

Social Emotional Learning (SEL) Newsletter

April 29, 2020

Mrs. Lamb, Ms. Lucas, Ms. Park & Mrs. Thompson

With **remote learning being extended** through the end of the school year. **Kids are having many different emotional reactions.** The behaviors being displayed may be resulting from **underlying feelings of frustration, stress, or sadness.** Allowing your child(ren) to ask questions and by listening to their feelings may help ease their anxiety.

Stay healthy! ~ From your SEL Team

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Concord Elementary School



Kid-friendly stories about the Coronavirus & Remote Learning:

<https://bitideasforlittleminds.com/>

I Can **CalM down**

When I have BIG emotions...

1. I can go for a walk.
2. I can push the wall.
3. I can count my breaths.
4. I can think happy thoughts.
5. I can trace my hand.
6. I can hug a toy.
7. I can ask for help.

adobe WORKSHOP FEATURES

Kids' Sadness About COVID-19

May Look Like:

Anger "This stupid remote doesn't work!"	Resisting the "new order" "I'm not doing four math problems! I'm only doing one!"	Tiredness "I don't want to go for a walk. I'm too tired!"
Numbing Out ("Just 30 more minutes on the iPad!")	Displaced frustration "I didn't want lasagna for dinner. I wanted tacos!"	Boredom "I'm bored" = code for "I'm sad"

www.erinleyba.com

Cass Junior High School

"Look how much you've already managed to adapt to. Look how resilient you've already been. There's no 'right' way to respond to this because it's never, ever happened before. Give yourself some credit ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either ♥
mellow doodles



FEELING ANGRY?

A CHECKLIST FOR YOUNG PEOPLE

- WALK AWAY & cool down
- TAKE A BREAK & use a calming tool like a stress ball
- TAKE STEADY BREATHS & focus on exhaling slowly
- PUSH AGAINST THE WALL or floor & then relax
- COUNT TO 20 or more until I feel calmer
- MOVE, EXERCISE stretch, do yoga or play a sport
- USE I-MESSAGES & say what I need & how I want to be treated
- SCRIBBLE ON PAPER then rip or crumple it up

It's okay not to be OKAY.

www.lesliecollins.com