

NOVEMBER / DECEMBER

HOLIDAY THEME:

Gratitude & Managing Emotions

<p>Teachers</p>	<p><i>GSN Monthly SEL Forum on December 2nd from 3:30-4:30pm: Managing Emotions During The Holiday Season</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"> - 13 Most Popular Gratitude Exercises - An Experiment in Gratitude: This video is an excellent way to show how gratitude can influence both the person who is feeling grateful as well as the recipient of that gratitude. <p>Teacher Reflection</p> <ul style="list-style-type: none"> - Settling Ourselves Is A Gift to Self and Others - Tips to Keeping a Gratitude Journal <ul style="list-style-type: none"> - Oprah focuses on the power of gratitude by discussing what she has learned from her own gratitude journal, an exercise she had been practicing for 16 years at the time of this talk.
<p>Students</p>	<p><i>Recommended GSN Units: ES Attachment, MS Coping with Crisis and HS Mindfulness / Recommended RAK Units: ES and MS Unit 2 - Caring</i></p> <p>Grab n Go SEL Activities</p> <ul style="list-style-type: none"> - New! SEL Activities: Gratitude & Managing Emotions - 5 Activities to Support Students Through the Holidays - Kid President's 25 Reasons to be Thankful: Kid President does a good job picking out common, silly things that he is grateful for. It will get your students thinking about everyday things they can be grateful for, too. - Self-Management Home Connection: Taking Turns <p>"Surviving the Holidays" Divorce Resources</p> <ul style="list-style-type: none"> - Classroom Tools for Divorce Trauma - Tips to Thrive through the Holidays

<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 3 - Gratitude and Session 4 - Family Emotional Safety) - Promoting SEL at Home - Self-Management (available in English and Spanish) <p>SEL Activities at Home</p> <ul style="list-style-type: none"> - A book to read over the holiday break: “Making Grateful Kids: The Science of Building Character” - compelling research, groundbreaking findings, and real-life stories about how to achieve greater life satisfaction through gratitude. - Create a Family Emotional Safety Plan - Gratitude Exercises for the Holiday Season
<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"> - The Gratitude Game - create a copy of this google document and have your staff respond to the 5 prompts. - The 34 Best TED Talks And Videos on The Power of Gratitude: watch a video from this list and have a discussion about the importance of gratitude with your staff. <p>Supporting Staff & Students</p> <ul style="list-style-type: none"> - A Tiny Thanks Goes a Long Way – in Helping Students Forge Social-Emotional Connections: an example of how gratitude can be easily woven as a daily habit in any classroom, regardless of the subject matter.

Upcoming... January Monthly Theme: Time Management & Organization