



Issue #5: Monday, February 20, 2023

Get Up And Move!

Learn ways to incorporate movement with SEL activities!

SEL Day
Uplifting Hearts, Connecting Minds
March 10, 2023

There are **LESS THAN 20 DAYS** until SEL Day 2023!!
Sign up today! It will be here before we know it!
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- *Get Up And Move*
- 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!*

"Movement is a medicine for creating change in a person's physical, emotional, and mental states"
-Carol Welch

Song of the Week:

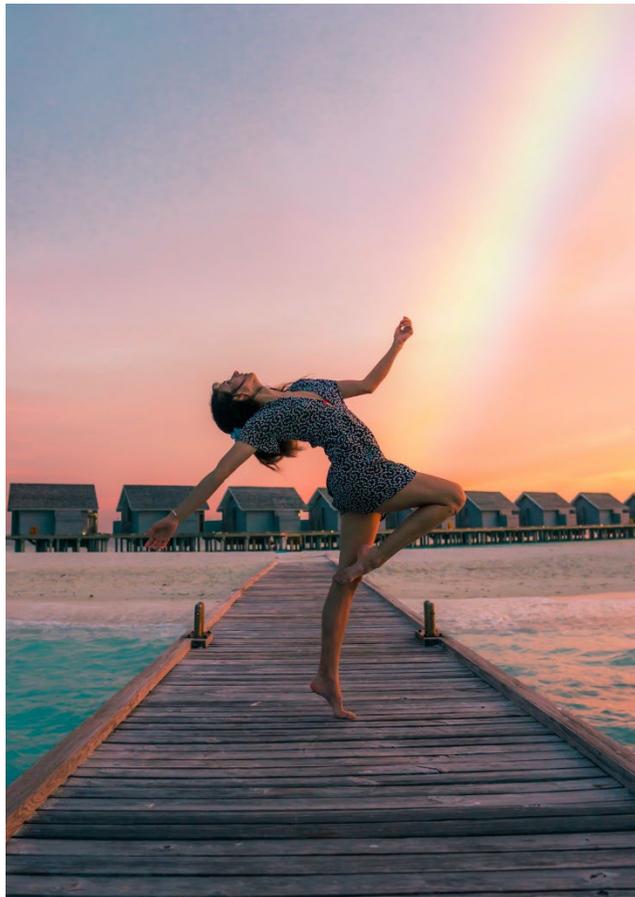
Dynamite by BTS

[Click here to listen to our playlist!](#)

You might want to head to the gym or outside for this game! The objective of the game is for students to figure out how to get from point A to point B without touching the ground because it is "lava." Provide students with things they can step on and move around to help them reach their target spot without touching the ground. Some objects may be a mat, a towel, a scooter, etc. This game can be a race between two teams to see who can get to point B the fastest. The floor is lava game is a fun way to get your students to work together, and helps with problem solving and cooperation!

Take Movement Breaks 🐾 🧘

Is your class getting antsy? What about falling asleep? Are they not focused? If so, you should do a movement break! Movement breaks are a great way for students to get their jitters out (or wake them up) to help them refocus. You can do a dance party or just have stand up and stretch. Put on our playlist, or one of your own and dance it all out! Youtube also has a great selection of videos to use for movement breaks. Movement breaks help build a fun classroom climate, where students have a space to get up and move if needed!



Treat Your Staff!

Thank you Leah Curatolo from Clifton T. Barkalow Middle School for sharing your school's 2022 SEL Day Staff Relaxation Station! ❤️



For SEL Day last year the Clifton T. Barkalow Middle School created a staff relaxation station. This is such a great way to show appreciation for your staff and all the hard work they do! A relaxation station also gives your staff a place to decompress. Include little mindfulness activities, snacks, coffee, tea, and anything else you think your staff may like or would help them destress! Thank you CT Barkalow Middle School for this lovely way to celebrate school staff!

BENEFITS OF YOGA

"USING YOGA TO PROMOTE SOCIAL-EMOTIONAL DEVELOPMENT"

[Click here to access the article!](#)

Doing little yoga exercises are a great activity to do during your school day that boosts social-emotional skills. You do not have to be a yogi to do yoga in the classroom with students. Just taking a break, doing some stretches, and focusing on breathing is all it takes. The above article highlights five reasons why it is good to use yoga to boost social-emotional skills.

1. Develops Self-awareness
2. Builds Self-confidence
3. Improves Focus and Concentration
4. Relieves Stress
5. Improves Behavior

Check out the article to learn more about these benefits and why yoga is so helpful for all!

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 😊❤️😊