

# SOCIAL EMOTIONAL LEARNING NEWSLETTER



FEBRUARY  
2025



## Monthly Focus:

### What is Self-Management?

Self-management is another key component of Social-Emotional Learning. Self-management is managing one's emotions, thoughts, and behaviors in different situations. It's a lifelong skill that can help children develop the confidence, resilience, and perseverance they need to succeed. Students with self-management skills can manage themselves and take responsibility for their behavior, actions, and well-being.

What does it mean to manage our feelings? Another term for this might be "coping strategies," which are tools that help us feel better when we are experiencing a big emotion such as anger or fear. Practicing self-management, especially for young children, means discovering the best tools for them when experiencing different emotions.

### SEL Strategies for the Home:

#### *Model the behavior you seek.*

Children learn expected behaviors by observing others. Think about the Golden Rule: treat others the way you want to be treated. If you expect kindness and respect, model that for your children. If an apology is needed, model for your children how to apologize. By modeling these expected behaviors, children will learn and start practicing them in school, with their friends, and across different environments.



## School Social Workers:

Your Northwood Support Staff is here to help make it a great year!  
Please reach out if you or your child need some extra support.

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### Happy, Healthy Kids TIP:

When your child is experiencing BIG, upset feelings, their brain has difficulty listening or learning in that moment. Rather than negotiating with or punishing them, help the child name their feelings. Then, practice a coping skill together.

## Feelings Check-In:

I am feeling:



## Coping Strategy of the Month:

Each month, we will highlight a specific coping strategy to help us learn to manage our BIG emotions and handle stressful situations. This month, our coping strategy is **Reading**. Did you know getting lost in a good book can be the perfect coping strategy? Reading can help reduce stress levels and distract you from what upsets you. Any activity with meditative qualities in which the brain focuses on a single task reduces stress and enhances relaxation. So the next time you feel a BIG emotion, pick up a book and read!