

SPECIAL EDITION:

THE SEL MONTHLY

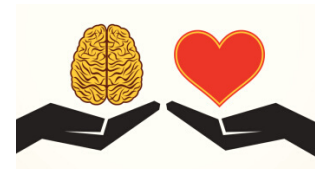


Community Newsletter

**Social and Emotional Learning (SEL)
& Difficult Situations**

Social and emotional learning (SEL) strategies are at the core of navigating the environment around us, especially during difficult situations within our community and across the world. As we adjust to the day-to-day changes in impact and restrictions caused by the coronavirus (COVID-19), it is important to show kindness, practice empathy, and offer support. These practices allow for us to guide our children, loved ones, neighbors, and strangers through uncertainty, and to unite as a strong and resilient community.

**SEL & COVID 19:
Tips for Addressing Social and Emotional Needs**



- Acknowledge that both children and adults may experience a variety of uncomfortable emotions related to the coronavirus (COVID-19)
- Identify emotions, and discuss ways to manage, such as:
 - **Anxiety:** go on a walk, journal, listen to music, draw or paint, read
 - **Stress:** talk with a friend or family member, channel energy into a project, spend time outside
 - **Uncertainty:** discuss the things that are in your control, offer help and support to others
- Be mindful that everyone reacts and processes changes in their own way and time
- Communicate with friends and loved ones, and offer encouraging words of support
- Maintain consistency as much as possible— routine and structure can help manage anxiety and stress
- Utilize changes in normalcy as opportunities for discussing and practicing healthy coping strategies
- Limit unhealthy amounts of screen time and social media use

Parents & Guardians

SEL Strategy: Take Time to Talk

- Intentionally make time to discuss the current changes in schedules
- Remain calm and continue to help children identify emotions and healthy coping skills
- Discuss the coronavirus precautions and maintain a normal routine to the extent possible
- Monitor screen time and social media use; provide choices for alternative activities such as reading, playing games, and creating artwork
- Know the symptoms of COVID-19 and reinforce hygiene practices



Community Members

SEL Strategy: Practice Self-Care

- Identify emotions that arise due to work and school closures, and take time to reflect on strategies utilized in the past manage these types of emotions
- Embrace a temporary new "normal," including schedules, work environments, and limited social interactions
- Intentionally make time for managing emotions through activities such as walking, reading, relaxing, and mindfulness
- Focus on the things you can control and evaluate times throughout the day to practice self-care activities

"My Kid's School is Closed, Now What?"

(Source: *Confident Parents, Confident Kids*)

"Talking to Children About COVID-19"

(Source: *National Association of School Psychologists*)

"How to Talk to Your Kids about Coronavirus"

(Source: *PBS Kids*)

Resources

Click for online resources

Distance Learning

"How Can Khan Academy be used for Remote Learning During School Closures?"

(Source: *Khan Academy*)

"Explore distance learning resources for schools affected by COVID-19" (Source: *Google for Education*)

"SEL and COVID-19"

(Source: *Collaborative for Academic, Social, and Emotional Learning*)

Digital Self-Care

Suggested Apps



HEADSPACE[®]



happify[™]
HEALTH