

Social Emotional Learning (SEL) Newsletter

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Sometimes in stressful times, we need to **remember the three R's - routine, relationships, and resilience**. The COVID-19 pandemic has caused many stressors to impact us. During uncertain times, it becomes essential to help navigate children through difficulties and build resilience. **Resilient children bounce back from stressful experiences** and form a more positive attitude towards challenging situations.

Stay healthy! ~ From your SEL Team

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Concord Elementary School

Resilience can be **taught**. Using coping strategies and positive thinking during challenging times shows children that they can bounce back from problems they are facing. We all have questions and it's okay to talk about our worries, as long as we remember that we will get through this

6 ways to grow resilient children



Remember you are good enough
Everyone is different
Stop comparing yourself
Individuality rocks 🌱
Learn something new daily
Involve yourself in what you love doing
Enjoy things that make you happy
Not everyone can be 1st, 2nd, or 3rd
Care about yourself and others
Expect that some days won't be great

CALL4CALM

Free Emotional Support Text Line



To speak with a mental health professional,
text **"TALK"** or **"HABLAR"**
(for Spanish) to **552020**

Cass Junior High School

Self-Care strategies:

- ★ **Start a Gratitude Journal** - Write three things you are grateful for every day
- ★ **Create a work space that is separate** from where you play and rest
- ★ **Connect with your friends** by video or phone
- ★ **Listen to your favorite music**
- ★ Find time to **do something you enjoy** each day

RELATIONSHIPS



- Group activities—games, cooking, etc.
- Connect with teachers and peers
- Give to others in need

ROUTINES



- Eat meals together
- Exercise at least 20 minutes
- Hold family COVID meetings
- Sleep at least eight hours
- Practice mindfulness

RESILIENCE



- Co-regulate emotions and responses to stress
- Limit media
- Solve problems together
- Create things to look forward to

Don't forget about yourself. **Caregivers need comfort at this time too.**
Check out this link for [strategies to stay resilient.](#)