

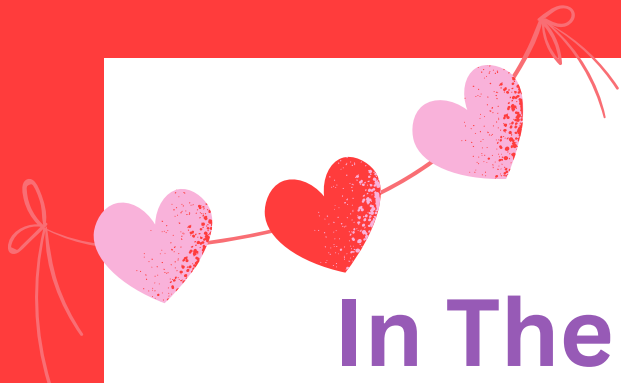
FEBRUARY

Love Yourself and Others

Aligning with the seasonal holiday of Valentine's Day; the social emotional learning (SEL) theme this month is
Love Yourself and Others!

In order to fully love someone, even ourselves, we must truly know them! This month's reading and activities will sponsor self-awareness in an effort to appreciate the best parts of ourselves and others. I encourage classrooms and families to take part in any way possible.

Books & Activities
are hyperlinked below!
-Ms. Julia

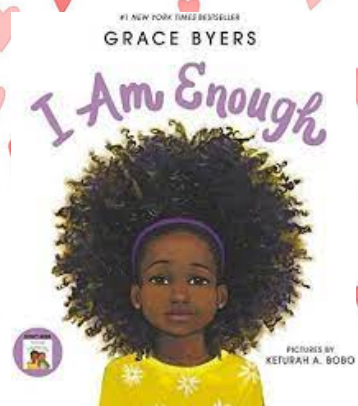
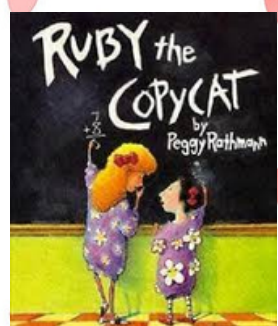
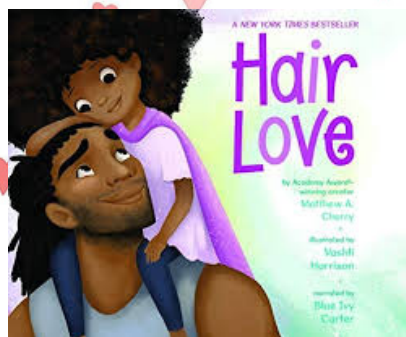


In The Classroom:

- Be Kind to Yourself Worksheet
- My Character Moments Worksheet
- 3 Self Esteem Crafts

Read Alouds:

Hyperlinked or Ms. Julia can read!



At Home:

Self-Esteem To-Do List

