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Building Healthy School Ecosystems through Social Emotional Learning

NEW! Grab n Go SEL Activities!

[Gratitude & Managing Emotions](#)
[5 Activities to Support Students Through the Holidays](#)
[Kid President's 25 Reasons to be Thankful](#)
[Self-Management Home Connection: Taking Turns](#)

For more activities, please see our [November/December Holiday Theme](#) (Practicing Gratitude and Managing Emotions) resources at the bottom of this newsletter.

November / December Holiday Theme: Practicing Gratitude & Managing Emotions



The holiday season is near and the coronavirus pandemic continues to disrupt our daily lives. There are all kinds of new stressors approaching with this holiday season: keeping ourselves and loved ones safe, uncertainty, isolation and the loss of routine and tradition. This can lead to emotions such as anxiety, fear and depression and children are likely impacted by the negative emotions of their parents and family members. The good news is that there are strategies you can practice both personally and with your students to reframe negative emotions into positive ones and ultimately lower stress. One such strategy is **practicing gratitude**. Gratitude is scientifically proven to reduce stress and helps to foster resilience even during the worst of times. So, I challenge you right now to try it. Click on this [google document](#) and respond to 5 prompts about being thankful. We can't wait

to see your responses and encourage you to practice this same activity with your students letting them suggest the categories each day through the holiday season.

On **December 2nd from 3:30-4:30pm**, GSN will be hosting our third SEL forum: [Managing Emotions During The Holiday Season](#) with special guest best selling author and founder of the RIM Institute, [Dr. Deborah Sandella](#). All staff, parents and families are welcome to attend and you can register by clicking [here](#). If you have ideas, requests or a recommendation for future topics, please reach out to Ellen Sarkisian at esarkisian@generationschools.org and enjoy the resources below as you and your students navigate the holidays.



SEL School Highlights!

Skyline Academy at Mental Health Center of Denver (MHCD), set a goal to have daily SEL time throughout the school year. To make this a reality, MHCD staff created daily SEL themes: Mindfulness Monday, Talk About It Tuesday, What Do I Need/Whiny Wednesday, Tell Me I'm Awesome Thursday, Friendship Friday and Well-Being Weekend. Click [here](#) to see some of their example activities and shout out to Tara Butler (Special Education Director) for all of her hard work in putting this together!

We love hearing what is happening out in the field and encourage your school/ district to share any highlights, strategies or resources to include in our future SEL newsletters.

Curriculum Updates

GSN's Middle School Mindfulness and High School Coping with Crisis units are now available in Spanish! You can access the units via Schoology or contact esarkisian@generationschools.org if your school/district is interested in learning more.

NOVEMBER/DECEMBER HOLIDAY THEME: <i>Practicing Gratitude & Managing Emotions</i>	
Teachers	<p><i>GSN SEL Forum on Wednesday, December 2nd from 3:30-4:30pm: Managing Emotions During The Holiday Season</i></p> <ul style="list-style-type: none"> • All staff are welcome! Register Here. <p>Activities for Teachers</p> <ul style="list-style-type: none"> • 13 Most Popular Gratitude Exercises

	<ul style="list-style-type: none"> • An Experiment in Gratitude: This video is an excellent way to show how gratitude can influence both the person who is feeling grateful as well as the recipient of that gratitude. <p>Teacher Reflection</p> <ul style="list-style-type: none"> • Settling Ourselves Is A Gift to Self and Others • Tips to Keeping a Gratitude Journal <ul style="list-style-type: none"> • Oprah focuses on the power of gratitude by discussing what she has learned from her own gratitude journal, an exercise she had been practicing for 16 years at the time of this talk.
<p>Students</p>	<p><i>Recommended GSN Units: ES Attachment, MS Coping With Crisis and HS Mindfulness / Recommended RAK Units: ES and MS Unit 2 - Caring</i></p> <p>NEW! Grab n Go SEL Activities</p> <ul style="list-style-type: none"> • New! SEL Activities: Gratitude & Managing Emotions • 5 Activities to Support Students Through the Holidays • Kid President's 25 Reasons to be Thankful: Kid President does a good job picking out common, silly things that he is grateful for. It will get your students thinking about everyday things they can be grateful for, too. • Self-Management Home Connection: Taking Turns <p>"Surviving The Holidays" Divorce Resources</p> <ul style="list-style-type: none"> • Classroom Tools for Divorce Trauma • Tips to Thrive through the Holidays
<p>Parents & Caregivers</p>	<p><i>Here are some resources and activities to include in your next parent/family newsletter.</i></p> <p>Parent/Family Engagement Ideas</p> <ul style="list-style-type: none"> • Your school can facilitate monthly webinars as outlined by CASEL's Facilitators Guide: SEL Discussion Series for Parents and Caregivers (Session 3 - Gratitude and Session 4 - Family Emotional Safety) • Promoting SEL at Home - Self-Management (available in English and Spanish)

SEL Activities at Home

- A book to read over the holiday break: "[Making Grateful Kids: The Science of Building Character](#)" - compelling research, groundbreaking findings, and real-life stories about how to achieve greater life satisfaction through gratitude.
- Create a Family [Emotional Safety Plan](#)
- [Gratitude Exercises](#) for the Holiday Season

Administration

Strategies for facilitating staff meetings and professional learning engagements.

Activities for Adults

- The Gratitude Game - create a copy of this [google document](#) and have your staff respond to the 5 prompts.
- The [34 Best TED Talks And Videos](#) on The Power of Gratitude: watch a video from this list and have a discussion about the importance of gratitude with your staff.

Supporting Staff & Students

- [A Tiny Thanks Goes a Long Way - in Helping Students Forge Social-Emotional Connections:](#) an example of how gratitude can be easily woven as a daily habit in any classroom, regardless of the subject matter.

Upcoming...

January Monthly Theme: Time Management & Organization

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