



Issue# 1

Monday January 29, 2024

Regulating Emotions

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



SEL Day
Today's Students, Tomorrow's Leaders
March 8, 2024

There's only **40 days** until International SEL Day - Sign up today!

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

#SEL
day

SIGN UP HERE

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 8th 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- *Regulating Emotions*
- 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!*

What to Do For SEL DAY!

The big idea for SEL Day is to celebrate and share the great SEL work you are doing to support your students and colleagues not only on SEL Day but everyday! On March 8th we want to share this with the world 🎉.

All you need to do is:

- Create an artifact (ie a photo, a video, a tiktok, a presentation)
- Plan on sharing this on March 8th on any and all social media platforms of your choice
- Please be sure to tag us **#SEL4NJ** and **#SELDAY** (we will repost and help get the sharing going!)
- Also - it would be fabulous if you could send your artifact in advance to info@sel4nj.org

Please be sure to share with your colleagues - we would love to have every classroom in the school sharing something on SEL Day!!

“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:

You Got a Friend in Me by Randy Newman

Click here to listen!

The playlist is currently a work in progress and we would love to hear from you!



Please send us your song suggestions 🎷 🎧 🎵 🎺

so we can add them to our playlist at info@sel4nj.org!

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 1:
- 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! 😊

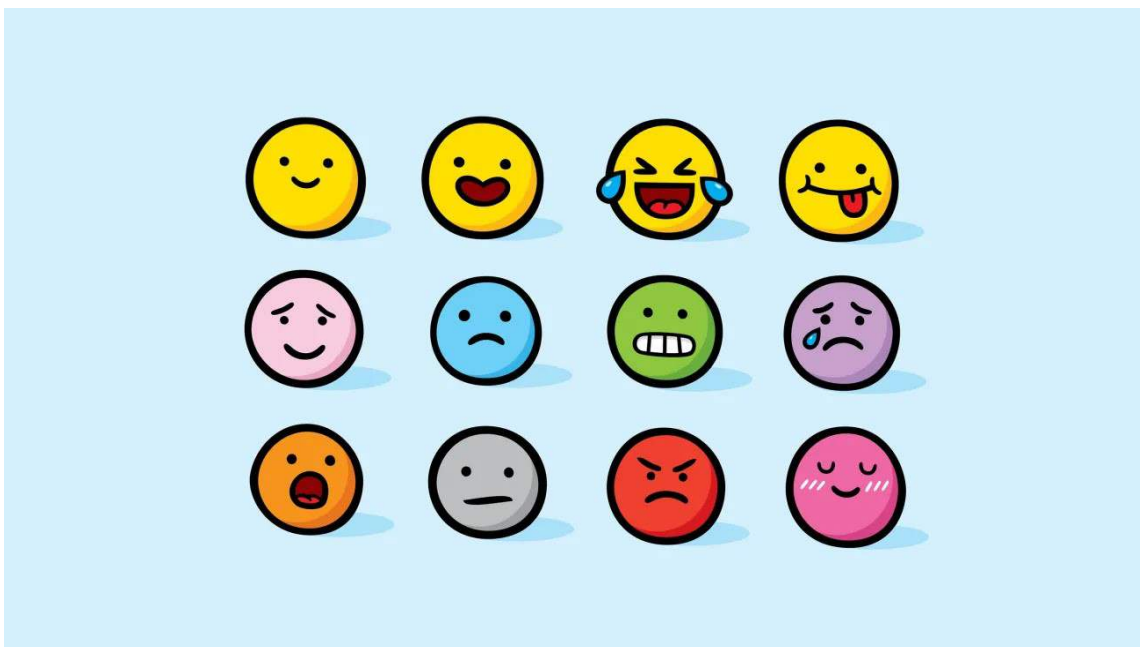
Shoutout to Corrina Parsio for the SEL activity she led in her AP Biology class to celebrate SEL Day 2022. She held a conversation with her students about strategies to deal with emotions. The students used whiteboards to write out the emotions they have been feeling throughout the year. Students wrote 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! 😊

Corrina Parsio
@CParsio

It is good to know I am not alone... "@SEL4NJ Today to celebrate #SEL4NJ my AP Biology classes explored strategies to deal with the words they are feeling this year, anxiety, stress, tired, overwhelmed. Great conversations! I am happy to share resources!



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



Link to article***12 Ways to Help Students Identify Their Emotions***

By: Andrew Boryga

SEL4NJ's very own Dr. Maurice Elias is featured in the article who stresses the importance of the ability to identify emotions in both ourselves in others, how to talk about them, and finding ways to deal with them in appropriate ways. Some strategies include:

1. Helping students compare and contrast the relative proportions of problems
2. Teaching students specific emotional vocabulary
3. Teaching Students to visualize their feelings
4. Practicing reflexive listening and expressing how they feel

By incorporating these techniques in SEL school implementation, your SEL programs are headed towards success. The article includes more information on the different ways to help students recognize their emotions!

Check out our SEL playlist and make sure to follow us on social media!

SEL4NJ Playlist

X: [@SEL4NJ](#)

Instagram: [sel4nj](#)

Facebook: [SEL4NJ](#)

Linkedin: [Social-Emotional Alliance for New Jersey \(SEL4NJ\)](#)

Website: <https://sel4nj.org/>

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! 💕

Sent via ActionNetwork.org. To update your email address, change your name or address, or to stop receiving emails from Social Emotional Learning Alliance for New Jersey, please [click here](#).

We hope you have a wonderful week 😊💕

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