



**FOR IMMEDIATE RELEASE**

**MEDIA ALERT** – Wednesday, January 24, 2024

**Fargo Public School District #1**

## **MADISON ELEMENTARY SCHOOL HOSTING SOCIAL EMOTIONAL LEARNING NIGHT**

Madison Elementary School is hosting a fun-packed evening that will help students and their families better understand their emotions, feel those emotions, and demonstrate empathy for others' emotions.

- WHAT:** Madison Social Emotional Learning Night  
**WHEN:** **Thursday, January 25** from 5:30 p.m. to 7 p.m.  
**WHERE:** Madison Elementary School, 1040 29<sup>th</sup> Street North, Fargo  
**CONTACT:** **Lori Conmy**, Madison principal, [conmyl@fargo.k12.nd.us](mailto:conmyl@fargo.k12.nd.us) or 701.446.5100 for more information.

Madison Elementary School is hosting a Social Emotional Learning Night for its students and families on Thursday. At the SEL Family Night, guests will engage in activities designed to help them connect with their emotions and better understand how to interact with them.

The event will feature a meal from Qdoba and five 10-minute stations with activities designed to help students' Social Emotional Learning. The stations include a movement game called "Emotional Salad," reading time with books featuring complex emotions, "The Gratitude Game," a coping skills origami fortune teller craft, and discussion cards.

In the "Emotional Salad" game, participants are assigned an emotion (anger, happiness, sadness, fear, etc.). The game leaders will describe an emotional situation and if the participant thinks their emotion is being described they will complete an assigned activity, such as jumping jacks, sit-ups, or pushups.

At the reading station, a facilitator will read 1-2 books that contain difficult emotions and ask families to discuss a time they have felt those emotions.

"The Gratitude Game" tasks participants with listing off a person, place, food, and thing that they are grateful for and each guest will explain why they are grateful for those things.

The coping skills origami fortune teller craft involved making a fortune teller, sometimes called a cootie catcher, with skills for dealing with stress and big emotions on each fold. Some examples of coping mechanisms include play with a pet, talk to someone, and drink a glass of cold water.

At the discussion card station, guests will be given 2-3 cards with discussion topics focusing on topics of dealing with big emotions. Families discuss the answers to the questions and how it applies to their life.

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