



# 2024 S.T.A.R. Week

## January 22-26

*Take the pledge to participate in PAEC 2024 Soaring to Achieve Resiliency (STAR) Campaign! Our goal is to provide awareness and promote the implementation of Florida's Department of Education Resiliency Initiative with a week of activities dedicated to Resiliency, Civic and Character, and Life Skills Education.*

<b>Monday</b>	<b>Resiliency Awareness</b> <i>Essay Contest – Topic: I am Resilient</i>
<b>Tuesday</b>	<b>Safety First – Be a Buddy not a Bully</b>
<b>Wednesday</b>	<b>Wellness Wednesday – Your Mental Health Matters</b>
<b>Thursday</b>	<b>Random Acts of Kindness</b>
<b>Friday</b>	<b>We Help Each Other – Volunteerism/Community Service Project</b>

### Theme description and suggested activities.

**Monday** – Resiliency Awareness, Introduction of the Resiliency Initiative – share PAEC Resiliency Hub overview with all stakeholders, review FDOE Resiliency definition (Coming Back After Challenges or Setbacks), official Resiliency video, the 14 Resiliency Characteristics, and review the planned activities for the week.

1. School-wide assembly or classroom lessons (designate a specific period for all classes to inform scholars of the Resiliency Initiative and discuss the information listed in the description above, ex. All 3<sup>rd</sup> period classes). Visit link for lessons.

PreK – 2<sup>nd</sup> - [Sesame Street | Preschool Games, Videos, & Coloring Pages to Help Kids Grow Smarter, Stronger & Kinder](#)

3<sup>rd</sup> - [Social Emotional Learning \(brainpop.com\)](#)

4<sup>th</sup> – 8<sup>th</sup> - [BAM! A Student/Teacher COVID Recovery Program: Grades 4-8: Full Module \(apa.org\)](#)

9<sup>th</sup> – 12<sup>th</sup> - [BAM! A Student/Teacher COVID Recovery Program: Grades 9-12: Full Module \(apa.org\)](#)

2. Essay – 9<sup>th</sup> – 12<sup>th</sup> grade scholars are encouraged to submit an essay, Topic: I am Resilient. Describe a challenge or setback you overcame and the lessons you learned. 500-word max. ***The winner will be spotlighted at PAEC's 2024 STAR Teen Summit, March 1<sup>st</sup> and presented with a prize.***

**Tuesday** – Safety First – Bullying, Cyberbullying, Trafficking, Internet Safety, Dating Violence Awareness/Prevention Education.

1. Be a buddy not a bully – scholars and school staff will show their commitment to preventing bullying by partnering with a buddy to dress alike (twinning).
2. Monique Burr Child & Teen Safety Matters classroom presentations.
3. Invite local law enforcement, Refuge House, or other related agencies to present via a school assembly or virtual classroom/schoolwide presentation.

**Wednesday** – *Wellness Wednesday* is dedicated to promoting Mental Health.

1. Everyone wears green for Mental Health Awareness
2. Primary – Class lesson on Mindfulness and/or Exploring emotions.
3. Secondary – School-wide assembly on Mental Health, utilize school social worker/counselors, community behavioral health agencies, or NAMI to facilitate in-person or virtually.

**Thursday** - *Random Acts of Kindness* – bring someone happiness by doing something nice for them.

Examples for Scholars - [School-Day-Random-Acts-of-Kindness.pdf \(gatherandgrow.co\)](#)

Examples for School Staff - [Random Acts of Kindness in the Workplace + FREE Compliments Poster - Learning2Bloom](#)

Examples for Families - [50+ Random Acts of Kindness for Families to Do Together \(mykidstime.com\)](#)

**Friday** – We Help Each Other – this is an opportunity to teach the importance of being in “community” with others and volunteerism. As a class or school select a community service project to complete.

Examples - [38 Community Service Projects for Kids of All Ages - Kid Activities](#)

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***District and School Leaders, we encourage you to lead the charge in encouraging participation from all stakeholders. As we are Soaring to Achieve Resiliency in creative and innovative ways, we are also meeting the required FDOE Resiliency Standards.***

***Will your School join the campaign?***

***Win A Buddy Bench for your campus!***

***By***

***(Hosting an activity each day and participate in a Community Service Project – must provide proof)***

Please take pictures, record videos and emailed to [Keyondio.lee@paec.org](mailto:Keyondio.lee@paec.org)



**PAEC 2024 S.T.A.R. Teen Summit, March 1, 2024, Grades 9<sup>th</sup> – 12<sup>th</sup>**