



Issue #2: Monday, February 2, 2024

Art as Expression

Check out this newsletter for great ideas on incorporating SEL and art! 🎨
😊

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

There's only **31 days** until SEL Day!!

So far in NJ we have **116 sign-ups** - last year our total was 577. Wouldn't it be great to double that number and break 1000!!

#SEL
day

Sign up today - and have your friends and colleagues sign-up as well!

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

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- *Art as Expression*
- 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!*

“Those who bring sunshine to the lives of others cannot keep it from themselves”

-J.M. Barrie

Song of the Week:

On Top of the World by Imagine Dragons

[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!

Art Swap



For this exercise pair student together. Then instruct them to make a piece of art to give to their partner! You can give students a prompt if they are struggling, but encourage creativity. This exercise helps students think about others, which strengthens social awareness!

Art prompts:

- a portrait 
- describing words collage 
- an activity the student likes 
- abstract piece with colors that describe the student 

✨ ARTICLE ALERT ✨



50 SEL Sketchbook Prompts to Help Start Your Day

Andrea Wlodarczyk, *The Art of Education University*

Are you looking for an engaging and meaningful way to begin art class? Would you like to make sketchbooks a more intentional activity? Use social-emotional learning (SEL) sketchbook prompts to connect with students and how they are feeling. Teaching upwards of one hundred students daily can make it hard to connect emotionally with each student. But integrating sketchbook prompts with an SEL focus is one simple way to build a routine and check in with students without it being “one more thing.”

Also for more articles and activities, be sure to check out **The Art of Education University's** website! <https://theartofeducation.edu/>


Click here to read!

~~✦ For more resources be sure to check out **Art Ed NJ's SEL** website for great ideas on incorporating SEL into the arts as well as an *Arts and SEL Learning Framework*. <https://artsedsel.org/>~~



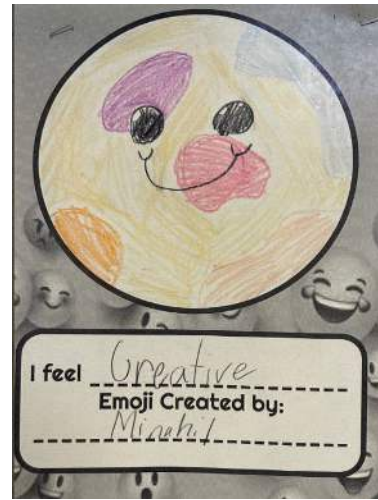
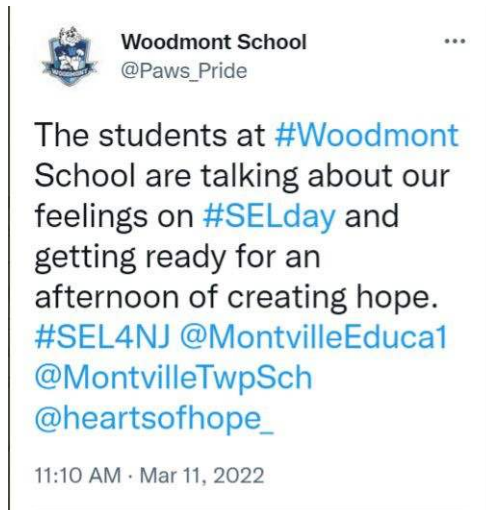
Gratitude Book



A gratitude book will get students thinking about who and what they appreciate in life. When students reflect on what they are grateful to have, they are practicing self-awareness. Create a booklet with a few pages inside for your students. Ask your students to decorate the cover and fill the pages with drawings of people, places, and things they are grateful for! 

SHOUT OUT to the Woodmont School! 😊

Thank you for sharing your art inspired SEL artifact! 🍷



Last SEL day, students at the Woodmont School in Montville, NJ used emojis to help describe their feelings. Emojis are a great tool to help students understand what our emotions may look like. By drawing their own emoji, students are able to use art to demonstrate what their feelings look like to them! Thank you Woodmont for this creative SEL Day activity! 💖

Calling All Schools 📣

Have you created your SEL Day artifact already? Or better yet are you interested in creating a short 2-3 minute video of your activity?

If so, we would love to include it as part of the SEL4NJ SEL Day/Week celebrations!

SEL4NJ is planning on featuring examples of SEL Day artifacts schools have completed in the SEL Day weekly newsletters as well as part of the on-line SEL4NJ SEL week programming (stay tuned for more details!).

#SEL day



Please send your video or artifact
to info@sel4nj.org.

Share Your SEL Story and Win 🏆

This year for National SEL Week and [International SEL Day](#), join CASEL's "Share Your SEL Story" contest and share a blog, video, or audio story about how social and emotional learning (SEL) helps Today's Students become Tomorrow's Leaders.

The top stories will be published on the CASEL blog and social media platforms during National SEL Week, March 4-8, and readers will vote on the most impactful stories.

The winner will receive a \$100 gift card of your choice, and all finalists will receive a certificate and CASEL swag!

**Remember to submit your entry by
February 23rd!**



[Click here for prompts and guidelines!](#)

🌟 Earn an SEL Day Badge! 🌟

Earn badges by completing activities that showcase, promote, advocate and support SEL in your local school, organization and community! Climb to the top of the leaderboard by contributing multiple activities to help people around the globe learn about how SEL improves young people's well-being and success in school, career and life.

[Click here to learn more!](#)

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**

Checkout 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 😊💕😊

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](#).