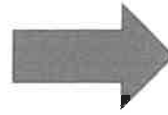




**SEL Lesson  
For February**



**Dear K/1 Blackwell Families:**

Due to the shift in learning model on February 18<sup>th</sup>, I thought it only appropriate that I take the opportunity to teach a lesson on change.

Whether your family has chosen to stay remote or to return to school in-person, I wanted to provide a safe space and structure for kids to process. Even though, we are doing our best to keep as many students together as possible, their new class will look a little different and that is okay.

I will teach a SEL Lesson in each K/1 class in the coming weeks. Here are my thoughts and plans for this transition lesson:

- ✚ All families have made a decision that is best for them.  
Either option is okay and respected.
- ✚ Even though change is happening all the time, a big change or transition can bring about lots of feelings. All feelings are okay --- some will feel positive, some uncomfortable and some neutral.
- ✚ Some change is out of our control. However, there are many things we can control like our attitude, thoughts, behavior, feelings.  
We must focus on what we can control.
- ✚ Transition and change mean:  
we will say “goodbye” to some things we will miss AND  
we will say “hello” to welcome new things coming our way.
- ✚ Some things will stay the same -- we will name those.
- ✚ Hopes & Dreams for the rest of our year

Please find enclosed some worksheets to help you frame a conversation with your student. I strongly encourage you to either discuss each concept with your student and/or have your student spend some time completing them. The page that is titled, “Final Thoughts” you may want to have them deliver those reflections. 😊

Kind Regards –  
GinaMarie Krueger  
Blackwell Elementary Counselor

# **Mrs. Krueger's SEL Lesson**



**February 2021**

**Transition and Change**

**Name** \_\_\_\_\_

**Change means will miss some things and look forward to new things.**

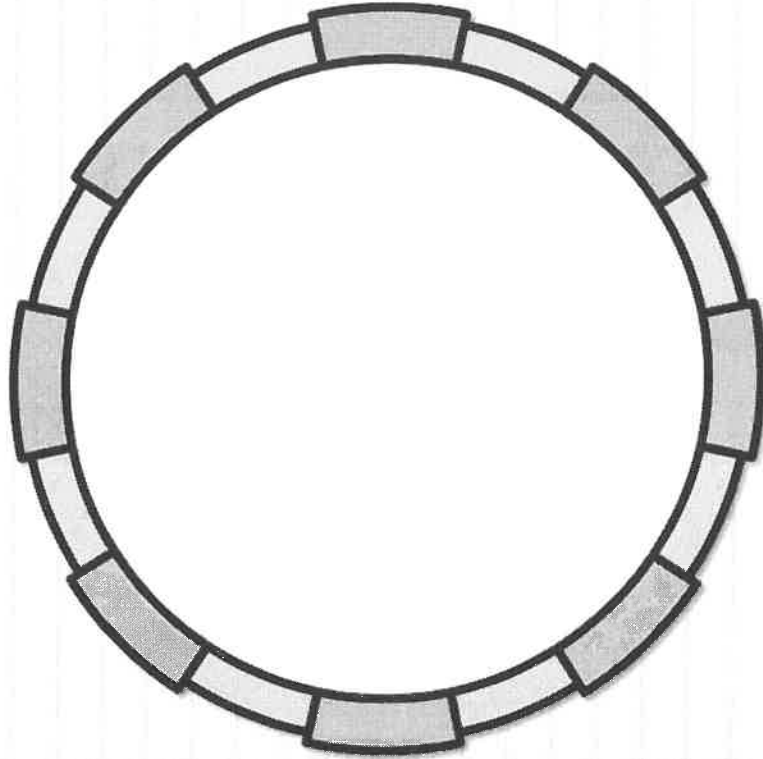
**Goodbye to ... (things we will miss)**


**Hello to ... (things new things I'm looking forward to)**


**Hopes & Dreams ... for my "new" class ...**

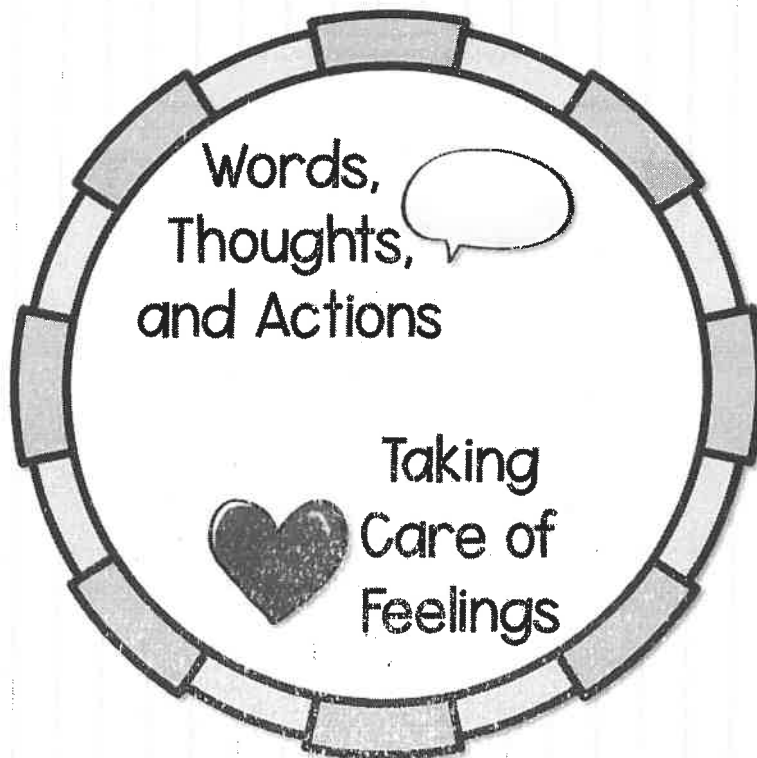
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# Circle of Control



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# Circle of Control

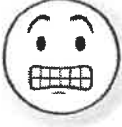





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**What are your feelings about changes to school and learning model that are coming February 18<sup>th</sup>?**



**Put a heart on the arrow to show how much you feel that feeling.**

		NOT AT ALL		A LOT
	<b>WORRIED</b>	←	-----	→
	<b>SAD</b>	←	-----	→
	<b>HAPPY</b>	←	-----	→
	<b>ANGRY</b>	←	-----	→

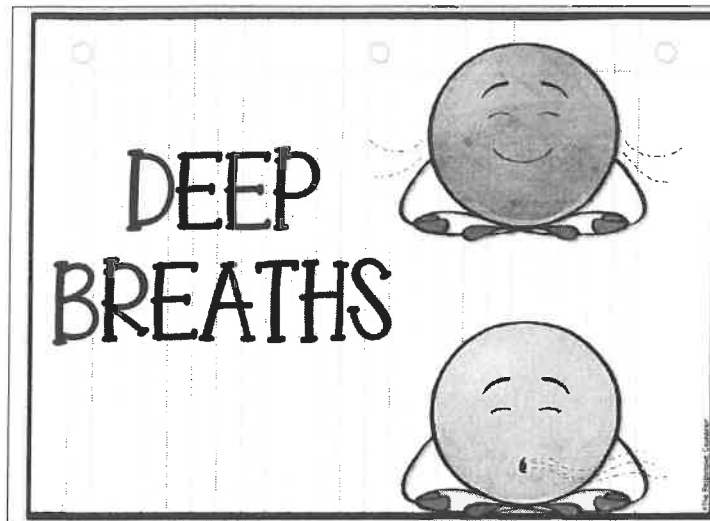
**Pick 2 feelings you have about the school changes (whether you are staying remote or going in person).**

**Write what is causing those feelings.**

**I feel \_\_\_\_\_ about school changing because...**

**I feel \_\_\_\_\_ about school changing because...**

**When you have big feelings and they feel uncomfortable in your body, what can you do to feel better?**



**Taking deep belly breaths can help calm down our bodies and brains so we can think and learn.**

**Do you have a favorite Alphasbreath? 😊**



### **Positive Self-Talk**

**What can you say to yourself when you are frustrated, worried or overwhelmed?**

**Using helpful thoughts can guide us to feel better. You can coach yourself through difficult feelings.**

**Make a list of other things that help you feel better...**

**1.**

**You can use another piece of paper...**

**Who can you talk to about strong feelings?...**

## ♥ Final Thoughts... ♥

**What would you like to say to your current class today:**

**For example, who are you thankful for?**

**What would you like your new class to know about you?**

**For example, what are your favorite things? What do you like to learn about and do for fun?**