

GUIDANCE NEWS

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What is SEL?



SEL stands for “Social & Emotional Learning” and it is important for all areas of learning, especially in difficult times like this with so much distance learning and social isolation. “Simply put, social emotional skills are the foundation for overall well-being. Kids and teens need to feel safe, respected, loved, and valued. They need to have strong coping skills to work their emotional challenges and they need to improve cognitive flexibility to deal with the changes that are happening, so many outside of their control.” SEL includes teaching kindness, empathy, perspective-taking and positive self-talk. With SEL, students learn skills necessary to cope with whatever circumstances they are facing in the moment.

– source thepathway2success.com

FEELINGS CHECK-IN

Time for a feelings check! Stop. Think about what your body is telling you. Do you feel calm and peaceful or stressed out and irritated? Rested and content or tired and feeling out of control? It is important to “listen” to your body! *Mindfulness* means being aware of your experiences in the moment and calmly acknowledging what is happening. If your body is “telling” you negative things, take a step back (any time of day) and try doing the 5 Mindful Morning tips posted here. Take slow deep breaths that make your belly rise. Use your senses to notice and experience the world around you, and find positivity in your circumstances!

Mindful Morning		
5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Remember, experiences are shaped by how you look at them. What you focus on is what you make important. What are you focused on today?

☺ ~Mrs. Hayes

Time to Grieve : loss of schedule, control, plans.. It's ok to feel bad! You are not alone!

Time to be Alone: you ok, introverts? Don't underestimate the value of a little alone time!

Time to be Social: hanging in there, extroverts? Try to connect with someone *outside* your home most days of the week

Take YOUR Time...

Yes, AND @HOLLISTICALLYGRACE

Yes, we can feel grateful	AND	DISAPPOINTED ABOUT THINGS BEING CANCELLED
Yes, we can enjoy extra time with loved ones	AND	FEEL OVERWHELMED BY THEIR PRESENCE
Yes, we can be hopeful	AND	FEEL LIKE EVERYTHING IS FALLING APART
Yes, we can be a source of support for others	AND	PRIORITIZE OUR NEEDS, FILL OUR OWN CUP

–source @HollisticallyGrace

For more on mindfulness and maintaining good mental health during isolation click below and visit my web site!

<https://sites.google.com/iu08.org/counselor-corner/home>

Time to be Active: It's hard to sit all day. Walk, stretch, dance party, so many options online. Check out Gonoodle.com for the kids

Time to Laugh and be creative: animal videos, parody songs, baking, reading, printable coloring pages.. What's your thing?