

# Social Emotional Learning (SEL) Newsletter

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Social Emotional Learning (SEL) Tip for the Day: **Set Your Intention.** Think about what you'd like to achieve by the end of the day. How do you want to feel? What kinds of interactions do you want to have? Check in with yourself periodically to remind yourself of your intention. (Casel.org) In addition, here are some ways to self care! Remember, we are here to help and can be contacted by the emails listed to the right. Stay healthy! ~ From your SEL Team

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We will be okay.



## Concord Elementary School

Remember the importance of positive self-talk.



Keep your mind and body moving.

### VIRTUAL PLAY DATE IDEAS

READ ALOUD	TELL JOKES
DOLLS & DINOS	BINGO
SHOW-AND-TELL	MAGIC SHOW
CHARADES	Have a sing-a-long
READ LIPS	ASK QUESTIONS
DRAW PORTRAITS	Play Musical Instruments

**FAMILY SELF-CARE**  
 @THEELEMENTARYCOUNSELOR

- BIKE RIDE
- GO FOR ICE CREAM
- LISTEN TO MUSIC
- TAKE PHOTOS
- GO SWIMMING
- GAME TOGETHER
- COOK/BAKE
- READ TOGETHER
- WALK/NIKE
- CREATE
- GARDEN
- COLLABORATIVE STORIES
- TAKE ROAD TRIPS

## TYPES OF SELF-CARE

<b>PHYSICAL</b> Sleep Stretching Walking Physical release Healthy food Yoga Rest	<b>EMOTIONAL</b> Stress management Emotional maturity Forgiveness Compassion Kindness	<b>SOCIAL</b> Boundaries Support systems Positive social media Communication Time together Ask for help	<b>SPIRITUAL</b> Time alone Meditation Yoga Connection Nature Journaling Sacred space
<b>PERSONAL</b> Hobbies Knowing yourself Personal identity Honoring your true self	<b>SPACE</b> Safety Healthy living environment Security and stability Organized space	<b>FINANCIAL</b> Saving Budgeting Money management Spurring Paying bills	<b>WORK</b> Time management Work boundaries Positive workplace More learning Break time

## Cass Junior High School

### CHANGE YOUR MINDSET DURING COVID-19



Instead of thinking:	Think:
I am stuck in the house.	I am safe in my home, spending time with my family.
I am going to run out of food.	I am prepared with everything I need for now and will plan to use items wisely.
I am scared that I will get sick.	I will do everything in my control to keep myself and my family healthy.
This will never end.	This will pass and I will have a newfound appreciation for things I once took for granted.
Everywhere is closing. How will I get the things I need?	Essential places, like the grocery stores, hospitals and pharmacies, will remain open.
This is ruining all of my spring plans.	It is what it is and beyond my control. I will reschedule when I am able to.