

# SEL & PERSONAL WELLNESS



# NEWSLETTER

August 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.



### SEL FOR EDUCATORS AND FAMILIES



Five Ways Educators and Parents Can Model SEL Competencies for Children  
by Ben Their

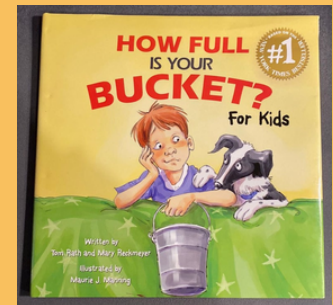
"As educators and parents, we know that our children are quick to pick up on and copy behaviors they see others doing..."

Read more here:

<https://betterkids.education/blog/5-ways-educators-and-parents-can-model-sel-competencies-for-children>



## Book of the Month



**HOW FULL IS YOUR BUCKET? for Kids**  
by Tom Rath & Mary Reckmeyer

Based on the New York Times Best Seller, *How Full Is Your Bucket?* in this story we meet Felix who begins to see how every interaction in a day either fills or empties his "invisible," but very real, emotional bucket. Throughout the school day he realizes that everything he says or does to classmates, teachers and family members either fills or empties their buckets as well. Throughout the day he learns to be a great bucket filler, and in the process, discovers that filling someone else's bucket also fills his own.

To read along, click here:

<https://www.youtube.com/watch?v=mWe6Z3zFwoA>

## COUNSELOR'S SECOND STEP SEL CORNER

Welcome back and let's make this year incredible. SEL is crucial because it helps students develop essential skills for success in school and in life. It promotes self-awareness, social awareness, responsible decision-making, relationship skills, and self-management. These skills are essential for students to thrive academically, socially, and emotionally. This year students will again improve their social and emotional learning (SEL) skills through the Second Step Curriculum. **Lessons begin in September.**

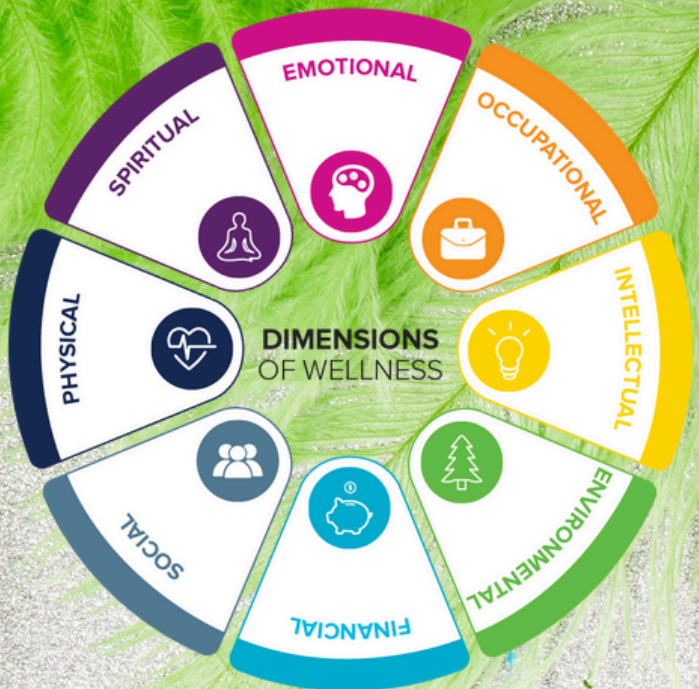
### Resource of the Month

Check out this Self-Regulation resource that anyone can use who works with or lives with children.  
[https://www.youtube.com/watch?v=H\\_O1brYwdSY](https://www.youtube.com/watch?v=H_O1brYwdSY)



# BACK TO SCHOOL

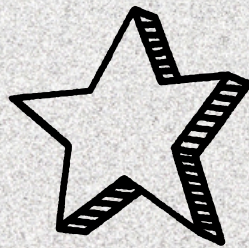
[www.dekalbschoolsga.org/sel](http://www.dekalbschoolsga.org/sel)



## Know Your Emotions



## Express Them With Care



## 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 FIVE

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

- Improve your self awareness by tracking your next 5 emotions. Notice what makes you shift from one to the next. Share your discovery with a trusted friend.
- Take a moment when no one is watching to remember something really funny and see if you can make yourself laugh out loud from the memory alone.

### Daily Wellness Affirmation

“I realize that I *have* emotions but that they don’t *have* me. I recognize my emotions and choose to express them in healthy ways with all who are involved.”

### QUOTE OF THE MONTH

The emotionally intelligent person is skilled in four areas:  
identifying emotions,  
using emotions,  
understanding emotions,  
and regulating emotions.  
-- John Mayer



Did you know...

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

[www.dekalbschoolsga.org/sel](http://www.dekalbschoolsga.org/sel)

