# Social Emotional Learning (SEL) Newsletter

## 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.

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

Skype or FaceTime to see friends

Phone calls with friends and

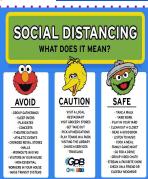
Stay connected on

that create a bond between you and someone who cares about you.

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Stay healthy! ~ From your SEL Team

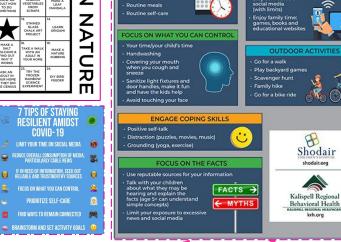
# **Concord Elementary School**





#### 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

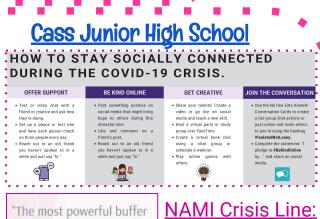


**ROUTINE IS IMPORTANT** 

Plan, make a schedule

Routine sleep

Poutine meals



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

### 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