

SOCIAL EMOTIONAL LEARNING NEWSLETTER



JANUARY
2025



Monthly Focus:

What is Self-Awareness?

Self-awareness is the first component of social-emotional learning. Self-awareness is the ability to understand and identify one's own emotions, thoughts, and behaviors. It also involves being aware of one's strengths, weaknesses, values, and beliefs. Self-awareness skills help children:

*Build confidence:

Self-awareness can help children explore their identity and make choices that align with their authentic selves.

*Make sound decisions:

Self-aware students are better able to make sound and safe decisions.

*Empathize with others:

Self-aware students have a stronger sense of empathy for others.

*Advocate for their needs:

Self-aware children learn to advocate for their needs and speak up for what they need or think is right.

SEL Strategies for the Home:

Strategy #1- Be a good listener.

How can you be a better listener for your children? One way to be a better listener is by giving your child your full attention. Start by removing all the distractions when your child needs to talk. Hear him/her out entirely and provide empathy when needed. Consider how you can use conversation openers and closers, ask questions, and validate their feelings. For example, "That would hurt my feelings, too." "You seem worried about _____, let's talk about it."

HAPPY
new
YEAR
2025

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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hello
WINTER

Happy, Healthy Kids TIP:

One of the best things a parent or guardian can do for their child is to read to them for 20 minutes each day. Reading together grows your bond, sparks your imagination, expands your vocabulary, improves your emotional intelligence, and more!

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 using a **Stress Ball or Fidget**.

Fidget tools productively distract and occupy a child's attention. In addition to boosting focus and productivity, fidget tools provide your child with a mental break if they are feeling overwhelmed or stressed. When using a stress ball correctly, the repeated pattern of grip and release helps to alleviate tension and stress.

