

# SAWGRASS ELEMENTARY WELLNESS NEWSLETTER



## FEBRUARY 2022

This month marks an important anniversary for Broward County Public Schools: The fourth anniversary of the tragedy at Marjory Stoneman-Douglas High School. Learning to deal with trauma and grief is difficult, but providing early interventions for children can empower them to maintain their own emotional/mental well-being. Check the links on the next page for valuable resources on these topics!

### THEME OF THE MONTH: SELF AWARENESS



Self-awareness includes emotional and behavioral recognition, recognizing signs of stress, and recognizing how our own actions affect others!

SELF  
AWARENESS

FEBRUARY

2-3 LESSONS A  
WEEK

rethinkEd

Lesson Topics to Support Self-Awareness

Session	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Domain	Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others	Self-Management	Self-Management
Topic	Self-Knowledge	Emotions	Learning Skills	Growth Mindset	Problem Solving	Resilience
Kindergarten	I Like It!	It's a Feeling	Learning with Our Senses	I'm Growing!	Say the Problem	Get It Done!
1 <sup>st</sup>	You Are Special!	My Feelings Monster	Whole Body Listening	I Can Do It!	Whose Problem Is It?	Bounce Back!
2 <sup>nd</sup>	No One is You-er Than You	Feelings Detectives	How We Learn	Mistake Masterpieces	What's the Problem?	Challenge Accepted!
3 <sup>rd</sup>	My Kind of Strong	Super Emotions!	My Best Brain	My Curious Mind	Let's Brainstorm!	Be Resilient
4 <sup>th</sup>	What's Your Superpower?	Emotions: Action!	Remember This!	Hard Work Pays Off	Ways to Solve a Problem	The Resilient Kid
5 <sup>th</sup>	My Creative Strengths	Expressing Emotions	Let's CREATE	Beyond Boredom!	Think of Solutions	If at First You Don't Succeed...

Session	Session 7	Session 8	Session 9	Session 10
Domain	Self-Management	Self-Management	Social Awareness	Self-Care
Topic	Self-Control	Stress Management	Cultural Competence	Self-Efficacy
Kindergarten	Breathe In, Breathe Out	My Recipe for Happiness	Me and You	Mistakes Are a Part of Learning
1 <sup>st</sup>	Wait for It!	Feelings Booster	Our Families	Believe!
2 <sup>nd</sup>	Take 5!	My Stress Thermometer	Cultures Around the World	You Can Do It!
3 <sup>rd</sup>	Keep Calm!	Change It!	Celebrating Our Differences	Belief Builders
4 <sup>th</sup>	Freeze!	Feelings, Thoughts, and Behaviors	Everyone Is Different	Believe It!
5 <sup>th</sup>			In Someone Else's	



## SEL AT-HOME ACTIVITY:

### SEL MINDFULNESS CALENDAR

Much like studying for a test, practicing for sports, or attempting to learn a new hobby - mindfulness and SEL growth requires practice and commitment. Practicing SEL skills daily helps to improve our overall well-being. In the resources section below is a wonderful calendar complete with daily discussion questions and activities!

Parents and Guardians can help facilitate healthy discussions on self-awareness, and can use the included activities to reinforce student learning.



## LINKS & RESOURCES

[Talking to Your Children About Loss](#)

[SEL Mindfulness Calendar](#)

[Trauma and Grief Counseling - Chrysalis Health](#)

[Trauma and Grief Counseling - Henderson Behavioral](#)

# BOLETÍN DE BIENESTAR DE SAWGRASS ELEMENTARY



## FEBRUARY 2022

Este mes marca un aniversario importante para las Escuelas Públicas del Condado de Broward: el cuarto aniversario de la tragedia en la escuela secundaria Marjory Stoneman-Douglas. Aprender a lidiar con el trauma y el duelo es difícil, pero brindar intervenciones tempranas a los niños puede empoderarlos para mantener su propio bienestar emocional y mental. ¡Consulte los enlaces en la página siguiente para obtener recursos valiosos

sobre estos temas!

### TEMA DEL MES:

## CONCIENCIA DE SÍ MISMO



La autoconciencia incluye el reconocimiento emocional y conductual, el reconocimiento de signos de estrés y el reconocimiento de cómo nuestras propias acciones afectan a los demás.

SELF  
AWARENESS

FEBRUARY

2-3 LESSONS A  
WEEK

rethinkEd

Lesson Topics to Support Self-Awareness

Session	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Domain	Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others	Self-Management	Self-Management
Topic	Self-Knowledge	Emotions	Learning Skills	Growth Mindset	Problem Solving	Resilience
Kindergarten	I Like It!	It's a Feeling	Learning with Our Senses	I'm Growing!	Say the Problem	Get It Done!
1 <sup>st</sup>	You Are Special!	My Feelings Monster	Whole Body Listening	I Can Do It!	Whose Problem Is It?	Bounce Back!
2 <sup>nd</sup>	No One is You-er Than You	Feelings Detectives	How We Learn	Mistake Masterpieces	What's the Problem?	Challenge Accepted!
3 <sup>rd</sup>	My Kind of Strong	Super Emotions!	My Best Brain	My Curious Mind	Let's Brainstorm!	Be Resilient
4 <sup>th</sup>	What's Your Superpower?	Emotions: Action!	Remember This!	Hard Work Pays Off	Ways to Solve a Problem	The Resilient Kid
5 <sup>th</sup>	My Creative Strengths	Expressing Emotions	Let's CREATE	Beyond Boredom!	Think of Solutions	If at First You Don't Succeed...

Session	Session 7	Session 8	Session 9	Session 10
Domain	Self-Management	Self-Management	Social Awareness	Self-Care
Topic	Self-Control	Stress Management	Cultural Competence	Self-Efficacy
Kindergarten	Breathe In, Breathe Out	My Recipe for Happiness	Me and You	Mistakes Are a Part of Learning
1 <sup>st</sup>	Wait for It!	Feelings Booster	Our Families	Believe!
2 <sup>nd</sup>	Take 5!	My Stress Thermometer	Cultures Around the World	You Can Do It!
3 <sup>rd</sup>	Keep Calm!	Change It!	Celebrating Our Differences	Belief Builders
4 <sup>th</sup>	Freeze!	Feelings, Thoughts, and Behaviors	Everyone Is Different	Believe It!
5 <sup>th</sup>			In Someone Else's	

## ACTIVIDAD DE SEL EN EL HOGAR:

### SEL CALENDARIO DE ATENCIÓN PLENA



Al igual que estudiar para un examen, practicar deportes o intentar aprender un nuevo pasatiempo: la atención plena y el crecimiento de SEL requieren práctica y compromiso. Practicar habilidades SEL diariamente ayuda a mejorar nuestro bienestar general. ¡En la sección de recursos a continuación hay un maravilloso calendario completo con actividades y preguntas de discusión diarias!

Los padres y tutores pueden ayudar a facilitar discusiones saludables sobre la autoconciencia y pueden usar las actividades incluidas para reforzar el aprendizaje de los estudiantes.



## ENLACES Y RECURSOS

[Talking to Your Children About Loss](#)

[SEL Mindfulness Calendar](#)

[Trauma and Grief Counseling - Chrysalis Health](#)

[Trauma and Grief Counseling - Henderson Behavioral](#)