

SOCIAL EMOTIONAL LEARNING

April 2021

*This month at
Franklin Avenue our
lessons will focus on
Oneness and Wellness*

Fostering and supporting positive mental health is one of the key objectives for our school and for our students. As we make progress towards a full return to in-person instruction we want to assure that we support our students' social-emotional well being. Our SEL plan is to help students process their thoughts and feelings with regards to a full return to in-person instruction, as well as to learn different ways in which they can practice wellness.

In Kindergarten, 1st and 2nd grade, students will:

1. Be introduced to the concept of mindfulness
2. Practice Mindful Breathing
3. Take a mindful walk with their class using their 5 senses
4. Have the opportunity to have a discussion about changes in school

In 3rd and 4th grade, students will:

1. Have the opportunity to process thoughts and feelings about full return to in-person instruction facilitated by school clinician and teacher
2. Practice Mindful Breathing
3. Take a mindful walk outside with their class using their 5 senses
4. Identify any concerns and produce a plan of action

At home extension activities:

[Alphabreaths](#) [Alphabreaths Video](#) [Chair Yoga for Kids](#)

Please visit the ELF Social Emotional Website for additional resources and information
[ELF Social Emotional Learning Page](#)

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