

JANUARY

Social Emotional Learning (SEL) Theme & Newsletter

Welcome! In an effort to support our students' social emotional learning, I have compiled some activities and related reading with this month's theme: Emotional Management.

Whether you are looking to cozy up with an important story or express your creativity through a craft, I hope you utilize the ideas and resources below!

Warmly,
Ms. Julia
Elementary Resource Counselor

JANUARY

**EMOTIONAL
MANAGEMENT**

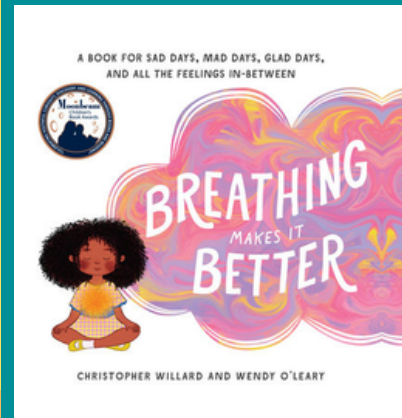
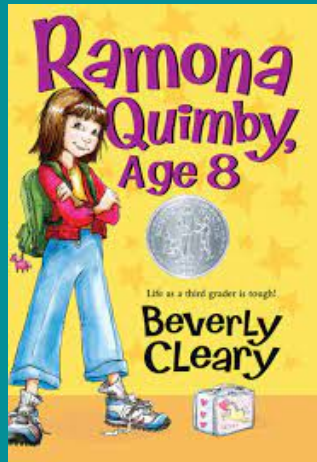
In the classroom:

Review Zones of Regulation Visual
Make a Zones of Regulation Toolbox

Check out Second Step's Unit 2
Emotion Management lessons

At home:

Related Reading



A Box of Calm Craft

**Look out for
Student Council's
contribution!**