



ISSUE #2

Monday January 23, 2023

Regulating Emotions

Read on to learn SEL activities that teach students about their emotions! 😊

SEL Day
Uplifting Hearts, Connecting Minds
March 10, 2023

There's only **46 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!*

“There is nothing immoral about having an emotional problem to solve. No need to feel ashamed; it is not a weakness. Indeed, it is a weakness to be unable to admit to yourself that you are in distress.”

-Wayne Payne

Song of the Week:

Can't Stop the Feeling by Justin Timberlake

[Click here to listen!](#)

Last Week's Song: [The Sound of Sunshine by Michael Franti & Spearhead](#)

Build an Emotional Toolkit 🛠️

An emotional toolkit provides students with strategies for when they are feeling difficult emotions. This activity can be adaptable to students of **any age**, and could be a great lesson for understanding emotions as well! 😊

Essentially this lesson involves a conversation where you ask students what they do to make them feel better when they are down. If students are still grasping the understanding of emotions, explain to them what some negative emotions may feel like, and provide them with coping strategies.

Students could create individual toolkits, or you can make one together as a class. To get creative, have students write out their strategies using the [toolbox printout below!](#) Allow them to decorate and color it however they would like! For older students, you might have them list their strategies in an agenda. It is important for students to have their toolkits accessible to see strategies if needed. If you notice a student is feeling down, ask them if they would like to pick an item from their toolkit to do! Below you will find some common coping strategies to teach your students.

- Deep breathing/mindfulness 🧘
- Go for a walk 🚶
- Listen to music 🎵
- Read 📖
- Talking it out with someone trusted 🗣️
- Exercise 🏃
- Movement break 🧘 🧘
- Use a fidget 😊

[Toolbox Printout](#)

Create an Emotions Map! 😊

For this prompt ask students to draw out a "map" of their emotions. Have students start with how they were feeling when they woke up until the present. It may be better to do this exercise towards the end of the day so students have more to draw. The map would look like a continuous line with highs, lows, flat points, or loops. Encourage the use of shapes and color to help students map out their day. This can also be adaptable for younger students by asking them to draw how they are feeling in the present moment. Facilitate a discussion about how it is ok to be feeling all different kinds of emotions. Ask students to share their maps and explain what they drew! 😊



Talking It Out 🗨️

A great SEL Day activity to do with your high-schoolers! 😊

Shoutout to Corrina Parsio for the SEL activity she led in her AP Biology class to celebrate SEL Day 2022. She held a conversation with her students about strategies to deal with emotions. The students used whiteboards to write out the emotions they have been feeling throughout the year. Students wrote words such as stressed and overwhelmed. They then went over coping strategies for these emotions. In the picture, you can see students wrote strategies like get more sleep and time management. Often social-emotional learning is not taught at the high school level, but it's very important to take time to discuss what a high schooler may be feeling, especially their stress. They will carry these stress coping mechanisms throughout their adult life. Thank you Corrina Parsio for this important SEL Day activity! 😊



Want to learn how to unlock the value of SEL? Check out this article!

[Link to article](#)

4 Strategies for Unlocking the Value of SEL

By: Stephanie Parry

Stephanie Parry leads the School Provider and Quality Implementation Work Group with SEL4NJ and is a director at the P-12 strategy at the Newark Trust for Education. Her article efficiently explains research highlighting the benefits of SEL implementation in schools. According to the article SEL skills can improve academic performance by 11 percentile points. Parry explains 4 values that ensure SEL implementation is done to maximum benefit. These values are:

1. Making sure systems support adult SEL
2. Incorporate family, student, and community voices
3. States need to adopt SEL standards
4. Integrate SEL providers with unique school environments

By incorporating these values in SEL school implementation, your SEL programs are headed towards success. The article includes more information on the importance of these values!

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 😊❤️