

WELDON CITY SCHOOLS

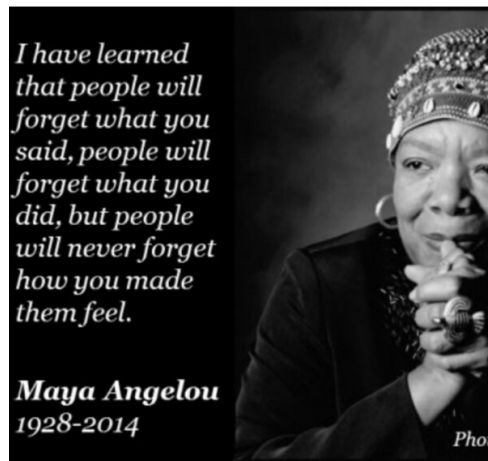
AIG & Behavior Support Newsletter: *Social & Emotional Learning (SEL)*

MAY 2020

What is SEL?



Why SEL?



The BIG Picture



**Images from casel.org & N.C. State's Friday Institute "Remote Learning Support" Presentation (4.30.20)*

For Scholars

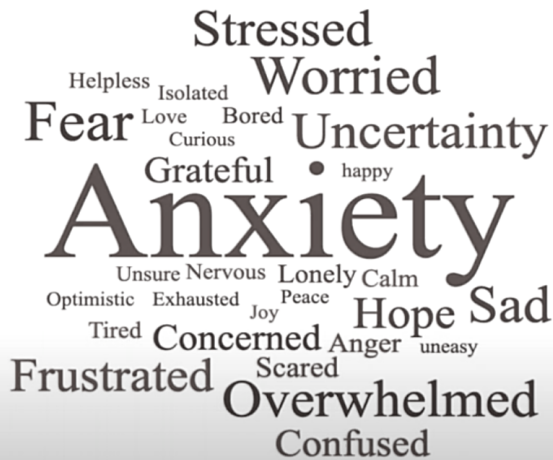
- Ask your teachers, administrators, counselors and support staff as many questions as needed.
- Attend virtual class meetings if possible.
- Affirm yourself & others daily.
- Stay connected to your peers in parent-approved, appropriate ways.
- Include recreation in your daily routine.

For Educators

- Create a daily/weekly check-in to assess physical & social-emotional health using Google Forms or another tool.
- Celebrate student successes regularly.
- Prioritize your most vulnerable students.
- Offer specific office hours and appointments to ensure flexibility.
- Allow for student choice in activities.

For more information or further support, contact: Krissy P. Martin--pittmanmartin@weldonk12org

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EMOTIONS REPORTED BY EDUCATORS
FROM YCEI & CASEL WEBINAR

Educators and scholars alike, are feeling the pressures of our "new norm". This is a time that flexible thinking is needed.

What is Flexible Thinking?

- The ability to shift perspectives and actions when new or unexpected events arise
- Allows us to adapt more easily to otherwise stressful and difficult situations, without becoming overwhelmed for prolonged periods of time

Source: Psychology Today

For more information or further support, contact: LaQuasha Y. Hudson-
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Why Flexible Thinking?

- Inflexibility is often seen as a shortfall in a key aspect of health
- Flexibility can be viewed as a medicine against anxiety
- One's mood is associated with ability to be flexible

Do's & Don'ts of Flexible Thinking?

- Do consider and embrace unusual solutions
- Don't retreat into survival mode
- Do encourage outside perspectives
- Don't rigidify (be inflexible)
- Do challenge previously held beliefs
- Don't rely on tried & true behaviors