



SEL & PERSONAL WELLNESS NEWSLETTER



SCHOOL COUNSELING
DEPARTMENT

November 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.

SEL FOR EDUCATORS

Tips for Managing Conflict in the Classroom

from
C.A.R.E.S.,
Community Building,
Fly Five Curriculum



When students learn how to resolve conflicts and disagree respectfully, they improve their communication and problem-solving skills. Together, we'll explore how educators can help students foster these lifelong skills and encourage conflict resolution in the classroom.

Read more here:

<https://www.flyfivesel.org/tips-for-resolving-conflict-in-the-classroom/>



Counselor's SEL Corner

This month's SEL lessons focus on Managing Conflict in Middle School settings and Managing Emotions in Elementary School settings. Social and emotional learning (SEL) plays a crucial role in middle school by equipping students with the skills to manage conflicts effectively. This is essential as it fosters a positive school environment, enhances interpersonal relationships, and promotes academic success. Additionally, managing emotions in elementary school lays the foundation for emotional intelligence, helping young children navigate their feelings and interactions. By prioritizing SEL and emotional management, we empower students to develop resilience, empathy, and problem-solving skills that will benefit them throughout their lives. We know this month's lessons will greatly benefit the students.

RESOURCE OF THE MONTH

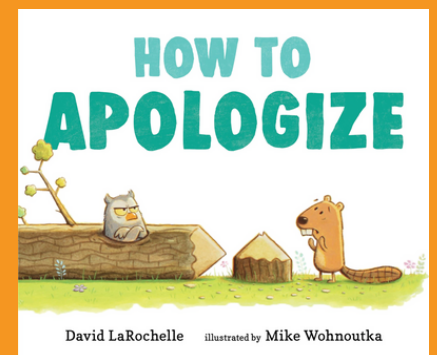
Here's a lesson on
Resolving Conflict Peacefully
which is a skill all our students
can practice.

Click here to watch:

<https://youtu.be/KO4i2oMV1m8>



Book of the Month



HOW TO APOLOGIZE

by David LaRochelle
Illustrated by Mike Wahnoutka

From the Theodor Seuss Geisel Award-winning creators of See the Cat: Three Stories About a Dog comes a funny and handy guide that explains just how (and how not!) to say I'm sorry. Wouldn't the world be a better place if everyone knew how to apologize? Luckily, this humorous guidebook is full of practical tips about when, why, and how to say you're sorry.

[https://youtu.be/ks8bUKfiwnQ?
si=hCCv3oLQe9puCuga](https://youtu.be/ks8bUKfiwnQ?si=hCCv3oLQe9puCuga)

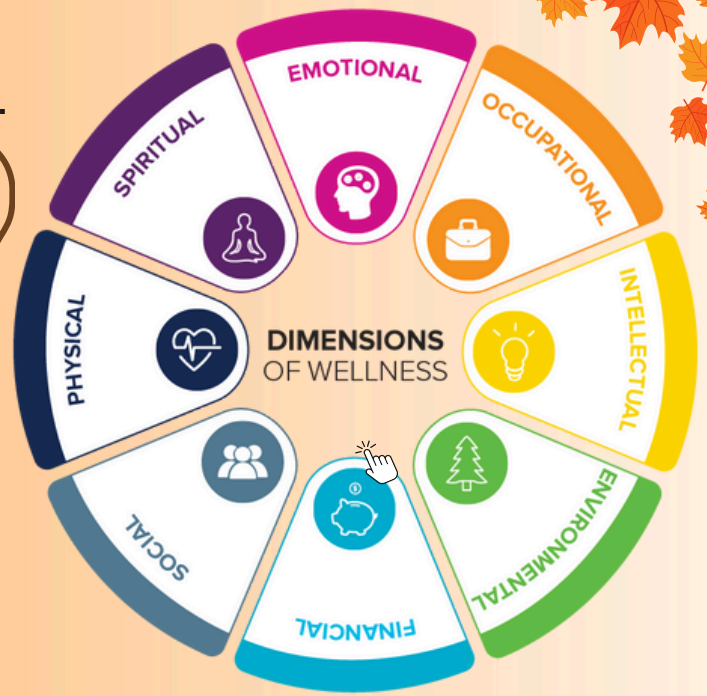




Personal Wellness



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

Social Wellness Activities that Take 5 Minutes or Less

- Contact three people in your contacts list that you have not spoken to in a while and surprise them with a well-check to see how they are doing.
- Perform a random act of kindness for someone who appears to be having a less than stellar day. It may do both your hearts good.

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



THANKFUL

Daily Wellness Affirmation

"I am grateful for the opportunity to have a positive impact on those around me today."

QUOTE OF THE MONTH

It is more rewarding to resolve a conflict than to dissolve a relationship.

-Josh McDowell



Did you know...

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

