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Building Healthy School Ecosystems through Social Emotional Learning

NEW! Grab n Go SEL Activities!

[Executive Function & Time Management](#)

Executive Function Activities for [5 to 7 year olds](#), [7 to 12 year olds](#), and [Adolescents](#).

[15+ Ways](#) to Teach Executive Functioning Skills

For more activities, please see our [January Monthly Theme](#) (Executive Function & Time Management) resources at the bottom of this newsletter.

**January Monthly Theme:
Executive Function & Time
Management**



A positive reciprocal relationship has been found between social emotional wellbeing and the progressive development of the brain's executive function, from childhood through early adulthood. *But what exactly is executive function?*

Executive function describes the mental processes that allow us to plan, focus attention, remember instructions, juggle multiple tasks and transcend time periods toward meeting a goal. The [essential](#) SEL skills related to executive function, include critical thinking, focus, and self-control, all which can be enhanced by healthy social emotional development. There are numerous ways that teachers can support skill development such as by providing students with opportunities for creative play and social interaction, and by empowering students to take responsibility for their own learning with minimal adult direction.

On **January 26th from 3:30-4:30pm MT**, GSN will be hosting the SEL forum: [Executive Functioning in a Remote Learning Environment](#) with the founder and Lead Academic Coach at Learning Foundations, [Jennifer Price, M.S](#) and GSN Staff Member and SPED Director, [Donna Trujillo](#). **All school staff, parents and families** are welcome to attend! Register by clicking [here](#).

If you have ideas, requests or recommendations for future forum topics or guests, please reach out to Ellen Sarkisian at esarkisian@generationschools.org and please enjoy the resources below as you and your students navigate the new year.

New Year's Tips for Teachers and Parents!

Explore stress-reducing ways to help children learn in virtual classrooms and/or during homework time by clicking [here](#). These resources were created by [Dr. Deborah Sandella](#) PhD, RN (Originator of the Reimagining your Inner Magician (RIM) Method for student Emotional Wellbeing).

JANUARY MONTHLY THEME: <i>Executive Function & Time Management</i>	
Teachers	<p><i>GSN SEL Forum on Tuesday, January 26th from 3:30-4:30pm: Executive Functioning in a Remote Learning Environment</i></p> <ul style="list-style-type: none"> • All staff are welcome! Register Here. <p>Activities for Teachers</p> <ul style="list-style-type: none"> • A Guide for Practitioners: Building the Skills Adults Need for Life • 5 Time Management Tips for Teachers <p>Teacher Reflection</p> <ul style="list-style-type: none"> • Helping Students Develop Executive Function Skills • Teachers as Air Traffic Controllers: Helping Adolescents Navigate the Unfriendly Skies of Executive Functioning • Building Blocks Of Brain Development
Students	<p><i>Recommended GSN Units: ES, MS and HS Time Management & Organization</i></p> <p>NEW! Grab n Go SEL Activities</p> <ul style="list-style-type: none"> • New! SEL Activities: Executive Function & Time Management

	<ul style="list-style-type: none"> • Executive Function Activities for 5 to 7 year olds, 7 to 12 year olds, and Adolescents. • 15+ Ways to Teach Executive Functioning Skills <p>Additional Resources</p> <ul style="list-style-type: none"> • What is Executive Function? • Executive Function: Skills for Life and Learning • Watch this 5 minute video on How Children and Adults Can Build Core Capabilities for Life • 10 Resources to Help Overcome Challenges with Executive Function
<p>Parents & Caregivers</p>	<p><i>Here are some resources and activities to include in your next parent/family newsletter.</i></p> <p>Parent/Family Engagement Ideas</p> <ul style="list-style-type: none"> • Your school can facilitate monthly webinars as outlined by CASEL's Facilitators Guide: SEL Discussion Series for Parents and Caregivers (Session 4 - Family Emotional Safety) • Promoting SEL at Home - Goal-Directed Behavior (available in English and Spanish) • A Guide for Parents/Caregivers: Building the Skills Adults Need for Life <p>SEL Activities at Home</p> <ul style="list-style-type: none"> • Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence • Executive Functioning Strategies for Your Child
<p>Administration</p>	<p><i>Strategies for facilitating staff meetings and professional learning engagements.</i></p> <p>Activities for Adults</p> <ul style="list-style-type: none"> • A Guide for Practitioners: Building the Skills Adults Need for Life • Time Management Activities for Staff Meetings <p>Supporting Staff & Students</p> <ul style="list-style-type: none"> • From Frazzled to Focused: Supporting Students with Executive Functioning Deficits • 10 Resources To Help Overcome Challenges with Executive Function
<p>Upcoming... February Monthly Theme: Inspiring Others & Spreading Kindness</p>	

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