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Building Healthy School Ecosystems through Social Emotional Learning

NEW! Grab n Go SEL Activities!

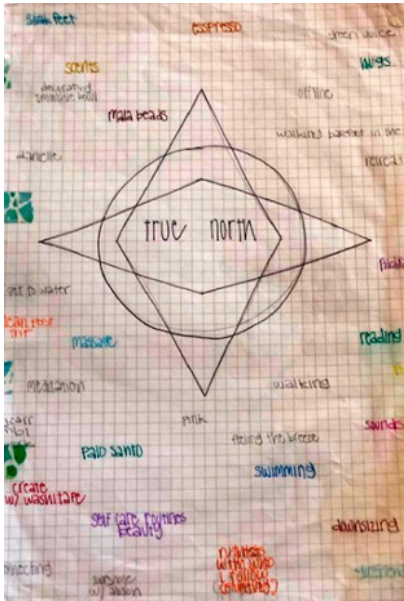
- New! [Growth Mindset Summer SEL Activities](#).
- Support students with creating their own [self-care plan](#) this summer.
- Use the following [journal prompts](#) to help students process negative emotions and identify healthy activities for building resilience.

For more activities, please see our [End of Year Theme \(Preparing for a Successful SEL Summer Break\)](#) resources at the bottom of this newsletter.

End of Year Theme: Employing SEL Strategies to Prepare for a Successful Summer Break

Colorado Public Radio released an article last week called, ["How Do You Get To The End Of The Year?: Teachers Gear Up For The Final Push Even After This Pandemic Year Took A Massive Mental Health Toll."](#) *A massive mental health toll...the pandemic has caused so much negative emotion, tragedy, pain and grief this past year. Yet, in the face of all this hardship, teachers, students and family have built an even greater capacity for resilience. Over the course of our existence, humans have bounced back from all kinds of tragedies and the fact that we are here today is a testament to our resilience as the human race.*

Resilience is defined as the ability to recover, adapt and bounce back from adversity, crisis or trauma (adapted from the APA Dictionary of Psychology). Holly Baier, a music teacher at Mount Carbon Elementary in Littleton, CO built resilience by taking care of her mental health and revising her expectations for herself and her students. We are sharing a few of Holly's example strategies with you in the photo to the left and below. What are your "true north" strategies? What can you do this summer to recharge personally and how can you intentionally help your students create a plan to do the same?



< A page from music teacher Holly Baier's journal. She calls it her "SOS" list of activities she can turn to if her stress rises or mood dips that make her feel better.

Baier stands outside of her school Mount Carbon



Elementary in Littleton. Her shoes are a constant reminder for her students. "I want them to love who they are. I'd be lying if I said it wasn't a positive reminder to myself throughout

the day." >

See more strategies at the end of this newsletter for students, teachers and families around planning for a successful summer.

We want your feedback!

Generation Schools Network would like your feedback on this school year's Monthly Themes and Grab n Go Activities. Were you able to utilize the resources in your classroom or share the resources with your families and community? Please let us know by taking 5 minutes to complete this [form](#). Thank you!

Recap on SEL Forums:

Miss a forum or interested in learning more about an SEL topic? We put a summary of this school year's SEL forums on a shareable padlet page. Click [here](#) to view all of the powerpoints, recordings and resources! Topics include: Coping with Crisis, Teacher Self-Care, Exploring Culture, Identity & Social Justice, Gratitude, Managing Emotions, Executive Function, Physical Activity and Mindfulness.

Upcoming Events:

- **Info Session: RIM Institute Summer Training for School Staff**

Tuesday, May 4th from 4-5pm MT

Register [Here!](#)

Session 1: June 21st - 25th

Session 2: July 19th - 23rd

Are you struggling with your own and your students' emotional stress? Do you feel helpless to do anything? If you are, there is a tool that you can learn this summer that can rapidly make an effective difference to the emotional state of mind.

In collaboration with The RIM (Releasing Your Inner Magician) Institute, Generation Schools Network will be hosting two 5-day trainings with Dr. Deb Sandella during Summer 2021. RIM is a non-clinical, body-centered, transformational technique that frees up negative thoughts, feelings and energy, quickly transforming negative emotion to positive emotion.

Learn more by responding to this short [survey](#) and be ready for a whole new empowered experience for you and your students in the 2021-2022 school year! You can also check out the recording of our latest RIM Institute Forum with Dr. Deb Sandella [here](#)! Registration opens May 1, 2021 for both sessions.

- **Indigo Certification Workshop Series**

Starting Tuesday, April 27th from 10-11:30am MT
Reserve your spot [here](#)!

IndigoBasics Certification is a 3-day workshop series where you build the foundations to become a subject matter expert on the Indigo indicators and platforms and earn your IndigoBasics Certificate. Each workshop is 90 minutes and will be recorded if you are unable to attend part or all of any session.

Please enjoy resources below on the end of year SEL theme: Preparing for a Successful SEL Summer Break! If you have ideas, requests or recommendations for future forum topics, guests or resource requests, please reach out to Ellen Sarkisian at esarkisian@generationschools.org.

END OF YEAR THEME: <i>Preparing for a Successful SEL Summer Break</i>	
Teachers	<p><i>Info Session: RIM Institute Summer Training for School Staff with Dr. Deb Sandella - Tuesday, May 4th from 4-5pm MT - Register here!</i></p> <p>Activities for Teachers</p> <ul style="list-style-type: none"> • A wonderful mindset tool to use both at home and in the classroom is the Co-Creating a Drawing - Mindset Activity (video - 8:44) <p>Teacher Reflection</p> <ul style="list-style-type: none"> • Goal-Directed Behavior Reflection • Self-Care for the School Year Starts Right Now • 5 Ways to Let It Go When the School Year Ends <p>Additional Resources</p> <ul style="list-style-type: none"> • Building a Growth Mindset for Teachers article • COVID-19: Resilient Educator Toolkit • Register for a Summer Releasing Your Inner Magician Workshop here.
Students	<p><i>Recommended GSN Units: ES, HS Growth Mindset & MS Team Building, Lesson 1: Understanding Growth Mindset</i></p>

Grab n Go SEL Activities

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Additional Resources

- Help your students stay on top of their goals with these goal-setting apps: [Toodledo](#), [Habit List](#), [stickK](#)
- Share this [fun video](#) with your students to help them better understand perseverance.

Parents & Caregivers

Here are some resources and activities to include in your next parent/family newsletter.

Parent/Family Engagement Ideas

- Your school can facilitate monthly webinars as outlined by CASEL's Facilitators Guide: [SEL Discussion Series for Parents and Caregivers](#) (Session 7: Parent-Teacher Conversations & Session 8: Helping Kids Deal with Fear)
- Renew Your Family Energy With [Self-Care](#)
- GSN can also contract with your school or district to provide Parent/Family Nights or webinars based on your topic of request.

SEL Activities at Home

- Goal-Directed Behavior at Home - available in [English & Spanish](#)
- [Download](#) a social and emotional learning activity to work on building SEL skills with your child over the summer.
- Working with your child to make dreams come [true!](#)

Administration

Strategies for facilitating staff meetings and professional learning engagements.

Activities for Adults

- [SEL 3 Signature Practices Playbook](#) from CASEL
- [10 Team-Building Activities](#) for your staff

Supporting Staff & Students

- [How Do Principals Influence Student Achievement?](#) article
- [3 Ways to Implement SEL with Your Staff](#) article

Have a great summer break!

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