

SOCIAL EMOTIONAL LEARNING NEWSLETTER



DECEMBER
2024



Monthly Focus:

The Five Competencies of Social Emotional Learning:

Last month, we learned all about Social-Emotional Learning. There are *five* competencies of Social Emotional Learning.

- ***Self-awareness:** the knowledge of one's thoughts, feelings, and motivations.
- ***Self-Management:** the regulation of emotions and actions across a variety of environments.
- ***Social Awareness:** the capacity to empathize and appreciate another perspective.
- ***Relationship Skills:** the means to create and maintain healthy relationships.
- ***Responsible Decision Making:** the ability to make responsible choices and accept their outcome.



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.

☎ **Ms. Fitzpatrick**, (716) 677-3649

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Happy, Healthy Kids TIP:

Stay informed about your child's school activities, attend parent-teacher conferences, and communicate with your child's teachers. Volunteer! This shows your child that education is a priority and valued.

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 **Grounding**.

Grounding is an effective way to calm your worries & anxiety. In this process, you identify objects around you to help your brain recognize where you are. This creates a sense of comfort because you know where you are and feel more in control of the situation. Grounding techniques are a powerful tool to help kids connect to the here and now and interrupt spiraling worries.

