

Social Emotional Learning (SEL) Newsletter

June 5, 2020



Dear Ridgefield Families,

The Social Emotional Learning Newsletter contains new resources, activities, and lessons designed to continue supporting your child's social emotional learning this school year. This is our final newsletter for the 2019-2020 school year, with a focus on Resilience. Resilience is the ability to bounce back from stress, adversity, failure, and challenges, and is one of the "3 R's" emphasized in our schools. Families, we thank you, are thinking of you, and wish you safety, good health, and connection this summer.

—Teresa Vance, Assistant Director Social Emotional Learning

For families:

OSPI has created a website devoted to compiling all types of movement, calming, connection, and resilience activities, "Social Emotional Learning Activities for Families and Educators." One of the resources, Future Me, allows students to write a letter to their future self and set a delivery date in the future. What a great opportunity to remind your future self of the amazing resiliency you have shown during this time. <https://www.k12.wa.us/sites/default/files/public/studentsupport/sel/pubdocs/SEL%20Parent%20and%20Educator%20Activities.pdf>

Second Step Parent Teen Connect
<https://www.parentteenconnect.org/>

We have included a few videos below, further highlighting resilience.
<https://readaloudkidsbooktime.com/the-thing-lou-couldnt-do-read-aloud/>
https://www.youtube.com/watch?v=pWp6kkz-pnQ&feature=emb_logo



For high school students:

Students ages 13 and older: In our last newsletter, we shared a few resiliency strategies created by student leaders from ASSET Education. Here are a few more videos of the tools students are using to help them cope and remain resilient.

Finger Breathing <https://youtu.be/JaVOKgeAigU>

Square Breathing https://youtu.be/T6li71_IAbk

At Home Work Out <https://youtu.be/IOSIRNWXK4o>

How to Make Your Day Better <https://youtu.be/PJq1-INlhk0>



SPUDDER NATION
Connecting with Peers



Don't forget Ridgefield High School has its own website devoted to resources students can access, including resources and letters to families and ways students can remain connected over summer. Go to <https://sites.google.com/ridgefieldsd.org/rhs-resources>

"Gritty people have a growth mindset; when bad things happen, they don't give up." — Angela Duckworth

Additional Activities and Resources to support Resilience during the summer...

9 Activities to Build Grit and Resilience in Children can be viewed at

<https://biglifejournal.com/blogs/blog/activities-grit-resilience-children>



A **2020 Time Capsule** has been created to help students reflect on all the ways they have been resilient during this time. To download and print out your own time capsule, go to: https://drive.google.com/file/d/1KI_OZe2uLoMq0JnBBdceuPkD9pMnyU-7/view?usp=sharing

Second Step has created videos for students on getting knocked down, managing anxious feelings, and dealing with disappointment for students early learning through fifth grade. Topics vary by grade level; to see more, click on the Second Step link and scroll down to on-demand lessons, then select your child's grade level or browse through the grades for various topics: <https://www.secondstep.org/covid19support>

Here is a video by **Harvard University's** National Scientific Council on the Developing Child. The Science of Resilience:

https://www.youtube.com/watch?v=1r8hj72bfGo&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua&index=2

The Virtual Calming Room is a website devoted to helping students to explore strategies to deal with challenges and feeling overwhelmed, and includes sounds and music, visual relaxation, guided practice, and other resources. Go to

<https://sites.google.com/apps.district279.org/virtualcalmingroom/guided-practice>

Parent Talk is a web-based resource devoted to improving children's mental health and is a Harvard Medical School affiliate. This article includes resources on Zoom fatigue, screen time, and social isolation. Go to

<https://files.constantcontact.com/54e0e853401/d9142329-c442-496e-92df-dc97c97c8cba.pdf>

Family Solutions is one of our mental health partners; Family Solutions continues to offer individual, family, and group therapy via Zoom/telehealth for students on Medicaid and has funding for uninsured students. Family Solutions has expanded services to include some really fun therapeutic groups including:

- Art Therapy (elementary and middle school)
- Building Frustration Tolerance with Lego's (elementary)
- Grief and Loss (elementary and parents)
- Writing and Poetry (middle school)

To schedule an intake, please call 360-695-1014



To find additional resources related to mental wellbeing, please go to the Ridgefield School District website at <https://rsdsel.weebly.com/mental-health.html>

To our Ridgefield Students,

We have missed seeing your faces at school. Thank you for your hard work during these last few months. You are Resilient!

Please don't forget to access community and online supports during the summer.

Have a fun and safe summer, we look forward to seeing you in the Fall!

— Your school counselors
and school psychologists

Happy Summer!

Hopeful Hearts!

In a previous SEL Newsletter, we invited you to participate in creating Hopeful Hearts in our Ridgefield community. Here is a compilation of all the amazing heart creations we received. Stay Resilient Ridgefield!

