

# SEL & PERSONAL WELLNESS



# NEWSLETTER

FEBRUARY 2024

## Social Emotional Learning for Life

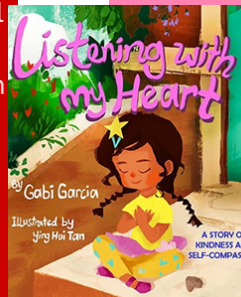
Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making SEL a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into the lives of our school community throughout each day.



## COUNSELOR'S CORNER

### FEBRUARY SEL FOCUS:

This month's Middle Schools' second step lessons model how students can successfully manage relationships and skills to resolve conflicts. Social skills like cooperation, empathy, and self-control are integral to emotional development and conflict resolution. Our elementary students' Second Step Lessons focus on the ability to problem solve effectively and responsible decision making. February, the month that includes Valentine's Day, is the perfect month to model how to have better relationships with peers and manage conflicts cooperatively.



## *Book of the Month*

*Listening with my Heart*, by Gabi Garcia, a young girl named Esperanza learns to use self-compassion and kindness to help herself feel better when things keep going wrong. She realizes that the same heart she uses to care for others in their time of need can also be used when she needs compassion in her time of need.

Watch the book here:

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

## SEL FOR LEADERS AND STAFF

How Schools Incorporate Social-Emotional Learning  
SEL programs can boost student well-being and academic achievement.

By *Kate Rix*

"...Throughout the district in Cleveland, and in most districts across the country, SEL practices are integrated into instruction, school culture and discipline policies. They may show up in the instructions for a chemistry lab assignment or in the ways younger children are guided..." Read the full article here: <https://www.usnews.com/education/k12/articles/how-schools-incorporate-social-emotional-learning>

## PROMOTING SEL AT HOME

SEL in the Home – What Does SEL Mean for Parents?

By *Alyssa Morgan*

"As a parent, you are your child's first teacher. You're there for their first boo-boo, tantrum, and their stream of constant "but why's." It's no secret that we want our children to grow into kind, empathetic, and emotionally intelligent adults...but how do we guide them along the way? Social Emotional Learning (SEL) refers to the process in which children develop..." Read the full article here:

<https://www.moshikids.com/articles/sel-in-the-home-what-does-sel-mean-for-parents/>

# SEL & PERSONAL WELLNESS, CONT.

## 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 while at work or play.

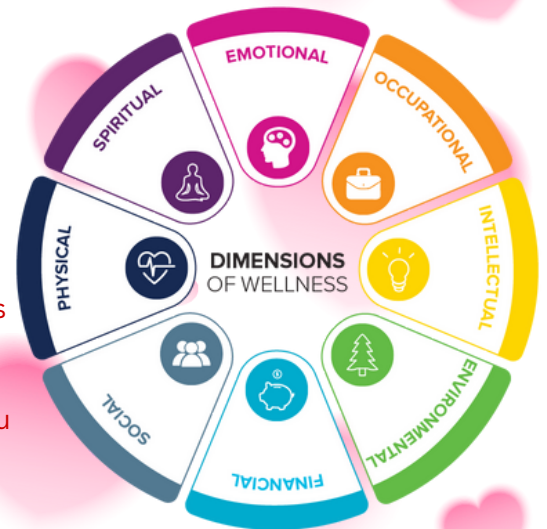
### TAKE 5

#### Occupational Wellness Activities that Take 5 Minutes or Less

- Place an item in your environment that will remind you that now is always a good time to take a deep breath...and take one.
- Take a moment to explore your immediate environment and identify 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.

#### *Daily Wellness Affirmation*

"I deliberately take a moment to pause, regardless of the environment I find myself in, to be grateful for who I am and what I have access to right now."



#### *App of the Month*

The **Insight Timer** App boasts of having the world's largest library of free guided meditations with 150,000 tracks from psychologists, spiritual leaders, and mindfulness teachers. It also supports sleep, contemplation, meditation and breathwork...and it's free!



#### *Something to Remember:*

"It's okay to take time for yourself. We give so much of ourselves to others, and we need to be fueled both physically and mentally. If we are in balance, it helps us in all our interactions."

– Faith Hill

Did you know???

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

