



Lunch and learn

A fun way to explore and try Along's classroom activities

[Along's library](#) is filled with ready-to-use classroom activities to build classroom community, support skill development, and boost the impact of regular reflections.



We wondered:

How might we support educators to dig into the classroom activities and see how they could use them with their students? Could those same activities be just as valuable for educators as they are for students?

The idea for Lunch and learns was born. The concept is simple: we learn best by doing.

We created a template for educators to experience the classroom activities firsthand and called it Lunch and learn simply because each can be completed during lunch—or **any time you have about 30 minutes**. The best part? The same process can be used with any of Along's classroom activities!

Lunch and learn on your own or with other educators. **To get the most out of the experience, we suggest learning with a group**—a grade level team, your department, in a professional learning community, as part of regular professional development, during staff meetings...there are so many possibilities!

We've used some of our favorite classroom activities as examples below. Check them out!



[Make a Strengths Chain L&L](#)



[Help Students Feel Connected L&L](#)



[Strengthen Focus with Mindfulness L&L](#)



Resource

Use the [Lunch and learn template](#) to explore any of the more than 50 classroom activities in Along's Library.