



SEL & PERSONAL WELLNESS NEWSLETTER



December 2024

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.

Emotional Alphabet

- | | | |
|---------------------|----------------------|---------------------|
| A Angry | K Keen | U Upset |
| B Bored | L Lonely | V Victorious |
| C Calm | M Mad | W Worried |
| D Disgusted | N Nervous | X Excited |
| E Exhausted | O Overwhelmed | Y Yucky |
| F Frightened | P Proud | Z Zealous |
| G Glad | Q Quizzical | |
| H Happy | R Relaxed | |
| I Impatient | S Silly | |
| J Jealous | T Thankful | |

Share your emotions



SEL FOR PARENTS

Help Kids & Teens Identify & Express Feelings

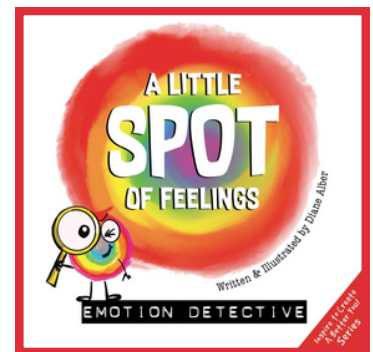
from STRONG 4 LIFE



Building resilience is an ongoing journey and knowing how to work through feelings is an important first step in helping kids and teens learn to handle life's ups and downs. Click here to learn ways to help as they journey through life:

<https://www.strong4life.com/en/emotional-wellness/emotional-expression/helping-kids-identify-and-express-their-feelings>

Book of the Month



A Little SPOT of Feelings by Diane Alber

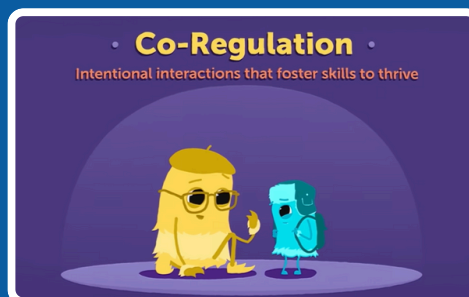
Being able to identify emotions is a foundations skill of Social and Emotional Learning. A Little SPOT of Feelings by Diane Alber is an excellent guide that helps children recognize not only their own emotions but also the emotions of others. This delightful book teaches readers how to become emotion detectors, developing these essential skills as they journey page by page to the end. Enjoy the book by video here:

<https://www.youtube.com/watch?v=YC3SQnoggjM>



RESOURCE OF THE MONTH

Here's a lesson for educators on Co-Regulation: What It Is and Why It Matters from the Administration for Children & Families. Click here to watch: <https://www.youtube.com/watch?v=RRMBHQ-Bmk0>





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



Emotional Wellness Activities that Take 5 Minutes or Less

- Play your absolute favorite song in the world, as loud as you can (in an appropriate place) and feel the joy for five minutes.
- Think back to an event that you had strong emotions around and write yourself a message about how you plan to handle things the next time that situation arises.

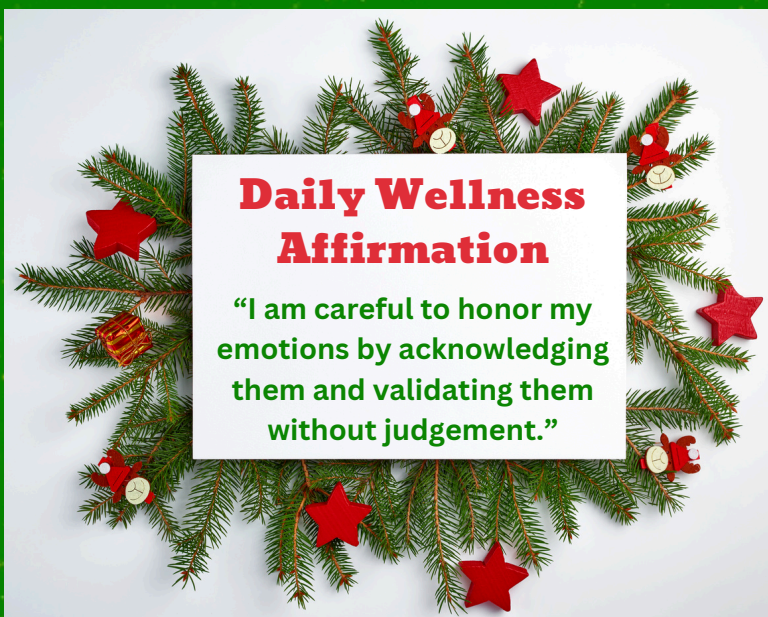
Do you have a wellness plan? Here's one!



Quote of the Month



A CONNECTION
 is the energy
THAT EXISTS
 between **TWO PEOPLE**
 when they feel
 seen, heard, and valued;
 when they can
 give and receive
without judgment;
 and when they
 derive sustenance
 and **STRENGTH** from the
 relationship.
 ---Brene Brown



Did you know...

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



www.dekalbschools.org/sel

