



Issue #7: Monday, February 27, 2023

★ Reach for the Stars ★

Read on to learn about the importance of setting goals and SEL goal setting activities!

SEL Day *Uplifting Hearts, Connecting Minds* **March 10, 2023**

There are **LESS THAN 2 WEEKS** until SEL Day 2023!! We currently have **390** people signed up for SEL Day!

Encourage your schools and colleagues to sign up and participate! **Spread the word!**

Sign up today! SEL Day will be here quick!

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

SEL Day artifacts can also be sent to our email info@sel4nj.org for us to share!

[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- *Reach for the Stars: Goal Setting*
- 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!*

"It does not matter how slowly you go as long as you do not stop"
-Confucius

Song of the Week:

Try Everything by Shakira

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

Teaching Goal Setting

**"SELF-MANAGEMENT SEL ACTIVITY: GOAL SETTING FOR
ELEMENTARY STUDENTS"**

BY: AMY KHOKHAR

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

Amy Khokhar's article "Self-Management SEL Activity: Goal Setting for Elementary Students" explains why goal setting is important, especially at a young age. Khokhar explains the ABC approach to teaching students about setting goals and achieving them. She also provides a printout goal setting activity that would be great to use for SEL Day! The first part of the ABC approach to teaching goal setting is to **A**sk students questions about setting goals. Some of these questions may be "What is a goal?" and "What are things you want to improve in your life?". The next part is to **B**ack students up and offer encouragement as they strive to achieve their goals. The last part is to **C**elebrate student's success! Keeping this method in mind will help students understand why goals are important to set and that there is reward in achieving them! Check out Khokhar's article for more information and a free printout!

Different Types of Goals

We can set goals for any area of our lives. It is important for student's to understand this, so they recognize they can improve anything about their lives they wish. Encourage this by asking your students to set goals for multiple parts of their life. For instance, ask them to set one personal goal, one social goal, and one academic goal. Having students set goals in multiple categories helps them build a broader sense of self-awareness! 😊



👉 3 Stars and a Wish 👈



For this activity you will need 3 stars for each student to write on and another small piece of paper. Ask students to come up with three things they are good at. These three things will be their stars. On the other piece of paper, ask students to write a "wish," something they would like to work towards and achieve. Use this activity as décor for your classroom! It will help remind students what they are proud of and the goal they are working towards if they see it every day! 🌟

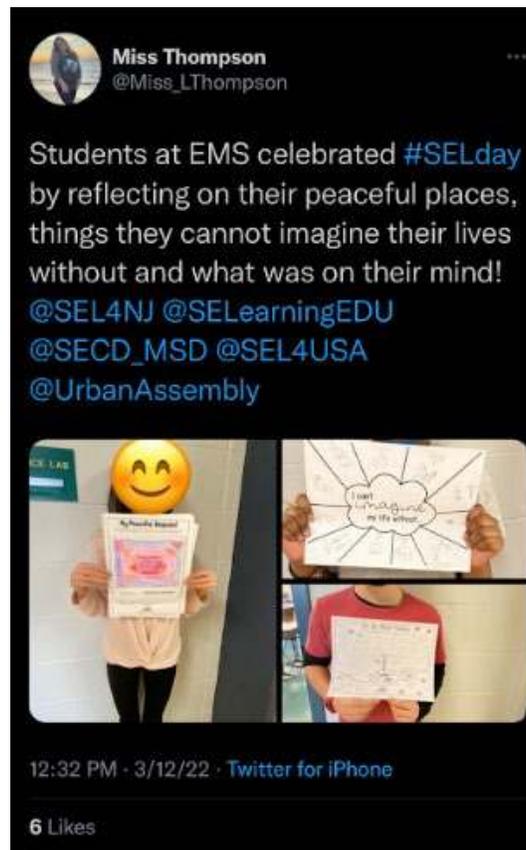
One Step at a Time 🚶

Create a visual of a staircase for your students to write on. Tell your students to reflect and come up with a dream or goal they have. Have them write it at the top of the staircase. Then ask students to think of all the goals they need to achieve to get to their main goal. Tell the students to write these on the stairs leading up to their main goal. Teach students that goals cannot be achieved overnight, and it takes time and other accomplishments to get there. They must go one step at a time to get to where they want to be! 😊



Reflection 🤔

Thank you Miss. Thompson from EMS for sharing your school's 2022 SEL Day activities! ❤️



For SEL Day 2022, New Jersey school, EMS, did some reflection. Having students do reflection activities helps build their self-awareness and relational awareness because they highlight what there is to be grateful for and gets students thinking about things they often do not realize about him/herself. The reflection prompts EMS did were peaceful places, things you can't imagine life without, and what was on their mind. Reflection prompts can be used for goal setting too! Ask student's to reflect on what they would like to achieve and things they already have! Thank you Miss. Thompson for sharing your schools SEL artifact!

Don't miss a beat! Follow us on social media!

Stay up to date with all SEL4NJ and SEL Day updates by following our social media accounts! We are also posting more SEL Day inspiration on our socials! We appreciate your support, thank you! 🙏

Twitter: @SEL4NJ

Instagram: sel4nj

Linkedin: Social-Emotional Alliance for New Jersey (SEL4NJ)

Facebook: SEL4NJ

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 🙏❤️🙏