

# Social Emotional Learning (SEL) Newsletter

May 22, 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. Students and families, this is our second to last SEL Newsletter for the school year, so please let your school counselor know if there are any resources you would like to see in the final newsletter that will support your social emotional learning over the summer. Wishing you safety, good health, and connection.

— Teresa Vance, Assistant Director Social Emotional Learning

## For families:

**Child Mind Institute** has an article on "Anxiety and Coping with the Coronavirus". You can access the article here:

English: <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

Español: <https://childmind.org/article/lidiar-con-la-ansiedad-y-el-coronavirus/>



**PAVE** has created a resource for families titled, "Stay Home Help: Get Organized, Feel Big Feelings, Breathe". This resource provides an overview of how families can manage stress during school closure and can be accessed at <https://wapave.org/stay-home-help-get-organized-feel-big-feelings-breathe/>



## For high school students:



**Trails to Wellness** has created several resources to support students' grades 9-12 during this time. This particular resource focuses on self-care and includes information on worry, how to cope with worried thoughts, and strategies to stay connected and healthy.

Within the resource, there are a variety of videos and activities that you may find helpful and enjoy. Click on the link below to access resources and ideas for self-care. <https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-teens.pdf>

**Students ages 13 and older:** **ASSET Education** has partnered with student leaders across the county to show other students what steps they are taking to cope with isolation, anxiety, and uncertainty during this time. Here is the intro video: [https://www.youtube.com/watch?v=0\\_dzd05DGWY&feature=emb\\_logo](https://www.youtube.com/watch?v=0_dzd05DGWY&feature=emb_logo)

Here are a few videos of the tools students are using to help them cope (look for a few more in our next newsletter):

Seven Deep Breaths <https://youtu.be/7YtxnCcSndM>

Grounding <https://youtu.be/kHIY100KLU4>

"The way I see it, if you want the rainbow, you gotta put up with the rain." — Dolly Parton

**For pre-school and elementary age students:**



**Big Life Journal** contains free activities focused on growth mindset, positivity, and resilience that are emailed every Friday. For example, looking for a new way to build connection? One of the free activities offered from Big Life Journal is a Pen Pal Kit. Video: [https://www.youtube.com/watch?v=gYB7TCD7gKE&feature=youtu.be&\\_ke=eyJrbF9lbWFpbCI6ICJyZWVzZV92YW5jZUB5YW5vby5jb20iLCAia2xfY29tcGFueV9pZCI6ICJNTVNHYmYifQ%3D%3D](https://www.youtube.com/watch?v=gYB7TCD7gKE&feature=youtu.be&_ke=eyJrbF9lbWFpbCI6ICJyZWVzZV92YW5jZUB5YW5vby5jb20iLCAia2xfY29tcGFueV9pZCI6ICJNTVNHYmYifQ%3D%3D)

**Big Life Journal** also has a podcast, "The Big Life Kids" podcast includes topics such as believing in yourself, how to be resilient, and how to face challenges in life with confidence. The podcast also includes complimentary activities with each new episode. Friday freebies and podcast activities can be accessed on the website at:

<https://biglifejournal.com/pages/freebies> and  
<https://biglifejournal.com/pages/podcast>



Just a reminder that we are here for you at any time. Please do not hesitate to contact us.

**Ridgefield School District SEL homepage:** <https://rsdsel.weebly.com/>  
**Ridgefield Family Resource Center:** Website: <http://rsdfamilyresourcecenter.weebly.com/>  
Phone: 360-619-1412

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