



Issue #4: Monday, February 19, 2024

Understanding Differences

SEL lessons to teach your students social awareness and relationship building 😊

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

There's **LESS THAN ONE 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

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- *Understanding Differences* 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!*

"Be yourself because an original is worth more than a copy"

-Unknown

Song of the Week:

Rainbow by Kacey Musgraves

Kacey Musgraves - Rainbow

SEL Day Playlist to date!

Join SEL4NJ During SEL Week

SEL Week Webinar Showcase Series - March 4-7, 2024

Join SEL4NJ for a series of practical webinars for all school educators and mental health professionals sharing SEL strategies that work in classrooms and schools. These webinars are offered free of charge and recordings will be available after SEL Week for those who have registered. Program descriptions are available on the SEL4NJ website (sel4nj.org). Zoom Meeting Rooms will be used, and you can register for each day by clicking on the links below.



#SELday

[Click here to register!](#)

Don't Miss the International SEL Day Summit on March 8th!

More details are coming soon, so stay tuned!

A promotional graphic for the SEL Day Summit 2024. It features a large blue arrow pointing right on the left side. The text "SEL DAY SUMMIT 2024" is in large, bold, multi-colored letters (blue, orange, green). Below it, "MARCH 8, 2024" is in green. Three icons are shown: a clock with an arrow for "THE FUTURE OF SEL", a person with a book for "AMPLIFYING STUDENT VOICES", and a map of the USA for "STATE-LED DISCUSSIONS". A paragraph of text describes the summit as a free all-day online event showcasing SEL best practices. The registration link "Register at selday.org" is in orange. The hashtag "#SELday" is at the bottom in blue and red.

SEL DAY SUMMIT 2024
MARCH 8, 2024

THE FUTURE OF SEL AMPLIFYING STUDENT VOICES STATE-LED DISCUSSIONS

Register for SEL Day to access our free all-day, online Summit showcasing SEL best practices from states across the country and around the globe.

Register at selday.org

#SELday

Register here!

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!

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.

#SEL
day



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!](#)

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 

POP-UP FESTIVAL

To support you in celebrating **#SELday**

MARCH 8TH 2024

Play with us on **#SELday** with **FREE SEL activities!**

This #SELDay-kit introduces the value of social emotional learning (SEL) to children, educators & families. Have fun with 3 POP-UP Festival activities!

Be counted! Sign up #SELday <https://selday.org/>



EMO MONSTER



COLOR YOUR HEART



GOAL PIZZA



Do an activity, post a picture or video tagged **#SELDay #EQPOPOP** and be counted!



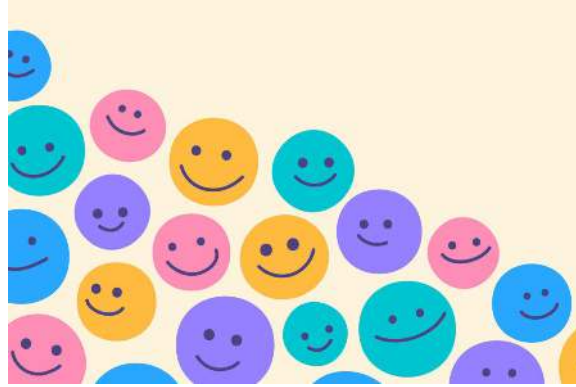
WORLD
CHILDREN'S
DAY NOVEMBER 20



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 **#EQPOPOP** to be counted!

Click for SEL activities!

✨ Check out our feature in NJEA ✨



Be sure to check out this article by NJEA featuring SEL4US and SEL4NJ!

[Click here to read!](#)

Take a step forward if...



For this SEL activity you're going to want to head outside or to the school gym, you'll need a lot of space! Have your students line up next to one another. You will then ask the students a series of questions and have them take a step forward if the question applies to them. The questions should get more serious as the game goes on. Questions can also be modified for grade level, with deeper questions for older students. See below for examples of questions to ask, you should ask students 15-20. At the end of the game, students will be at all different places. This game emphasizes that we all have different life experiences and builds respect amongst your students! Make sure to ask reflection questions at the end too!

Questions to ask

Take a step forward if...

1. Your favorite color is blue
2. Your favorite food is pizza
3. You are wearing jeans today
4. You are the oldest sibling
5. You are left handed
6. You have ever felt embarrassed
7. You have ever felt you don't belong
8. You are confident about something
9. You have trouble expressing feelings
10. You had trouble making friends

Reflection Questions

1. What have you noticed while doing this activity?
2. What can you take away from this activity?
3. What does this activity say about you?
4. What does it say about your classmates?
5. How did this activity make you feel?

"Sometimes You're A Caterpillar"

Watch the video by clicking here!

"Sometimes You're A Caterpillar" is a short video animated video written by Chescaleigh and animated by Kat Blaque. Chescaleigh tells a story of a snail and caterpillar who are on their way to a party. She uses this story to teach the audiences about how no one is the same and how we all experience life differently. In doing this, Chescaleigh explains privilege. There is some language in this story that may not be suitable for younger students, so use your discretion in deciding if it is appropriate for your students. After showing the video, hold a discussion with your students. Ask them their reactions, what they have learned, and for their experiences having or not having privilege. This story paired with discussion will teach students about the acceptance of differences and help them build social awareness. 😊

A Full Bucket

Thank you Carolyn Kauffman from Little Egg Harbor Township School District for sharing your class SEL Day activity! 🧡



To celebrate last SEL Day Carolyn Kauffman read the story "Have You Filled a Bucket Today?" by Carol McCloud. This story teaches kids about acts of kindness. It also teaches students not to be mean to or bully others. Carolyn Kauffman's class wrote letters to a classmate with compliments as an act to fill others' buckets. The story "Have You Filled a Bucket Today?" is about being kind to everyone regardless of differences. To access an audio recording of the story [click here!](#)

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 😊💕😊

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](#).

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To unsubscribe from this group and stop receiving emails from it, send an email to info+unsubscribe@sel4nj.org.