



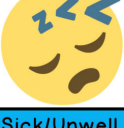







SCHOOL NEWSLETTER

Promoting Social and Emotional Learning

FALL INTO

How do I feel?			
			
			
Sick/Unwell Sad/Upset Tired/Sleepy Bored Disappointed Down in the Dumps	Happy/Cheerful Calm Good to Go Focused Ready to Learn Just right	Frustrated Worried Silly Anxious Excited Embarrassed	Mad/Angry Mean Lost Control I Need Time and Space Lost my Cool Screaming

SELF-REGULATION

Self-Regulation is something everyone continually works on whether or not we are cognizant of it. We all encounter trying circumstances that test our limits from time to time. If we are able to recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes naturally for some, but for others it is a skill that needs to be taught and practiced.

Teaches:

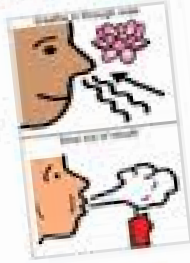
- Strategies
- Control
- Problem-Solving
- Identify Feelings
- Recognize Others Emotions
- Social Thinking
- Level of Alertness
- Manage Emotions

Thankful for Simple Strategies



Calming Strategies

3 Deep Breaths



Count to 10 before doing or saying anything

1, 2, 3, 4, 5
6, 7, 8, 9, 10



It's OK.
I can do this!



Tell yourself Calming Thoughts



Blue Zone
Tools: Rest Stop

- Take a break.
- Think happy thoughts.
- Talk about your feelings.
- Ask for a hug.
- Draw a picture

Green Zone
Tools: Go Time

- Complete your work.
- Listen to the teacher.
- Remember your daily goal.
- Think happy thoughts.
- Help others.

Yellow Zone
Tools: Slow Down

- Take a break.
- Talk to the teacher.
- Squeeze my stress ball.
- Go for a walk.
- Take three deep breaths.

Red Zone
Tools: Stop

- Take a break.
- Squeeze my stress ball.
- Take three deep breaths.
- Count to ten.
- Talk about my problem.

RESOURCES

RAISING ARROWS
Kids Eat Free!
Raising Arrows has free hot meals available to kids 18 and under. Kids must be present to receive meals. Meals are available dine-in or carry-out.

Food Distribution Sites

Jasper
Raising Arrows- Monday-Friday 3:00pm-4:00pm
Jasper's 1st Baptist- Monday-Friday 3:00pm-3:30pm
Jasper High Annex- Monday-Thursday 2:50pm-3:20pm

Sumiton/Dora
Sumiton Civic/Senior Center- Monday-Friday 3:15pm-4:15pm
Dora High School- Monday-Wednesday 4:45pm-5:15pm
City of Lights- Tuesday & Thursday 3:00pm-3:30pm

Cordova
Cordova Senior/Civic Center- Monday-Friday 3:15pm-4:15pm
Cordova High School- Monday-Thursday 4:45-5:15

Carbon Hill
Carbon Hill Community Center- Monday-Friday 3:15pm-4:15pm
Carbon Hill Middle School- M,Tu,Th,F 5:00pm-5:30pm
Carbon Hill Church of God- Wednesday 5:00pm-5:30pm

Lupton
Lupton Intermediate School- M,Tu,Th,F 3:00pm-3:30pm
Starts Monday September 14, 2020

Oakman
Oakman High School- Monday-Friday 3:00pm-3:30pm
Oakman Middle School- M,Tu,Th,F, 5:00pm-5:30pm

CRISIS & SUICIDE LINE 205-323-7777
24 hours a day - FREE phone counseling for any crisis, big or small.

RAPE RESPONSE 205-323-7273
24 hours a day - for survivors of sexual violence to access counseling and acute care, including forensic exams.

UTALK 205-328-5465
3 PM - 10 PM, seven days a week - for kids and teens who need a safe place to process feelings. Text or call.

SENIOR TALK LINE 205-328-8255
A phone reassurance line for seniors and caregivers. Call to sign you or a loved one up today.

RECOVERY CRISIS LINE 205-458-3377
24 hours a day - FREE recovery assistance for those struggling with substance abuse

RAISING ARROWS
DRIVE-THRU THANKSGIVING DINNER
A thanksgiving event for our community

November 19, 2020 | Raising Arrows, Back of Jasper Mall

Drive-thru from 6:00PM to 7:00 PM and pick-up a hot meal, canned goods and non-perishable items!

