

Weldon City Schools

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SEL Quarterly Newsletter

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SEASON TO CREATE

- Journal daily (write, draw or paint).
- Build a digital portfolio.
- Create a website.
- Bake cookies.
- Start a club & meet virtually.
- Learn a new craft.
- Build a ginger bread house.
- Make a winter photo collage.
- Create and send videograms.



SEASON TO RELAX

- Build a snowman or two.
- Hold a bonfire.
- Go winter camping/hiking.
- Watch a movie marathon.
- Host a video game tournament or family game night.
- Stargaze.
- Have a family slumber party.
- Attend a virtual yoga class.



SEASON TO CELEBRATE

- Host a family awards show.
- Invite friends to a Zoom night to celebrate 2020 accomplishments.
- Participate in a family challenge (weight loss or most books read).
- Fundraise for a worthy cause.
- Do a Gratitude Scavenger Hunt.
- Donate items to charity.
- Organize a karaoke night.

Get Social!

During such a festive time of year, it may be difficult to believe that everyone is not experiencing "happy" holidays. Yet, the *holiday blues*, a period with at least some kind of disappointment, anxiety, sadness or depression, is a real phenomenon. There is a silver lining, however. Together, we can help one another navigate difficult times.

Consider these ideas to stay connected and foster positive social interactions with others, especially those who are most vulnerable:

- Get (or give) support when mourning a loved one or coping with a major life change.
- Spend time with loved ones in-person or virtually.
- Mail greeting cards or letters to family and friends to let them know you care.
- Call, text, email or video chat someone who lives or spend a lot of time alone.



Sources: [Verywellfamily.com](https://www.verywellfamily.com) &
[Healthline.com](https://www.healthline.com)



BE MERRY

- Smile. Smiling even when you do not feel like it, can change your mood.
- Commit to saying one thing that you are thankful for daily. Repeat as many times as necessary
- Be aware of what activities you are engaging in. Do these activities usually leave you sad, drained, frustrated, negative, or annoyed? Kick the ones that dampen your mood and choose ones that make you feel happy, positive, energized, and inspired.

BE JOLLY

- Play your favorite holiday tunes or (your favorite song) and dance like no one is watching (even if you have two left feet)
- Indulge in seasonal favorites ranging from drinking hot cocoa to eating sweet potato pie
- Bask in aromatherapy. Choose scents that remind you of your happy place or choose lavender, mints, and other spices that can positively alter moods

BE BRIGHT

- Open your curtains to allow natural light into your space, natural light has amazing healing properties
- Go outside on a natural walk; bask in the changes that take place as the seasons change, write down how you can relate to this personally
- Add a pop of color to your wardrobe to brighten your mood. We tend to choose darker colors to wear in winter months which can negatively affect our mood



Sources: Psychology Today and What's Your Grief

For More Info/Support, Contact:

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