

# ***SPECIAL EDITION:***

# **THE SEL MONTHLY**

## **Community Newsletter**

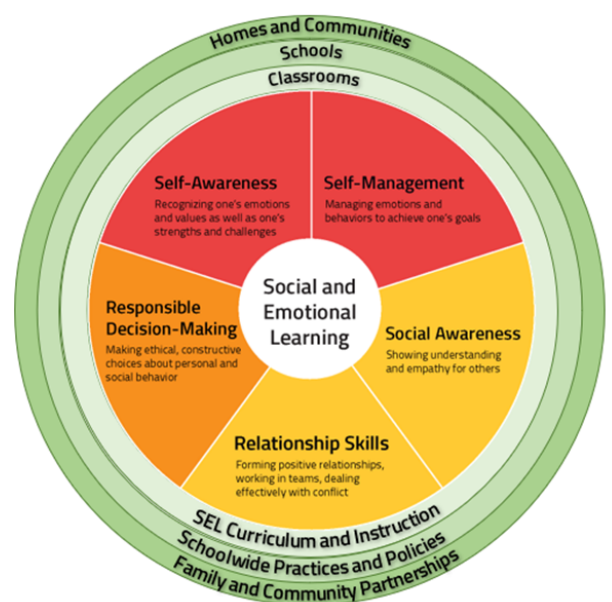


## **Social and Emotional Learning (SEL) & COVID-19: Staying Connected**

As communities near and far limit their social interactions amid the coronavirus (COVID-19) pandemic, it's understandable that uncomfortable emotions arise due to decreased connections with others. As a community, it is important that we acknowledge emotions that may feel uncertain and support each other in managing situations in healthy and safe ways. How do we do this? The answer is simple: stay connected! This strategy will vary depending on the different relationships we have with others, including family members, friends, coworkers, neighbors, educators, community members, and even strangers. The more we connect, the stronger and more resilient our community will be!

### **Relationship Skills**

Relationship skills include forming and maintaining positive relationships, working in teams, and dealing effectively with conflict. While we must distance ourselves from large gatherings and visiting public venues, we still have opportunities to connect with others— and it's important that we do! Humans thrive on connection and positive relationships with others; we build these relationships naturally with members in our immediate environments and also with those far and wide through the vast use of technology. Disconnection can have a negative impact on our physical and emotional health, and channeling social and emotional learning (SEL) skills to stay connected will assist in our community's ability to unite and support each other!




## Ways to Stay Connected During Social Distancing

### Practice Kindness

Maintaining positive and effective face-to-face connections is important during these changing times. Stress and anxiety can arise while practicing social distancing, and it's important to practice kindness towards those in your immediate environment. We can also practice kindness to those in the community by thanking employees working at essential businesses, such as grocery stores, banks, food service deliveries, and first responder services.

#### Parent & Guardian Tip:

Create artwork with kids by drawing or painting ways to be kind at home and in the community! 


#### Self-Care Tip:

Practice kindness towards yourself by setting a time to do one "Me" activity a day and making it a daily routine.

### Reach Out via Technology

During these changing times, it always helps to let others know someone is thinking of them, and that they are not alone. To combat total isolation, reach out to friends, family members, or old coworkers that you think would benefit from a friendly and warm text, email, phone call, or message!

#### Parent & Guardian Tip:

Encourage kids at home to write and mail a letter to someone. 

#### Self-Care Tip:

Connect with yourself—keep a journal of positive thoughts, affirmations, and quotes.

## Resources

*Click for online resources*

### Parents & Guardians

**"Eight Ways to Bring Mindfulness into Your Family"** (Source: *Parent ToolKit*)



**"School to Home Connection"** (Source: *BrainPOP*)

### Distance Learning

**"Teacher, Interrupted: Leaning into Social-Emotional Learning Amid the COVID-19 Crisis"** (Source: *EdSurge*)



### Digital Self-Care

*Suggested App*

**Adults :**



STOP, BREATHE  
& THINK

**Kids:**



STOP, BREATHE  
& THINK KIDS