 2022

#### SHARE OUT



Did you think the big magnet would affect his and when he was drinking the

"I thoudtea or eating the donut?

"I did not think...

# Moming Meeting

FUN FACT OF THE DAY

It takes 157 Legos to build the Harry Potter Aragog Lair.



#### JOKE OR PUZZLE OF THE DAY

What could this mean?





#### THINK ABOUT IT

The Truth About the Brain (3:12)



### POLL OF THE DAY

Which do you prefer?









MAY 13, 2022

#### SHARE OUT



When something is hard to do what

do you tell "When **something** hard to do I tell myself..."

"I motivate myself to do something hard by..."

In France a man named Ivan Origone skied at 158 mph, breaking the world record for the fastest speed ever on skis.



#### JOKE OR PUZZLE OF THE DAY

You and 2 friends are on an elevator. On the 2nd floor, 1 person gets out and 6 get on. On the 3rd floor, 5 get out and 9 get on. On the 4th floor, 3 people get out and 8 get on. How many people are on the elevator?

# Moming Meeting

#### THINK ABOUT IT

A Little Spot of Belonging (5:38)



#### POLL OF THE DAY

Which do you prefer?







MAY 16, 2022

#### SHARE OUT



What are some places that make you feel like you belong? What can you

"I feel lika Obtombellaen I am others feel like

they belong? Something I can do to hel someone to feel like they belong is..."

## JOKE OR PUZZLE OF THE DAY + 🦀 + 🚳 = 36

## THINK ABOUT IT

An Unlikely Friendship (2:35)



## POLL OF THE DAY

Which do you prefer?









MAY 17, 2022

#### SHARE OUT



What lesson do you think this video was trying to teach us?

"This video taught me..."

"This video showed me..."

Luis Diego Soto Villa holds the record for the most basketball bounces with the knee in one minute at 160.



### JOKE OR PUZZLE OF THE DAY









# Moming Meeting

### THINK ABOUT IT

Teamwork Can Make a Dreamwork (4:51)



### POLL OF THE DAY

Which do you prefer?









## MAY 18, 2022

#### SHARE OUT



Has there ever been a time that working with a

team did not

have the

outcome you wanted? How

"A time thai dvy big feet?eam

didn't have agod outcome was..."

do next time to

"I felt..." have a positive

response?

"To feel better, I can...

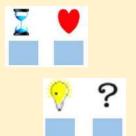
# Moming Meetin

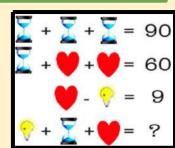
FUN FACT OF THE DAY

Tom and Jerry had 161 original episodes between 1940-1967. They were called animated shorts.



#### JOKE OR PUZZLE OF THE DAY





THINK ABOUT IT

A Little Spot of Happiness (4:53)



### POLL OF THE DAY

Which do you prefer?









MAY 19, 2022

#### SHARE OUT



What is something you can do to help your happiness spot to grow?

"I can help grow my happiness spot by..."

# Moning

FUN FACT OF THE DAY

Major League Baseball Teams play 162 games during a regular season.



JOKE OR PUZZLE OF THE DAY

What do you call a witch on a beach?

# Meeting

THINK ABOUT IT

Why Do We Laugh? (4:45)



POLL OF THE DAY

Which do you prefer (if you could take a trip)?









MAY 20, 2022

SHARE OUT



What is something that makes you laugh? How do you feel after a

"When I laugh, I feel..."

In San Francisco, CA there is a mosaic staircase that has 163 steps.



#### JOKE OR PUZZLE OF THE DAY











# Momina Meeting

THINK ABOUT IT

Think Before You Act (1:54)



POLL OF THE DAY

Which do you prefer?









MAY 23, 2022

SHARE OUT



What does it mean to "Think **Before You** Act"?

"To think before you act means..."

A Scrabble game board has 164 blank squares.



### JOKE OR PUZZLE OF THE DAY

Hink Pinks

Steak Stealer

B\_\_\_\_\_ T\_\_\_\_

A tight carpet

S\_\_\_\_\_R\_\_\_

# Meeting

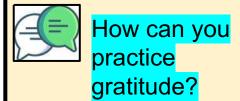
### THINK ABOUT IT

Practicing Gratitude (4:09)



## SHARE OUT

MAY 24, 2022



"I can practice gratitude by..."

### POLL OF THE DAY

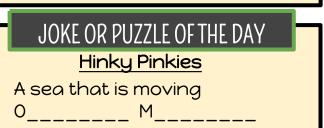












Humorous cash

# Meeting

### THINK ABOUT IT

Small Talk (2:33)



### POLL OF THE DAY

Which do you prefer?



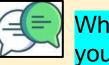






MAY 25, 2022

#### SHARE OUT



What is a goal you can set for yourself as you

"A goal I **GROW! Olders** of as I grow older is..."

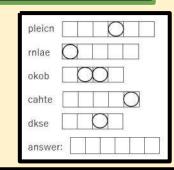
There were 166 total episodes of The Flintstones.



Opening Theme Song

# JOKE OR PUZZLE OF THE DAY

Unscramble the words. Write the letters down that are in the circles. Unscramble those letters for the answer to the themed puzzle.



# Moming Meeting

THINK ABOUT IT

Self-Care Tips (4:13)



# POLL OF THE DAY

Which do you prefer?







MAY 26, 2022

SHARE OUT



How can you make sure you have self-care?

"I can make sure I have selfcare by..."

"One way I have make sure to have self-care is..."

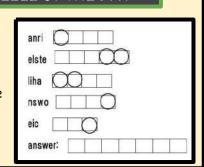
Horseshoe Falls, one of the 3 waterfalls that make up Niagara is 167 feet high and 2,700 feet wide.



Aerial View

# JOKE OR PUZZLE OF THE DAY

Unscramble the words. Write the letters down that are in the circles. Unscramble those letters for the answer to the themed puzzle.



# Moming Meeting

# THINK ABOUT IT

Kids Explain Mindfulness (3:06)



# POLL OF THE DAY

Which do you prefer?







MAY 27, 2022

# SHARE OUT



What are 3 things mindfulness can

"Mindfulrhelp you p me to achieve\_achieve?\_\_\_."

"Three things mindfulness can help me to achieve are..."

# Momina Meetina FUN FACT OF THE DAY

There are 168 hours in a week. 7 days a week  $\times$  24 hours.



# JOKE OR PUZZLE OF THE DAY

### Hink Pinks

Quick Explosion

A cloudy 24 hours

# THINK ABOUT IT

What is Trust? (1:01)



# POLL OF THE DAY

Which do you prefer?







MAY 31, 2022

# SHARE OUT



What does trust mean to you?

What are some things you can

do to earn

"Trust some one's

I can earn someone's trust by..."

# Moming Meeting FUN FACT OF THE DAY

The world's tallest obelisk (a tapered foursided column with a pointed top) is the Washington Monument in Washington DC, USA. It stands 169 m (555 ft) tall and was completed in 1884 to honour George Washington, the first president of the US..



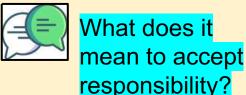
# THINK ABOUT IT

Accepting Responsibility (1:28)



# SHARE OUT

JUNE 1, 2022



Answer the reflection questions from the video.

### JOKE OR PUZZLE OF THE DAY

### Hink Pinks

A Twisted Penny

Greatest Bird Home

# POLL OF THE DAY

Which do you prefer?







https://youtu.be/so9nUEFNH0o

# FUN FACT OF THE DAY

Tonga, a country in the South Pacific, has about 170 islands - but people only live on 36 of them.



# JOKE OR PUZZLE OF THE DAY

### Hink Pinks

An Intelligent Body Organ

S\_\_\_\_\_ H\_\_\_\_

Final Explosion

L\_\_\_\_\_B\_\_\_

Meeting

# THINK ABOUT IT

A Little Spot of Boredom (6:30)



# POLL OF THE DAY

Which do you prefer?







JUNE 2, 2022

# SHARE OUT



What is No Task Boredom? What is Task

Boredom? What can boredom

"No Task<mark>bubblesi ne</mark>lp

"Task Boledon et al. "

"Boredom bubbles can help create..."

The largest crocodile living in captivity is Cassius who is estimated to be at least 110 years old. He is 17 feet 11

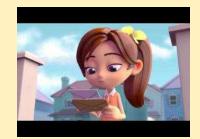
inches long.



# Moming Meeting

THINK ABOUT IT

Watch Your Feelings (3:06)



# SHARE OUT

JUNE 3, 2022



Why should the little girl have watched her feelings? What happened when

she had such her feelinggative thoughts?

"When she had negative thoughts..."

# JOKE OR PUZZLE OF THE DAY



List 7 things you may see while driving down the ROAD that start with the letter R.

# POLL OF THE DAY

Which do you prefer?









# Moming

FUN FACT OF THE DAY

The number 172 can be found on the back of a \$5.00 bill.

Look carefully!



# JOKE OR PUZZLE OF THE DAY

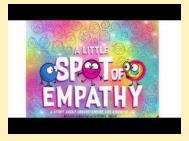


List ELEVEN things you could do in an ELEVATOR if you were stuck for 3 hours.

# Meeting

# THINK ABOUT IT

A Little Spot of Empathy (6:27)



# POLL OF THE DAY

Which do you prefer while learning at school?







JUNE 6, 2022

# SHARE OUT



What are some

questions you

could ask yourself to

practice

"What..." showing

<sub>hy</sub> " <mark>empathy?</mark>

"How..."

On average, 173,000 pounds of Kit Kat bars are sold every Halloween.



### JOKE OR PUZZLE OF THE DAY



Write a sentence with exactly 5 words, each of which start with the letter "D".

# Momina Meetina

# THINK ABOUT IT

Not Judging Others (1:26)



# POLL OF THE DAY

Which do you prefer?







JUNE 7, 2022

# SHARE OUT



In what way did the little girl's dad judge her? What was the girl actually

"The little doing of judged her when he..."

"The little girl was really..."

About 174 different species of mosquitoes can be found in North America, with over 3000 species in the world.



# JOKE OR PUZZLE OF THE DAY



Name Six Signs of Summer.

# Momina Meetina

# THINK ABOUT IT

A Little Spot of Love (5:19)



# POLL OF THE DAY

Which do you prefer?









JUNE 8, 2022

# SHARE OUT



"My favorite way to grow my love spot is..."

The Titanic was 175 feet tall, 92 feet wide, and more than 882 feet long.



# JOKE OR PUZZLE OF THE DAY

What do you call a dog on the beach on a hot summer day?

# Moming Meeting

THINK ABOUT IT

Compassion in Action (2:55)



# POLL OF THE DAY

Which do you prefer?









JUNE 9, 2022

# SHARE OUT



What is one way you have shown someone

Compassion in **Action? What** 

can you do to

"I have practice

Compa Compassion in

Action?

"I can practice Compassion in Action by..."

176 hours = 7 days and 8 hours

# JOKE OR PUZZLE OF THE DAY

What do sheep do on a hot summer's day?

# Moming Meeting

THINK ABOUT IT

What is a Friend? (:59)



# POLL OF THE DAY

Which do you prefer?







JUNE 10, 2022

# SHARE OUT



What is something that you can do today on the last day of school to

show your

"I can..." friends how

"I will..."

special they

are?

"I will show my friends they are special by..."

# End of Quarter 4