

WELDON CITY SCHOOLS

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

SUMMER EDITION 2020

Try Different Foods



Explore New Hobbies



Connect with Nature



More Family Fun...

- Create a family trivia card game and play it at dinner. Use questions like, "How many railings are on the banister?" or "Who has a pink toothbrush?"
- Interview family members who are over age 60. Ask them to tell you a special memory from when they were your age. Make a book with the stories you collect.
- Pack a meal and eat it outside as a picnic.
- Design a maze or DIY escape room.
- Create a coded message and give it to someone else. Include 3 different messages they can open as clues.
- As a family, perform a scene from your favorite movie with costumes.
- Go on a virtual tour of an art museum. Make a list of 10 interesting things you notice. Turn the list into a scavenger hunt for someone else in your family.
- Stargaze on clear summer nights.

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

Sources: nagc.org and canva.com.

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Enriching Your Emotional Health



Tune-in to Your Emotions

- Try Yoga outside. This great combination of yoga with its ability to lead one to focus internally and nature with its healing abilities will help you release stress and tension.
- Journal how you feel with no particular direction or motivation, other than to let all of the emotions that you are feeling out on paper.
- Read Self-help books about Emotions and any area that you would like to focus on
- Create a vision board of your emotional goals and hang it in an area that you frequent . This can be created with words or pictures that you can draw or find in magazines.
- Give what you need. Sometimes the best way to change emotions is giving what you need. Do you need a hug, praise, or quality time. Choose someone and give them exactly what you need, and watch it return to you.

For more information or further support, contact: [LaQuasha Y. Hudson-hudson1@weldonk12.org](mailto:LaQuasha.Y.Hudson-hudson1@weldonk12.org)

HALTED

Sometimes we have a difficult time pinpointing emotions and can misinterpret what we are really feeling. Try this acronym to help you pinpoint how you are really feeling.

- **H**ungry?
- **A**ngry?
- **L**onely?
- **T**ired?
- **E**mbarrassed?
- **D**isappointed?

When emotions are even more difficult to engage -OS can be added to the end of **HALTED**.

- **O**verwhelmed?
- **S**cared?

When these emotions are pinpointed, you become self-aware and you are able to better work through your frustrations.

