

Social Emotional Learning (SEL) Newsletter

May 27, 2020

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



Has social distancing impacted your household's morale? You are not alone. Isolation and lack of physical contact can impact one's mental health. **Staying socially connected has become more important than ever.** Read about ways to help increase your mental wellness and opportunities to support each other.

- LLamb@CassD63.org
- ALucas@CassD63.org
- HPark@CassD63.org
- RThompson@CassD63.org

Stay healthy! ~ From your SEL Team

Concord Elementary School

SOCIAL DISTANCING

WHAT DOES IT MEAN?

<p>AVOID</p> <ul style="list-style-type: none"> GROUP GATHERINGS SLEEP OVER PLAYDATES CONCERTS THEATRE PERFORMANCES ATHLETIC EVENTS CHURCH SERVICES WALLS WORSHOPS IN BUS VISITORS IN YOUR HOUSE NON-ESSENTIAL WORKERS IN YOUR HOUSE WALK TRAVEL SYSTEMS 	<p>CAUTION</p> <ul style="list-style-type: none"> VISIT A LOCAL RESTAURANT VISIT GROCERY STORES GET TAKE OUT REAR A GOODBYE LETTER TO FRIEND LOOK A MEAL FAMILY GAME NIGHT TRAVELING GO FOR A DRIVE GROUP VIDEO CHATS NON-ESSENTIAL WORKERS IN YOUR HOUSE CHECK ON A FRIEND OR ELDERLY NEIGHBOR 	<p>SAFE</p> <ul style="list-style-type: none"> TAKE A WALK WASH HANDS PLAY IN YOUR YARD CLEAN OUT A closet READ A BOOK LETTER TO FRIEND LOOK A MEAL FAMILY GAME NIGHT TRAVELING GO FOR A DRIVE GROUP VIDEO CHATS NON-ESSENTIAL WORKERS IN YOUR HOUSE CHECK ON A FRIEND OR ELDERLY NEIGHBOR
---	--	--

Keep Your Distance ACTIVITY CARD

1. MAKE A NATURE BRACELET	2. HELP COOK SOMETHING IN THE KITCHEN	3. WRITE A CARD OR LETTER TO SOMEONE WHO DOESN'T LIVE WITH YOU	4. MAKE YOUR OWN BOOKMARK	5. HUFFIN TIN NATURE SCAVENGER HUNT
6. CREATE A TROLL HUT	7. READ YOUR FAVORITE BOOK TO SOMEONE ELSE	8. SHOW AN ADULT HOW TO DO SOMETHING	9. BEDROW VEGGIES FROM SCRAPS	10. MAKE A LEAF MANDALA
11. TAKE A VIRTUAL MUSEUM TOUR	12. MAKE ART TO GIVE TO A NEIGHBOR	13. ★	14. STAINED GLASS CHALK ART PROJECT	15. LEARN ORIGAMI
16. PAINT AND HIDE SOME BOOKS	17. DO THE CHECKLIST SCAVENGER HUNT	18. MAKE A SALT VICK A BAIT VIND OUT YOUR HOME	19. TAKE A WALK IN A PARK	20. MAKE A NATURE RUBBER
21. CREATE A BIRD NESTING BALL	22. MAKE A CONSTRUCTION PAPER GUN PRINT	23. ASK AN ADULT IN YOUR HOME IF THEY DID THE CENSUS	24. TRY THE FRICION RAINBOW SCIENCE EXPERIMENT	25. DYE BIRD FEEDER

KIDS IN NATURE

Cass Junior High School

HOW TO STAY SOCIALLY CONNECTED DURING THE COVID-19 CRISIS.

<p>OFFER SUPPORT</p> <ul style="list-style-type: none"> Text or video chat with a friend or relative and ask how they're doing. Set up a phone or text tree and have each person check on three people every day. Reach out to an old friend you haven't spoken to in a while and just say "hi." 	<p>BE KIND ONLINE</p> <ul style="list-style-type: none"> Post something positive on social media that might bring hope to others during this stressful time Like and comment on a friend's post. Reach out to an old friend you haven't spoken to in a while and just say "hi." 	<p>GET CREATIVE</p> <ul style="list-style-type: none"> Share your talents! Create a video or go live on social media and teach a new skill. Host a virtual party or study group over FaceTime Create a virtual book club using a chat group or schedule a webinar. Play online games with others. 	<p>JOIN THE CONVERSATION</p> <ul style="list-style-type: none"> Use the No One Eats Alone® Conversation Cards to create a fun group chat activity or post online and invite others to join in using the hashtag #NoOneEatsAlone. Complete the statement: "I pledge to #BeKindOnline by..." and share on social media.
--	---	--	--

COVID-19: SOCIAL DISTANCING NOT EMOTIONAL DISTANCING

Practice social distancing to avoid transmission of COVID-19. Avoid large groups of people (10+ people). Emotional connections are those activities that create a bond between you and someone who cares about you.

<p>ROUTINE IS IMPORTANT</p> <ul style="list-style-type: none"> Plan, make a schedule for your day Routine sleep Routine exercise Routine meals Routine self-care 	<p>EMOTIONAL CONNECTIVITY</p> <ul style="list-style-type: none"> Skype or FaceTime to see friends and loved ones Phone calls with friends and family Stay connected on social media (with limits) Enjoy family time; games, books and educational websites
<p>FOCUS ON WHAT YOU CAN CONTROL</p> <ul style="list-style-type: none"> Your time/your child's time Handwashing Covering your mouth when you cough and sneeze Sanitize light fixtures and door handles, make it fun and have the kids help Avoid touching your face 	<p>OUTDOOR ACTIVITIES</p> <ul style="list-style-type: none"> Go for a walk Play backyard games Scavenger hunt Family hike Go for a bike ride

Ways to stay socially connected during social-distancing:

- Video chat with family and friends
- Call a family member or friend on the phone
- Send a letter in the mail
- Leave a small gift outside of someone's home
- Make posters to share in your windows or share a message in sidewalk chalk
- Play a game or share a meal over video call
- Send a thank you message to essential workers or an encouraging note to residents of assisted living facilities

7 TIPS OF STAYING RESILIENT AMIDST COVID-19

- LIMIT YOUR TIME ON SOCIAL MEDIA
- REDUCE OVERALL CONSUMPTION OF MEDIA, PARTICULARLY CABLE NEWS
- IF IN NEED OF INFORMATION, SEEK OUT RELIABLE AND TRUSTWORTHY SOURCES
- FOCUS ON WHAT YOU CAN CONTROL
- PRIORITIZE SELF-CARE
- FIND WAYS TO REMAIN CONNECTED
- BRAINSTORM AND SET ACTIVITY GOALS

ENGAGE COPING SKILLS

- Positive self-talk
- Distraction (puzzles, movies, music)
- Grounding (yoga, exercise)

FOCUS ON THE FACTS

- Use reputable sources for your information
- Talk with your children about what they may be hearing and explain the facts (age 5+ can understand simple concepts)
- Limit your exposure to excessive news and social media

FACTS → MYTHS

Shodair SHODAIR'S HONORARY shodair.org

Kalispell Regional Behavioral Health KALISPELL REGIONAL BEHAVIORAL HEALTH krfh.org

"The most powerful buffer in times of stress and distress is our social connectedness; so let's all remember to stay physically distant, but emotionally close. Reach out and connect."

DR. BRUCE PERRY

NAMI Crisis Line:

800-950-6264

How you can help a neighbor who is self-isolating:

- Offer to pick-up groceries or other essentials
- Drop-off a meal
- Help with yardwork
- Offer to get their mail
- Make regular phone calls to check-in