



Monday, January 16, 2023

Incorporating SEL Everyday

How to include social-emotional learning activities into your daily class routine.

SEL Day
Uplifting Hearts, Connecting Minds
March 10, 2023

There's only **53 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- *Incorporating SEL in Your Class Everyday* •

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!

"When students feel safe and supported, they are truly ready and able to learn." -Laura Weaver and Mark Wilding

Song of the Week: The Sound of Sunshine by Michael Franti & Spearhead

[Click here to listen!](#)

It's all in the little things!

While doing SEL lessons in your classrooms are fun, creative ways to teach your students SEL skills, it is important to incorporate SEL throughout the day! Read on to learn a few ways to bring SEL into your classroom.

- Do daily journal prompts
- Have structured and unstructured talk time
- Work towards a classroom goal
- Create a "shoutout board" to highlight student accomplishments, acts of kindness, etc.
- Hold daily emotions check-ins
- Set up a calm-down/relaxation space
- Do group work
- Focus on positive self-talk



SHOUT OUT to the **NBPS Woodrow Wilson School**

For your participation in SEL Day 2022! We recognize all you had planned to make SEL Day a success in your school and loved all of the creative SEL artifacts you created!



Staff and students at the Woodrow Wilson School planned multiple SEL Day activities. Leading up to SEL Day each class in the school took part in a door decorating contest to promote SEL ideals. Also, students made one word posters to describe their SEL Day goal. Students used words such as responsibility, pride, and unity. The school wore matching t-shirts to promote the lesson that kind words and actions should not just be practiced on SEL Day but **everyday**! Thank you so much Woodrow Wilson School for your hard work and dedication to SEL Day 2022! 💎💎

Check out this article about Engaged Teaching!

[Link to article](#)

Restoring the Soul and Skill of Educators Through Engaged Teaching

By: Maurice J. Elias

This article discusses what Engaged Teaching is and its importance for every educator. Maurice Elias interviews Laura Weaver and Mark Wilding to hear their thoughts on the topic. Weaver and Wilding describe the 5 dimensions of Engaged Teaching, which are 1. Cultivating an open heart

2. Establishing respectful boundaries
3. Being present
4. Developing emotional capacities
5. Engaging the self observer

These dimensions of Engaged Teaching are also ways to incorporate SEL into the classroom everyday! Please check out the article to learn more on this topic!

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 ❖❖❖❖