



Issue #5: Monday, February 13, 2023

Showing Love!

Happy Valentine's Day! Read on to learn ways to spread the love this SEL Day! ❤️

SEL Day
Uplifting Hearts, Connecting Minds
March 10, 2023

There's **LESS THAN A MONTH** until SEL Day!!
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- *Showing Love*
- 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!*

"Every one of us needs to show how much we care for each other and, in the process, care for ourselves"
-Diana, Princess of Wales

Song of the Week:

Best Day Of My Life by American Authors

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

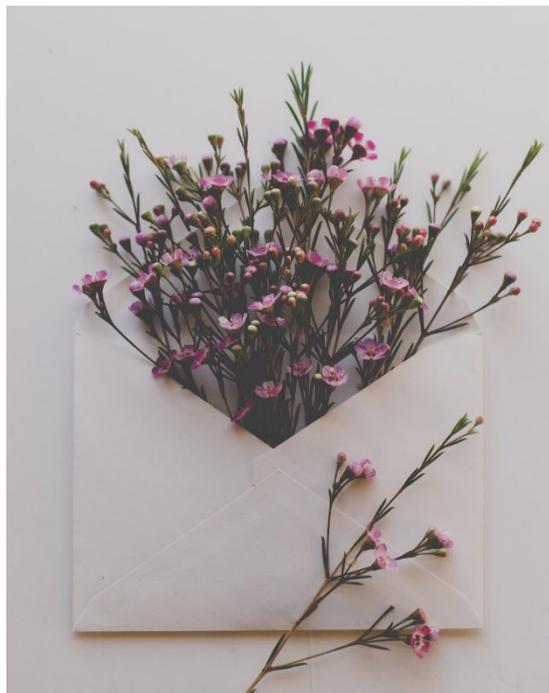
A Full Heart

For this SEL activity create medium-sized hearts for your students to write on. A heart printout works great too! Then ask students to fill the heart with what makes up their heart. This can be people, places, things, pets, and activities they love! Have students decorate their heart anyway they want! This activity allows students to reflect on what they love and why, which builds self-awareness!



♥ Love Letters ♥

A great SEL activity for students is for them to write a letter to someone they love. Tell students this letter can be for anyone, even a loved one who may have passed. Encourage students to write why they love this person in the letter and to give the letter to them. It may be cute for students to include drawings in their letter too! Writing a letter to a loved one works on self-awareness and relationship skills. Students are reflecting on what it means to love someone when completing this activity. To switch things up, ask students to write a love letter to themselves. Ask them to include all of the things they love about themselves in the letter. Doing this works to build self-esteem!



Be a Rainbow! 🌈

Thank you Kim White from Sharon Elementary School for sharing your school's 2022 SEL Day activity! 💖



Kim White
@kwhite_ses

...

Sharon school is working together to be a rainbow in someone else's cloud!



1:25 PM · 3/11/22 · [Twitter for iPhone](#)

Last SEL Day, the Sharon Elementary school created a rainbow out of traced cut-outs of their student's hands. This was in the hallway for everyone to see! The message they sent with this SEL artifact is to be the rainbow in someone else's cloud. In other words, be kind to those around you and try to help them on bad days. This is a wonderful SEL Day activity that gets the whole school involved, which helps build a positive school climate. Thank you Sharon Elementary for this great SEL Day artifact!

The Importance of Love 🧡

Check out the New York Times opinion piece, "Students Learn From People They Love" written by David Brooks

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

In "Students Learn From People They Love," David Brooks explains the importance of emotional relationships and learning. His article is a quick read, yet gives detailed scientific

explanations of the importance of emotion and learning. He explains how Antonio Damasio's research showed us that emotion is essential to reason, as you need to know what you want in order to make good decisions. Brooks then goes on to say emotions tell us what to care about and pay attention to, thus controlling motivation. Fear may have a negative effect on the ability to learn, as the mind is unfocused. Brooks says social emotional learning is at the base of integrating an emotions focused learning environment in schools. Check out the article to learn of more research backing up the idea that emotional relationships and love are vital for effective learning.

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 🤗❤️🤗