

Social Emotional Learning (SEL) Newsletter

March 25, 2020

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



We would like to share some Social Emotional Learning (SEL) resources that may be helpful to students, parents, and families during this time outside of school. For more information about how to talk with your children about COVID-19, Check out: <https://childmind.org/>. We hope this information offers new and familiar ways to relax and have fun too! Remember, we are here to help and can be contacted by the emails listed to the right. Stay healthy! ~ From your SEL Team

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

Concord Elementary School

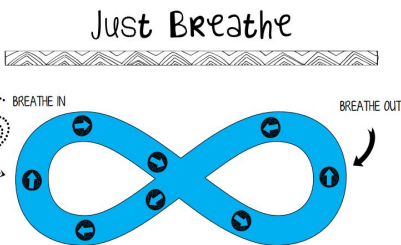
Visit the Virtual Relaxing Room: <https://sites.google.com/view/virtualrelaxationroom/home>

This ZONES visual helps children self-identify how they're feeling and categorize it based on color. That way they can better understand their emotions, sensory needs, and thinking patterns.

Teach your family about the Zones of Regulation. You can even create your own check-in.

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE



Deep breathing, or belly breathing, as we practice in school, helps get more oxygen into the lungs. It can help you calm down and lower stress.

SET BOUNDARIES WITH WHAT + HOW MUCH MEDIA YOU CONSUME

YOU'RE ALLOWED TO OPT OUT OF OVERWHELMING DISCUSSIONS

TRY TO RESPOND TO THE FEARS OF OTHERS WITH UNDERSTANDING + RESPECT

POSITIVE THINKING

RELAX RELAX RELAX

CLOUD GAZING

Exercise

Spend time with nature

Walk BAKEFOOT

Open Mind

FORGIVE FORGIVE FORGIVE

Plant

Cook

Take a bath

Chat with friends <listen>

Take the dog for a walk

GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

©THEMINDGEEK

FOCUS ON THE MANY THINGS YOU CAN CONTROL

BE MINDFUL OF WHEN IT'S BECOMING MORE THAN JUST 'BEING INFORMED'

BREATHE, CONNECT + TAKE GENTLE CARE OF YOURSELF + OTHERS

Cass Junior High School

How to study with zero motivation: <https://www.youtube.com/watch?v=9oWOsocN7gg>



Being mindful helps us bring awareness to our thoughts and feelings.

Positive Thinking changes our outlook and attitude. It can make us feel calmer in stressful situations.



Just like our morning announcements, "Always be kind to one another."



Just like our school goal, how can you lift someone up this month? (Even if you're at home)