



Issue #3: Monday, February 12, 2024

## Showing Love

**Happy Valentine's Day!**

Read on to learn ways to spread the love this SEL Day!



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

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

Sign up today! It will be here before we know it...

**#SEL**  
**day**

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

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SIGN UP HERE

## Welcome to the SEL4NJ Weekly SEL Day Newsletter!

Make sure to keep an eye on your inboxes every Monday for our 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- 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!*

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## Quote of the Week

"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

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## Song of the Week.....

## *Count on Me by Bruno Mars*

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

Please send us your song suggestions to [info@sel4nj.org](mailto:info@sel4nj.org) so we can include them in the playlist!



Bruno Mars - Count on Me

SEL Day Playlist to date!

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## **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!

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## **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!

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## 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.

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## **February 22nd - join other schools to brainstorm and share ideas for SEL Day!!**

On February 22nd schools will be gathering on zoom to brainstorm and share ideas for SEL Day - all are welcome!

[Click Here to Register!](#)

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### **Calling All Schools**

### **Share a short video and be featured during SEL Week!**

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!).

Please send your video or artifact to [info@sel4nj.org](mailto:info@sel4nj.org).

**#SEL  
day**



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### **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!](#)

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**🌟 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!](#)

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***Looking for Inspiration - don't quite know what to do for SEL Day?***

**Check-out the resources below from six seconds!**

**SEL Pop-Up Festival with sixseconds 🎉**

SEL4NJ is partnering with sixseconds to help celebrate SELDay on March 8th! Click below for three pop-up activities and be sure to do an activity, post a picture or video and tag **#SELDay** and **#EQPOPUP** to be counted!



Click for SEL activities!

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**Don't forget to sign up for SEL Day!** 🍪

SIGN UP HERE!

**#SEL  
day**

Check out [www.selday.org](http://www.selday.org) to learn more about SELDay, resources, and toolkits!

We would greatly appreciate you sharing our newsletter with your colleagues!



*We hope you have a wonderful week* 😊 💕 😊

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Sent via [ActionNetwork.org](http://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](#).

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