

JANUARY MONTHLY THEME:

Executive Function & Time Management

Teachers	<p><i>GSN Monthly SEL Forum on January 26th from 3:30-4:30pm: Executive Functioning in a Remote Learning Environment</i></p> <ul style="list-style-type: none">- All staff and families 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>Grab n Go SEL Activities</p> <ul style="list-style-type: none">- New! 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 <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 Function Deficits - 10 Resources To Help Overcome Challenges With Executive Function

Upcoming...

February Monthly Theme: Inspiring Others & Spreading Kindness