



NOVEMBER NEWS

Social Emotional Learning Newsletter!

Northwood Elementary Support Staff:

- *School Psychologist: Mrs. Clark, aclark@wscschools.org
- *School Social Workers: Ms. Fitzpatrick, bfitzpatrick@wscschools.org & Mrs. Reedy, ereedy@wscschools.org
- *School Counselor: Mrs. Parzych, lparzych@wscschools.org

Stress Awareness Month

Did you know November is **Stress Awareness Month!**? As the holidays approach us, stress levels may rise. Take some time to take care of yourself using this 1 minute reset, titled **'Just Sit'**--

- Find a comfortable place to sit down
- Sit up nice and straight, but not stiff
- Place your hands on your lap and close your eyes
- Focus on your breathing as you follow each breath in and out to the count of 3
- After 1 minute, slowly open your eyes and resume regular activities :)

**** Even just 1 minute can help reset the nervous system, creating a much calmer state of mind ****

Social Emotional Challenge and Scavenger Hunt

- ***FIND** something you are **GRATEFUL** for that makes you **LAUGH!**
- ***GIVE** a **KIND** compliment to a family member.
- ***FIND** an **INSPIRATIONAL QUOTE** & share it with a peer, teacher, or family member.
- ***ASK** someone how they are.
- ***WRITE** a kind note or message to someone special.
- ***TELL** someone **THANK YOU.**
- ***GO OUTSIDE** and find a plant, something yellow & something that makes you smile.
- ***MINDFULNESS 5-4-3-2-1:** Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.
- ***WRITE** a **COMPLIMENT** to yourself.
- ***FIND** something you are **GRATEFUL** for and brings you **JOY.**
- ***GO** on a 5-10 minute walk and challenge yourself not to use any digital devices. Identify 10 things that start with the letter "R" on your walk.

Try this gratitude meditation to de-stress and relax! [Gratitude Meditation Exercise](https://www.youtube.com/watch?v=8fhijtqx4PM) https://www.youtube.com/watch?v=8fhijtqx4PM

Being Thankful and Grateful

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends and family.

Here are some ways to teach gratitude:

- Work gratitude into your daily conversation, share your gratitude with each other at bedtime.
- Say please and thank you.
- Encourage generosity by helping someone less fortunate.
- Send thank-you notes.
- Practice saying "no" to your child.
- Compliment others.
- Model gratitude.



Gratitude is a skill. An *attitude of gratitude* is a positive way of looking at life. Gratitude can increase our children's happiness, teach them to be more empathetic and help them to be more thankful for everything they have.

