

SOCIAL EMOTIONAL LEARNING

March 2021

This month at
Franklin Avenue our
lessons will focus on
Resilience

When we talk about resilience we mean a person's ability to cope with the ups and downs of life. It's a life skill we take with us into adulthood. It is thought that the more resilient a person is, the less they experience stress as they are equipped to deal with life's pressures. During this month's push-in Social Emotional Learning lessons we will target the following concepts:

In Kindergarten students will be able to:

1. Identify how mistake, failure and challenges are all positive and helps us grow
2. Identify feelings related to mistakes, failures and challenges.
3. Identify ways in which they can overcome challenges.

In 1st and 2nd grade students will be able to:

1. Understand what growth and perseverance is
2. Identify the power of YET
3. Learn different strategies that will help them persevere when things are difficult

In 3rd and 4th grade students will be able to:

1. Understand what a Growth Mindset is
2. Know the difference between Fixed Mindset and Growth Mindset
3. Provide examples of Fixed Mindset and Growth Mindset
4. Identify the power of YET

At home extension activities:

We hope you enjoy these these videos:

[Building your character](#)

[A lesson on resilience](#)

*The students will be bringing home an optional activity,
we hope you and your child can complete it together.*

Ellen McCabe-School Psychologist

mccabee@pearlriver.org

Natalie Cervantes-School Social Worker

cervantes-libassin@pearlriver.org