

SAWGRASS ELEMENTARY WELLNESS NEWSLETTER



MARCH 2022

March celebrates Women's History Month! Important calendar dates for this month:

-Friday 3/11: BCPS SEL Day: Finding Common Ground, Pursuing Common Good

- Monday 3/21: International Day for the Elimination of Racial Discrimination

THEME OF THE MONTH: SELF CONTROL



Building on last month's theme of self-awareness, self control allows each student to healthily manage their emotional well-being. Teaching children appropriate skills to manage strong emotions, stress, and problem solving skills is an excellent way to set them up for success.

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Lesson Topics to Support Self-Management

Session	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Domain	Awareness of Self and Others	Awareness of Self and Others	Self-Management	Self-Management	Self-Management	Self-Management
Topic	Learning Skills	Growth Mindset	Self-Control	Focus	Goal Setting	Resilience
Kindergarten	Learning with Our Senses	I'm Growing!	Breathe In, Breathe Out	Following Instructions	Say the Goal!	Get It Done!
1 st	Whole Body Listening	I Can Do It!	Wait for It!	Hocus Pocus: Focus!	Steps to the Goal	Bounce Back!
2 nd	How We Learn	Mistake Masterpieces	Take 5!	The Focus Toolbox	Set a Goal	Challenge Accepted!
3 rd	My Best Brain	My Curious Mind	Keep Calm!	Improving My Focus	Make a Plan	Be Resilient
4 th	Remember This!	Hard Work Pays Off	Freeze!	Keep Focused	Planning for Success	The Resilient Kid
5 th	Let's CREATE	Beyond Boredom!	Stop. Think. Decide	Focus First!	Reach Your Goals	If at First You Don't Succeed...

SEL VIDEO: SELF CONTROL



LINKS & RESOURCES

[Why do we lose control of Our Emotions? - Video for Kids](#)

[Teaching Your Child Self-Control](#)

[Coping Skills for Kids](#)

BOLETÍN DE BIENESTAR DE SAWGRASS ELEMENTARY



MARCH 2022

¡Marzo celebra el Mes de la Historia de la Mujer! Fechas importantes del calendario para este mes:

- Viernes 3/11: Día SEL de BCPS: encontrar puntos en común, perseguir el bien común**
- Lunes 21/03: Día Internacional para la Eliminación de la Discriminación Racial**

TEMA DEL MES: AUTO CONTROL



Sobre la base del tema de la autoconciencia del mes pasado, el autocontrol permite que cada estudiante maneje su bienestar emocional de manera saludable. Enseñar a los niños habilidades adecuadas para manejar emociones fuertes, estrés y habilidades para resolver problemas es una excelente manera de prepararlos para el éxito.

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SEL VIDEO: SELF CONTROL



LINKS & RESOURCES

[¿Por qué perdemos el control de Nuestras Emociones? - Video para niños](#)

[Enseñar a su hijo el autocontrol](#)

[Habilidades de afrontamiento para niños](#)