Social Emotional Learning Tips

During this time of uncertainty, please know that your Counselors are here for you!

If you are experiencing a difficult time, we hope these Social Emotional Learning Tips will help:

Just Breathe

• Take a deep breath and hold for 5 seconds 1,2,3,4,5., then release for 5 seconds 1,2,3,4,5.
• Wait 5 seconds 1,2,3,4,5 and repeat the steps above 2 or 3 more times.
• You should feel calm (repeat as many times as you need to).

Be Positive

• When you feel yourself thinking negative thoughts replace them with something positive.

For example:

• “Working online is hard.” replace with, “Working online is not that bad, I can do this!”
• “I can do it! Things will get better!”

Setting Goals

• Set a small academic goal for yourself at the beginning of each week.
For example:

- “I will log on to Canvas each day and work on each of my assignments. By the end of the week I will have all my work complete.”
- “If I do not understand my assignments, I will email my teachers for help”.

Remember we are all in this together, Stay Safe!

Still need help? Email your Counselors:

9th grade [eric.knight@browardschools.com](mailto:eric.knight@browardschools.com) 9am-12pm

10th – 12th A-F [courtneyr.brown@browardschools.com](mailto:courtneyr.brown@browardschools.com) 12pm-3pm

10th – 12th G-M [tammi.thompson@browardschools.com](mailto:tammi.thompson@browardschools.com) 12pm-3pm

10th – 12th N-Z [corlene.knowleswashington@browardschools.com](mailto:corlene.knowleswashington@browardschools.com) 9am-12pm

Counseling Director [betty.ammann@browardschools.com](mailto:betty.ammann@browardschools.com)

School Social Worker [robin.paino@browardschools.com](mailto:robin.paino@browardschools.com)

Brace Advisor [marjorie.gitten@browardschools.com](mailto:marjorie.gitten@browardschools.com) 9:00am-12:00pm

Family Therapist [patricia.louismills@browardschools.com](mailto:patricia.louismills@browardschools.com)

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For immediate help dial 211 or visit 211-broward.org