

Build on an Idea

- I agree that _____ because _____.
- I also think that _____.
- That makes me think / reminds me of _____.
- I like where you're going. I would add / It brings to mind _____.
- Your idea / comment reinforces / is related to _____.
- You're on to something. A similar idea / example / reason is _____.
- ◆ Based on your idea / comment, I think _____.
- ◆ To take it one step further, _____.
- ◆ Along those lines, / Similarly, _____.
- ◆ So if we already know _____, we can predict / infer _____.

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Challenge an Idea

- I disagree with / I don't think that _____ because _____.
- How do you know _____?
- Another opinion / idea / solution is _____.
- Have you considered / thought about _____?
- That's not how I see it. In my opinion, / From my perspective, _____.
- But the author / data / text also suggest(s) that _____.
- On the other hand, _____.
- ◆ Another way of looking at it / approaching it / solving it is _____.
- ◆ Isn't it possible that _____? Couldn't you say that _____?
- ◆ An opposing / alternate viewpoint might be _____.
- ◆ Further analysis / reflection shows that _____.

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Pose a Question

- Do you think that _____? Why?
- Can you explain _____?
- I wonder about / if / why _____.
- Would it work to / What would happen if _____?
- What do you mean by "_____?"
- Can you give an example of / a reason for _____?
- What do you think? What makes sense to you?
- ◆ How does _____ relate to _____?
- ◆ How did you determine / solve _____?
- ◆ What is meant by / the purpose of / the reason for _____?

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Ideas for Growing Mindfulness in the Classroom

Each of these strategies can be learned and practiced in your classroom, but the true value of each is measured by how each student knows and decides to use them in his or her life as a way to self-regulate and focus when challenges arise. Especially when writing. :)

Stretching

- Shoulder circles
- Neck circles
- Self hug

Brain Gym

PDF of ten exercises to stretch and warm up the brain

<http://sspw.dpi.wi.gov/sites/default/files/imce/sspw/pdf/sascevanshandouts.pdf>

Quiet sitting

- noticing physical sensation (body, surroundings)
- breath
- observer

Teach Breathe Learn - Except from Google Books - Mindfulness Strategies

Smile Strategy, Gratitude, and Interbeing are three of my favorites.

<https://books.google.com/books?id=GyhQBAAQBAJ&pg=PA126&lpg=PA126&dq=teach+breathe+learn+smile+strategy&source=bl&ots=l3OQHxic3Q&sig=qkYzjNHcb4CzuJl2ulcVq2EvRaA&hl=en&sa=X&ei=ctoDVb2DFZDLoASApoHQCg&ved=0CB4Q6AEwAA#v=onepage&q=teach%20breathe%20learn%20smile%20strategy&f=false>