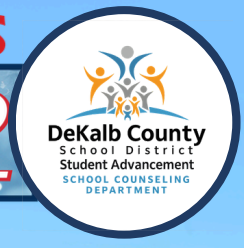




SEL & PERSONAL WELLNESS NEWSLETTER



March 2026



Social Emotional Learning for Life



Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making Social and Emotional Learning a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into each day making our school community a healthy place to learn.

SEL For Parents

How to Teach Problem-Solving Skills to Children and Preteens

By Ashley Cullins



"As parents or teachers, we can't always be there to solve every problem for our children. In fact, this isn't our job. Our job is to TEACH our children how to solve problems by themselves. This way, they can become confident, independent, and successful individuals." Click below for a step by step guide:

https://biglifejournal.com/blogs/blog/how-teach-problem-solving-strategies-kids-guide?srsltid=AfmBOoolczf_UwKJyBBOIVQzTFDXdxwscqqud6g_d6ASoW9q37KoRlt

Counselors' SEL Corner

March SEL lessons focus on problem-solving and developing a sense of self. Equipping our students with robust problem-solving skills is essential for their academic and personal growth. By learning to navigate challenges effectively, students not only enhance their critical thinking abilities but also foster crucial social-emotional learning (SEL) competencies. Problem-solving directly engages SEL skills such as self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. As students successfully overcome obstacles, they develop a stronger sense of self-efficacy and resilience, which increases their confidence, helps them understand their strengths, and empowers them to approach future difficulties with greater optimism and a clearer understanding of their capabilities.

SEL Day (March 2nd Starts National SEL Week - March 6th)

SEL Day is a global, grassroots campaign for social-emotional learning to support children's academic recovery, mental health, and well-being. Since its inception in 2020, #SELday has reached over 40 million views. In 2025, over 5,000 SEL champions representing all 50 U.S. states and 73 countries made 6,000 commitments to showcase, promote, advocate, and support SEL. Advocacy efforts have resulted in SEL Day proclamations in ten states, a letter of support from the White House, and a bipartisan resolution for SEL Week introduced in the Senate. We celebrate our commitment to SEL and its impact on student success in DCSD. To learn more:

[CLICK HERE](#)

#SELday

REQUIRED SEL LESSONS OF THE MONTH

Problem Solving Lesson #16

- 3rd – STEP by Step
- 4th – A Good Problem Solver
- 5th – Beginning to STEP

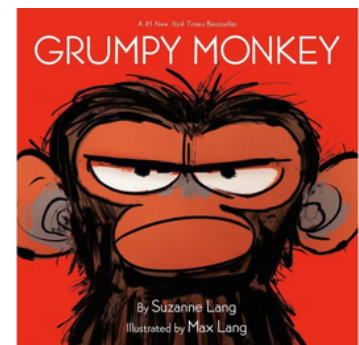


Developing a Positive Sense of Self Lesson #8

- 6th – What Are Guiding Principles?
- 7th – What is Self-Concept?
- 8th – Lesson #27
High School Challenges



Book of the Month



GRUMPY MONKEY

by Susan Lang

Illustrated by Max Lang

Grumpy Monkey, by Suzanne Lang, illustrated by Max Lang, is a New York Times, best-selling children's book about a chimpanzee named Jim who wakes up one day in a bad mood for no apparent reason. Despite his friends' attempts to cheer him up, he denies being grumpy until he later realizes that he actually IS grumpy, and that's okay. Readers see that it's okay to have big emotions without the need to fix them. Enjoy the book by video below:

<https://youtu.be/wylzbbSL668>



Personal Wellness



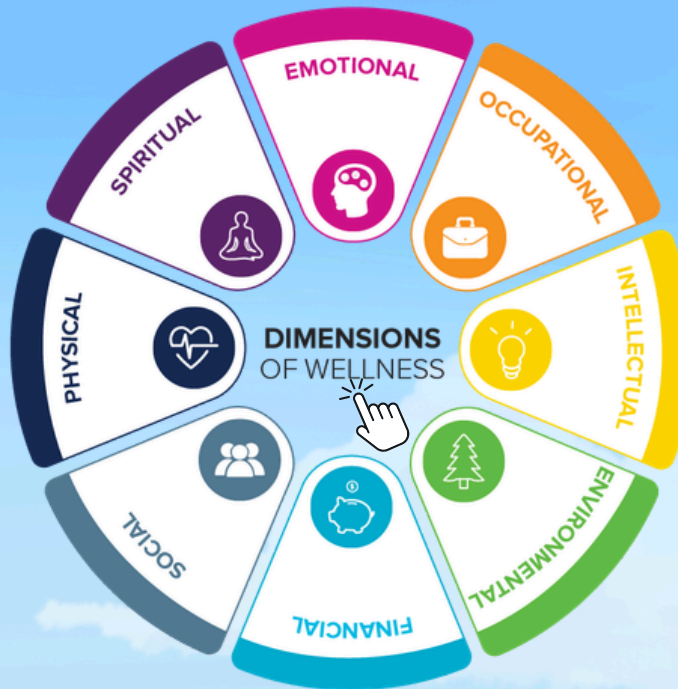
Wellness in the DCSD community is a priority.
Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day, at work or play.

TAKE FIVE

Physical Wellness Activities that Take 5 Minutes or Less

- Hydrate, hydrate, hydrate. Schedule yourself to drink at least 16 ounces of water before noon, after noon and in the evening. You'll feel the difference.
- Make time for regular exercise at least 30 minutes each day. Walking outside is particularly refreshing.
- Track your daily fruit and vegetable intake. Fresh fruits and vegetables are an important part of a healthy diet.

It only takes a minute to make a monumental difference.



Already have a wellness plan?

Add these ideas to your routine.

FREE RESOURCE

Grab a copy of Words to Live By, from WINGS: Helping Kids Soar. Use this mantra with students staff and families.



A Compass to Navigate Life

WOMENS HISTORY MONTH



RESOURCE OF THE MONTH

Teachers, talk to your students about vaping and support those who want to quit. Encourage them to be VAPE-FREE youth. Click here for tips:

<https://www.youtube.com/watch?v=6E1aRCFXh6U>



Daily Physical Wellness Affirmation

"How I treat my body is a representation of how I feel about myself. I love, honor and appreciate my body and give it the food, rest and exercise it needs. I choose to live in optimal health."

Did you know...

DCSD posts [#WellnessWednesday](#) tips on our facebook page, click the icon to follow.

www.dekalbschoolsga.org/sel

