

# SEL & PERSONAL WELLNESS



# NEWSLETTER

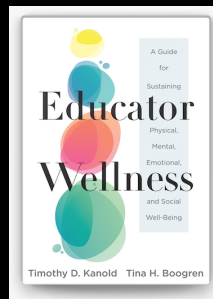
OCTOBER 2023

## Social Emotional Learning for Life

Welcome to the DCSD SEL & Personal Wellness Newsletter. This is our monthly forum for making SEL a part of our daily lives from the classroom to the living room. Click on the links provided for more information on integrating SEL into the lives of our school community throughout each day.

### A Simple Definition

Social & Emotional Learning, or SEL, is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and overall life success. It's a big job with a small name and we all play an important part, whether old or young.



### *Book of the Month*

Educator Wellness –  
A Guide for Sustaining Physical,  
Mental and Emotional Well-Being  
by  
Timothy Kanold

[Click HERE for more info](#)

## SEL IN THE CLASSROOM

Social Emotional Learning (SEL) has become a big topic in schools for good reasons. As educators, we know how essential social and emotional skills are.

Read more here:

<https://littleyellowstarteaches.com/2022/07/26/15-minutes-daily-social-emotional-learning-activities-for-the-classroom-sel-made-easy/>

## PROMOTING SEL AT HOME

School classrooms are busy places where young children learn all sorts of things, including social and emotional skills such as how to express feelings and how to work together with friends on a project. Here are some suggestions for helping your child develop social and emotional skills at home...read more here:

<https://www.naeyc.org/our-work/families/building-social-emotional-skills-at-home>



# SEL & PERSONAL WELLNESS, CONT.

## Personal Wellness

Wellness in the DCSD community is a priority. Managing ourselves in the 8 Dimensions of Wellness can easily be achieved in 5 minute blocks each day while at work.

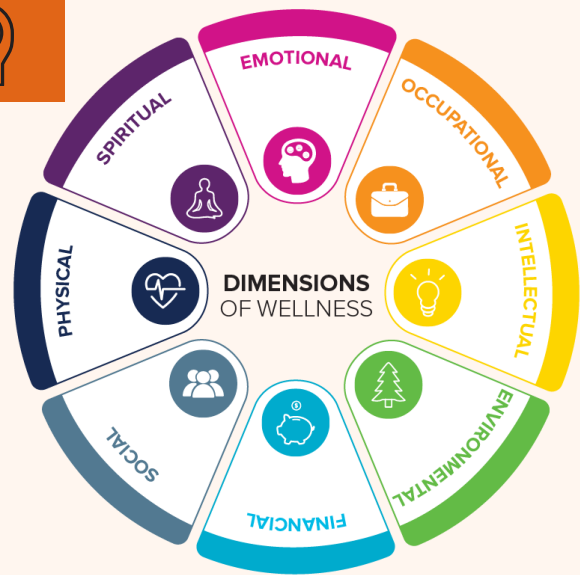
### TAKE 5

#### Social Wellness Activities that Take 5 Minutes or Less

- Compliment a Coworker
- Find Common Interests
  - Give Yourself Grace
  - Find Ways to Be Kind
  - Check In on Your Team

#### *Daily Wellness Affirmation*

“I choose to bring my best self to work each day and support those who work and learn around me with my positive mindset.”



### *App of the Month*

To support your well-being, consider checking out the [Calm App](https://www.calm.com/schools). It helps you develop mindful practices that can sustain your wellness throughout the day and is FREE for educators.

<https://www.calm.com/schools>



COUNSELORS'   
CORNER

### OCTOBER SEL LESSON FOCUS:

#### Recognizing Bullying and Harassment

Through our social and emotional learning efforts we can eradicate bullying and harassment from the DCSD community.

<https://www.dekalbschoolsga.org/bullying-harassment-hazing-awareness/>