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

Concord Elementary School
Remember the importance of positive self-talk.

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.

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