

SOCIAL EMOTIONAL LEARNING NEWSLETTER

Practical supports for the discerning educator

September 2022

Educator Wellness

"Connect with Others": We know that humans are wired to need social relationships. Check out this article from Mental Health America for some strategies to help you strengthen existing connections & form new ones as well!



SEL as a Lever for Equity

Looking to explore more about how social and emotional learning is a crucial piece of our movement towards equitable school communities? Check out this podcast titled "Advancing SEL, Equity and Social Justice with Justina Schlund." In the podcast, Justina talks about the connections between SEL and diversity, equity, and inclusion (DEI) work. During the conversation, she addresses some common critiques of SEL in relation to DEI and provides practical recommendations for how educators, schools, and districts can effectively approach SEL and DEI.

Quick Tips for Adult SEL



Want some easy ways to bring Adult SEL into practice? This infographic has meaningful ways to incorporate the 3 Signature Practices to support SEL amongst adult learners. This one-pager offers concrete strategies you can use immediately to bring welcoming rituals, engaging activities, and optimistic closures to your meetings and professional learning opportunities.

SEL for Caregivers & Families

Connection is so important for children at each stage of development. This simple infographic shows families and caregivers simple strategies to connect with children at any age to build relationship skills.





STUDENT FOCUSED SEL



Easy SEL Practices for Early Childhood Educators

Here is a simple way you can use the “three signature practices” of SEL with our youngest learners. Giving children the tools to recognize emotions, communicate, and build connections from a young age is so important!

Five Everyday SEL Activities for Elementary Schoolers



Panorama Education

shares five easy-to-implement SEL strategies you can use daily in your elementary school classroom TODAY. These activities are simple but powerful ways to build the core competencies of SEL.

Elementary Lesson of the Month: Hopes & Dreams Quilt

In this **activity**, elementary school students get a chance to build self-awareness and social awareness by reflecting on their hopes and dream for their school community, and expressing these through a community art project.



Middle School SEL:

Six Middle School SEL Activities to Support Growth & Transition

Middle school can be such a challenging time, both socially and emotionally, for students.

These activities are designed with the unique needs of middle school students in mind, supporting their self-awareness and relationship skills to give them what they need in this important time of transition.

High School SEL: Examples of Social Emotional Learning in High School



This article from CASEL focuses on integrating SEL into ELA curriculum, but provides many concrete and easy-to-implement strategies that can be applied to ANY subject area curriculum for high school students. Many of the strategies here you may already be doing, and can get some tips for new ones to try!

Middle School Lesson of the Month: We All Belong

Use this lesson in a homeroom/advisory, or any subject area. This activity helps to build self-awareness and social awareness, and to begin to form connections between students and connection to community.



High School Lesson of the Month: What is Belonging? Chalk Talk



This is a **powerful activity** that engages high school students in self-awareness and social awareness, as they begin to explore what it means to belong, what are their needs and the needs of their community, and how they can contribute to fostering belonging for themselves and others.

Kindness
MATTERS!

UPCOMING Workshops



**Sacramento COE
Social Emotional Learning
Communities of Practice**

**5-part Series
Begins October 27, 2022**

View flier for more details



Transformative Social- Emotional Learning in Action



**4-part Tuesday Series
Begins September 8, 2022**

View flier for more details

**Fall & Spring Sessions
Available**



Integrate Social- Emotional Learning Into a Multi-Tiered System of Support

**4-part Tuesday Series
Begins September 20, 2022**

View flier for more details

**Fall & Spring
Sessions Available**



Understanding & Supporting Escalated Students

**4-part Wednesday Series
begins October 5, 2022**

View flier for more details



Integrating Restorative Practices & Social and Emotional Learning

**4-part Wednesday Series begins
September 7, 2022**

View flier for more details



Trauma-Informed Care

**4-part Thursday Series
begins
September 15, 2022**

View flier for more details

