



Issue #3: Monday, January 30, 2023

Art as Expression

Check out this newsletter to learn how to teach SEL using art! 🧠😊

SEL Day
Uplifting Hearts, Connecting Minds
March 10, 2023

There's only **39 days** until SEL Day!!

Sign up today!

Make sure to share your SEL artifacts to social media with #SELday and tag @SEL4NJ

[SIGN UP HERE](#)

#SEL
day

Read below for SEL Day inspiration! 😊

Welcome to our weekly newsletter!

As SEL Day is quickly approaching, we wanted to provide you with inspiration for SEL artifacts! Our goal is to have **#SELday** trending on **March 10th** on social media. To do this we ask for your participation by creating a SEL artifact and sharing it through a picture or video online. An SEL artifact can be anything you do to promote, teach, or advocate for SEL in your classroom or school. 😊 What's included in our newsletter:

- A song of the week that will build into a playlist accessible to you! 🎵
- A new theme every week! This week- *Art as Expression*
- Examples of fun SEL activities 😊
- Past SEL Day features 🎯
- Research and resources! 📖

*Make sure to keep an eye on your inboxes **every Monday** for our newsletter!*

“Those who bring sunshine to the lives of others cannot keep it from themselves”
-J.M. Barrie

Song of the Week:

On Top of the World by Imagine Dragons

[Click here to listen!](#)

Click to see our SEL playlist! 🎵

Art Swap 🌀



For this exercise, pair student together. Then instruct them to make a piece of art to give to their partner! You can give students a prompt if they are struggling but encourage creativity. This exercise helps students think about others, which strengthens social awareness!

Art prompts:

- a portrait 🧑
- describing words collage 🗨️
- an activity the student likes 🌀
- abstract piece with colors that describe the student 💖

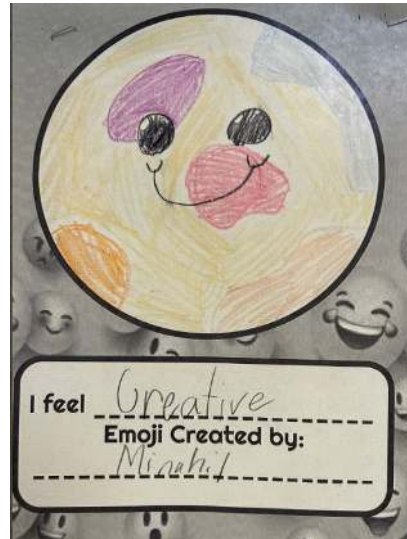
💖 Gratitude Book 💖

A gratitude book will get students thinking about who and what they appreciate in life. When students reflect on what they are grateful to have, they are practicing self-awareness. Create a booklet with a few pages inside for your students. Ask your students to decorate the cover and fill the pages with drawings of people, places, and things they are grateful for! 💖



SHOUT OUT to the Woodmont School! 😊

Thank you for sharing your art inspired SEL artifact! 🎨



Last SEL day, students at the Woodmont School in Montville, NJ used emojis to help describe their feelings. Emojis are a great tool to help students understand what our emotions may look like. By drawing their own emoji, students are able to use art to demonstrate what their feelings look like to them! Thank you Woodmont for this creative SEL Day activity! 🎨

🎧 PODCAST ALERT 🎧

The Art of SEL, Episode 1: SEL and the Role of Art
Johnathan Juravich

[Click here to listen!](#)

In this first episode of *The Art of SEL*, creator Johnathan Juravich talks about the important intersection between art and social-emotional learning. Juravich is an elementary art educator, and through his experience, he learned how his students want to use emotion in their art. In the episode, Juravich speaks to Matt Beres, a director of SEL, and Catherine Davis Hayes, an elementary art educator. Matt provides insight on what social-emotional learning should look like and how to implement SEL structures in school systems. Catherine talks about how she brings SEL into her art class and that responsibility plays a large role in SEL development. Listen to the podcast to learn more about bring SEL and art together!

✦ For more resources be sure to check out *Art Ed NJ's SEL* website for great ideas on incorporating SEL into the arts as well as an *Arts and SEL Learning Framework*. <https://artsedsel.org/> ✦

Don't forget to sign up for SEL Day! 🎧

[SIGN UP HERE!](#)

**#SEL
day**

Check out www.selday.org to learn more about SEL Day, resources, and toolkits!
We would greatly appreciate you sharing our newsletter with your colleagues! ❤️

We hope you have a wonderful week 😊❤️😊