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Building Healthy School Ecosystems through Social Emotional Learning

NEW! Grab n Go SEL Activities!

- [Team Building & Healthy Relationships](#)
- [Random Acts of Kindness Grab & Go Games & Ice Breakers](#)
- [Random Acts of Kindness Distance Learning Mini Lessons](#)

For more activities, please see our [August Monthly Theme](#) (Team Building & Healthy Relationships) resources at the bottom of this newsletter.

Welcome Back!!

Generation Schools Network's goal this school year is to support educators, schools and districts with embedding social and emotional learning throughout the school day, across all classrooms, with families and in the community.



We are committed to helping you advance equity in education through social and emotional learning and to support you with rebuilding culture, creating a space of safety, healing and belonging in response to the pandemic and racial tensions.

Now more than ever, students need support through mental health check-ins. By being kind and understanding to our students, giving them safe spaces and SEL skills, we can help them navigate through life's stressors and focus on learning. Marc Brackett, a professor at Yale University and the director of its Center for Emotional Intelligence states, "Social-emotional learning is critical to managing anxiety at this time. Because if you don't know how to deal with the lack of control of your future, or the

feelings of uncertainty that you're having, your brain is going to stay in a constant fight or flight mode. And if our brain is in fight or flight mode, then it's not in learning mode." As a result, it is critical that schools and educators continue to foster students' social-emotional skills regardless of whether students are participating in a remote, hybrid or in person learning environment this Fall. And we know educators need those same supports.

Here is how we can help...



Each month, your school/district will receive a monthly theme that includes resources and activities available for students, teachers, parents/families and administrators. This month's (August) resources will focus on Team Building & Healthy Relationships. If you have ideas or recommendations for future topics,

please reach out to Ellen Sarkisian at esarkisian@generationschools.org and please enjoy the resources below.

AUGUST MONTHLY THEME: Team Building & Healthy Relationships	
<i>*Download the PDF version here.</i>	
Teachers	<p><i>GSN Professional Development: Advocacy Kickoff / Coping with Crisis</i></p> <p>Activities for Teachers</p> <ul style="list-style-type: none"> • Building and Sustaining Relationships • 5 Strategies for Teacher Self-Care • Self-Care Circle: this circle protocol can be used with adults or students to center themselves, reflect and share ways to practice self-care. <p>Teacher Reflection & Action</p> <ul style="list-style-type: none"> • Relationship Skills
Students	<p><i>Recommended GSN Units: ES, MS & HS Starting Strong, MS & HS Team Building, ES & MS Healthy Relationships.</i></p> <p>SEL & Remote Learning</p> <ul style="list-style-type: none"> • Just released! A COVID-19 check-in survey that educators can send to students (view a sample Google Form or download a sample PDF).

- [5 Minute](#) Chats with Students
- [Checklist](#): Building Developmental Relationships During the COVID-19 Crisis

NEW! Grab n Go SEL Activities

- 10 SEL Activities for in person or remote learning: [Team Building & Healthy Relationships](#)
- [Random Acts of Kindness Grab & Go Games & Ice Breakers](#)
- [Random Acts of Kindness Distance Learning Mini Lessons](#)

Student Voice

- Build [connections](#) with students and teach them healthy ways to resolve conflicts.

Parents & Caregivers

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

SEL 101 for Parents/Caregivers

- Here is an [informational video](#) for parents about SEL in schools and at home. Also available in [Spanish](#). In addition, you can share an SEL discussion series for Parents & Caregivers. Available in [English](#) and [Spanish](#).
- If your school/district is starting GSN's Advocacy Program this school year, here is a letter to share with parents and caregivers. Available in [English](#) and [Spanish](#).

SEL Activities at Home - Relationship Skills

- [What are Relationship Skills?](#)
- [10 Ways](#) Parents Can Bring Social-Emotional Learning Home
- Home activity: [Who is Great at This?!](#)

Admin

Strategies for facilitating staff meetings and professional learning engagements.

Activities for Adults

- Making the Most of "[Going Virtual](#)"
- [SEL Three Signature Practices for Adults](#) - includes welcoming inclusion activities, engaging strategies, and optimistic closures! Watch a video overview [here](#).
- [10 Virtual Ice Breakers](#) - additional ideas for energizing your meetings, minimizing zoom fatigue, and building strong team relationships virtually.

Upcoming... September Monthly Theme: Coping with Crisis

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