

# NEWSLETTER

NOVEMBER 2023

## Social Emotional Learning for Life

Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making SEL a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into the lives of our school community throughout each day.



## COUNSELOR'S CORNER

### NOVEMBER SEL LESSON FOCUS:

Thoughts, Emotional Management, and Feelings

Through our social and emotional learning efforts, students will learn how to recognize strong emotions and how to respond to their emotions in a way that helps meet their wants and needs while respecting others.

### SEL FOR LEADERS AND STAFF

Implementing Meaningful SEL for Staff - Integrating social and emotional learning into staff meetings fosters an environment of trust and support between administrators and teachers.

By Jessica Cabeen

**Icebreaker-** The one word that can make or break a staff gathering. When done well, icebreakers can set a tone for engagement, support, and encouragement that might set the tone for the school day. Read full article here: <https://www.edutopia.org/article/sel-for-teachers/>

### PROMOTING SEL AT HOME

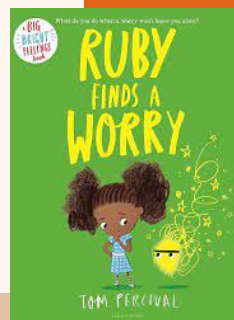
Let's Talk SEL...Principals did you know that most units in the Second Step Lessons that our counselors deliver to your children also has a lesson unit parent letter explaining the unit's theme along with a lesson summary question for parents to reinforce SEL at home? This is an awesome tool to get parents involved.

<https://assets.ctfassets.net/wjuty07n9kzp/1CfCEHB7QFfD4RZo7ewxX3/8af343294e8db3ad54df620f64e62a9a/sstep-k8-g1-u2-home-link.pdf>

## Book of the Month

Ruby Finds a Worry, by Tom Percival, is a delightful story about what happens when Ruby shares her worry with a friend who happens to have a worry, too. It shows the power of what can happen when people connect. Here's a live reading of the book:

<https://www.youtube.com/watch?v=VCyjiHI2SJU>



# SEL & PERSONAL WELLNESS, CONT.

## Personal Wellness



Wellness in the DCSD community is a priority. Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day while at work.

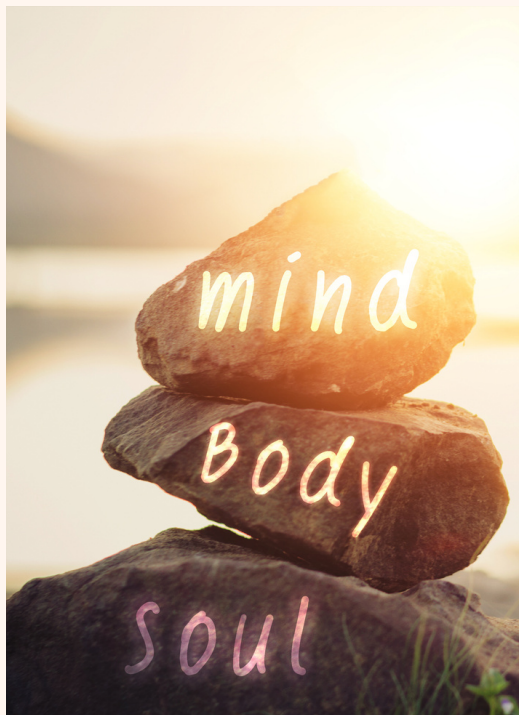
### TAKE 5

#### Emotional Wellness Activities that Take 5 Minutes or Less

- Get grounded by focusing on 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.
- Think of 5 things you can express gratitude for. Share one if anyone happens to be nearby.

#### *Daily Wellness Affirmation*

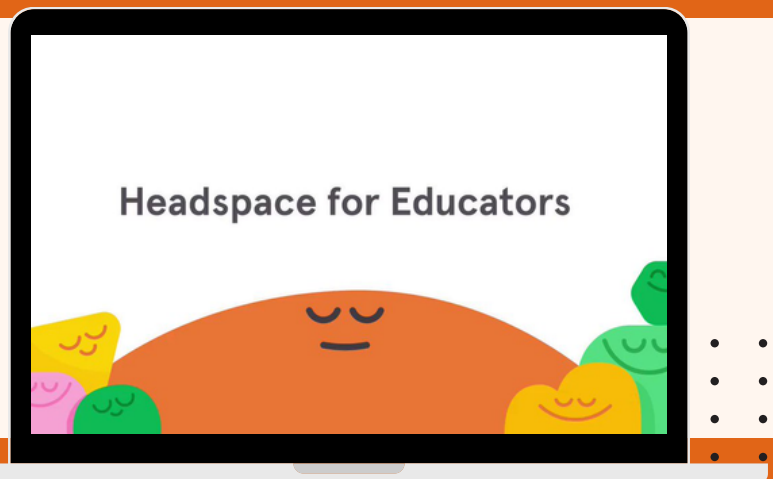
"I take good care of myself while considering the ways to best represent my thoughts and feelings to those around me for our collective good."



#### *App of the Month*

Headspace boasts of being the app that is kind to your mind. It is free to DCSD staff through Headspace for Educators. Headspace offers reminders, tips, webinars, and more that promote mindfulness and well-being that can be accessed any time of day

<https://www.headspace.com/educators>



#### *SEL: The Atmosphere for Learning*

Social & Emotional Learning, or SEL, enhances student learning in many ways and both leaders and learners benefit when we use SEL. SEL concepts provide an extra dimension to education, focusing on improving cooperation, communication, and decision-making. Whether at home, in a classroom, or in an administrative hallway, SEL allows us to build connections with students and strengthen collegial relationships. While our focus is always on education, SEL is the atmosphere that helps learning "sink in" and stick...for life.