



BCPS LSW Action Plan 2025-2026



LSW TEAM Members	LWS Liaison: Amanda Smith	School: Seminole Middle School Zone: 1891
	Administrator: Ashley Pastor	Date Plan Completed: March 15
	<i>Other Team Members: All Staff</i>	

ACTIVITY	STANDARD	DESCRIPTION
School-wide Emotion Charades	Students will identify and label emotions in oneself and others; demonstrate empathy and understanding of perspectives.	<p>Students participate in a school-wide "Emotion Charades" activity where they act out different emotions using only facial expressions, gestures, and body language—no words allowed. Classmates (or staff) must guess the emotion being shown.</p> <p>This activity helps students:</p> <ul style="list-style-type: none"> • Build emotional vocabulary (e.g., frustrated, excited, nervous, embarrassed—not just happy/sad).
Emotion Explorers	<ul style="list-style-type: none"> ☑ Self-Awareness – Recognize and label one's own emotions. ☑ Social Awareness – Identify and understand emotions in others. ☑ Relationship Skills – Use empathy and communication to strengthen connections. 	<p><i>Emotion Explorers</i> is a school-wide activity where students "explore" a range of emotions through interactive games, discussions, and role-play. The goal is to help middle school students build emotional vocabulary, recognize body language cues, and practice empathy in a fun and engaging way.</p> <p>Examples of Activities:</p> <ul style="list-style-type: none"> • Emotion Charades – Act out feelings without words while peers guess the emotion.



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My Calm-Down Toolbox	<ul style="list-style-type: none">• <i>Self-Management: Demonstrate the ability to manage emotions, thoughts, and behaviors in different situations.</i>• <i>Self-Awareness: Recognize feelings and identify strategies to regulate them.</i> <p><i>personal and academic goals.</i></p>	<p><i>Students create their own "Calm-Down Toolbox" filled with strategies, tools, and positive reminders to use when they feel stressed, overwhelmed, or upset. The toolbox can be physical (a decorated shoebox, pencil pouch, or small container) or digital (slides, notes app, journal page).</i></p>
Friendship Bingo	<ul style="list-style-type: none">• <i>Social Awareness: Demonstrate empathy and respect for others.</i>• <i>Relationship Skills: Communicate clearly, listen actively, and build positive relationships.</i>	<p><i>Students play Friendship Bingo by completing squares that encourage positive interactions, kindness, and getting to know peers. Instead of calling numbers, the game prompts relationship-building actions or conversation starters.</i></p>