SEL SPOTLIGHT

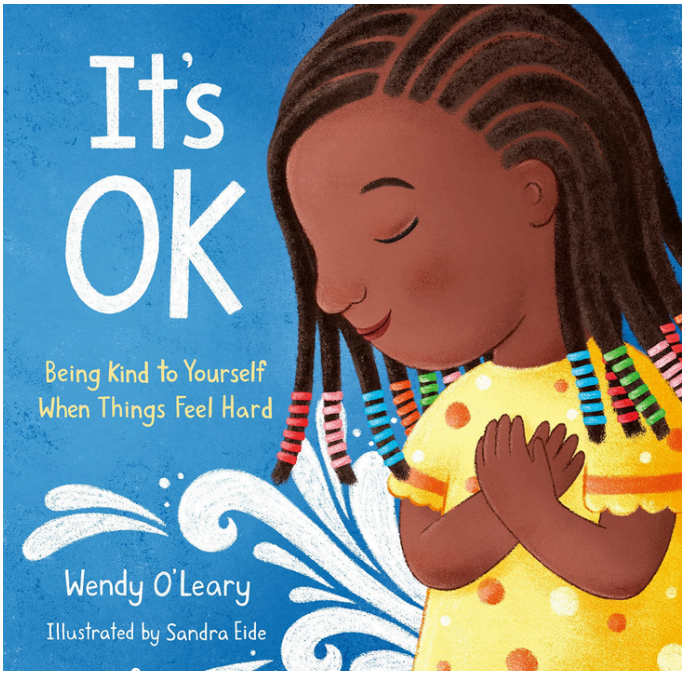
FEBRUARY 2025

FLYING INTO FEBRUARY

Yet another month has flown by and here we find ourselves at the end of February. This month we celebrated Black History Month and continued to highlight acts of Service as our ethical habit. We are doing a great job so far with collecting donations for our work with the Loukoumi Foundation, and our Anne Hutchinson Tree has continued to feature even more Service Snowflakes!

Our students have been learning about the Meta Moment in their SEL Lessons with our school counselor. The Meta Moment is one of the four main tenants of the RULER Framework, and it encourages students to stop and think before acting on an impulse when experiencing an uncomfortable emotion.

BOOK RECOMMENDATION:

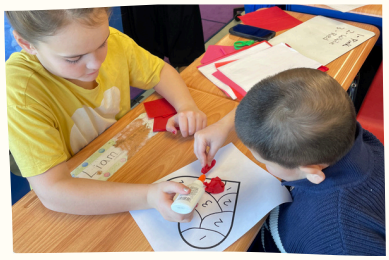


With Heart,
The Social Emotional Learning Team

Community Connections

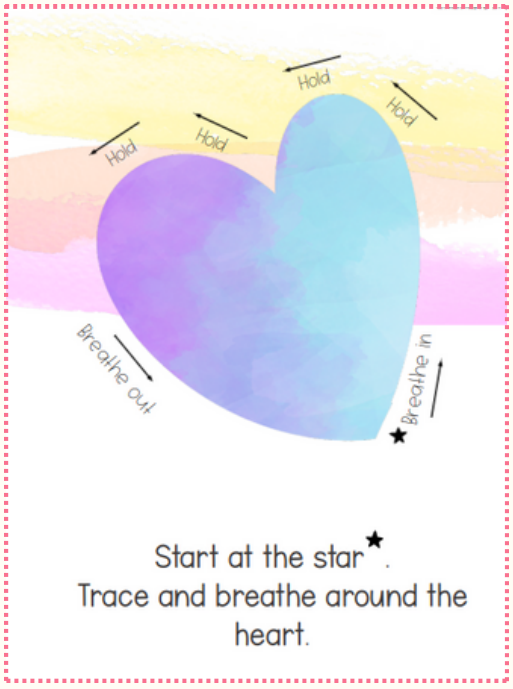
Last month during community connections the students continued to express their creativity! Classes worked together on festive, Valentines themed crafts and activities together. Students also worked on and discussed coping skills.

Warmly,
Mrs. Mosca



Growing an Attitude of Gratitude

THEMED BREATHING AND MINDFULNESS EXERCISES



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RULER
THE META MOMENT

The "meta moment" is a concept that encourages us to take a step back during stressful situations and pause before reacting. It's about **recognizing** your emotions and the moment at hand, giving yourself **a brief mental break** to **decide how to respond** thoughtfully rather than react impulsively. By practicing meta moments, students can learn emotional regulation to help create positive and productive responses, even in challenging moments.