

# SOCIAL EMOTIONAL LEARNING NEWSLETTER



NOVEMBER  
2024



## Monthly Focus:

### What is Social Emotional Learning? (SEL)

Social-emotional learning is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

SEL is embedded into our school community at Northwood. Every student is exposed to Social Emotional Learning through classroom push-ins provided by either our School Social Workers or our School Counselor. All students also participate in morning meetings in their classrooms.

Morning Meetings are an engaging way to start each day, help build a strong sense of community, and help set children up for social and academic success. Each morning, students and teachers will gather together for five to ten minutes and interact with one another to focus on a specific social skill. Each week, we will focus on a new social skill and reinforce the skill throughout the week.

### Goals of Morning Meetings:

- \*Set the tone for respectful and engaged learning in a climate of trust.
- \*Build a positive community by fulfilling students' need to belong, feel significant, and have fun.
- \*Model and practice social-emotional skills.
- \*Learn and practice important social skills in real-time.



## 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:

Children thrive on routine. Set regular schedules for bedtime, meals, and homework. Consistency provides a sense of security and predictability, making children feel safe and secure.

## 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 making a **Glitter Bottle**. Glitter bottles are a helpful mindfulness tool that can be used at home & school. Watching the glitter swirl and settle to the bottom of the jar gives kids time to calm down and regain control of their emotions. It helps to settle our thoughts and distract us from what's causing distress. Follow these steps to make your glitter bottle at home.

- Get a clear water bottle or mason jar.
- Fill the bottle 3/4 of the way with warm water.
- Add glitter glue or clear glue.
- Pour in glitter; the more colors, the better!
- If you want, add one drop of food coloring.
- Put the lid back on the bottle (you can super glue it closed).
- Shake the bottle to make the glitter swirl.
- Sit back and watch all the glitter settle to the bottom.