



KENTWOOD PUBLIC SCHOOLS



Happy New Year

Happy New Year and Welcome Back! We hope that everyone had a restful break and time spent with loved ones.

This month our SEL Trait is Self Control under the CASEL competency of Self Awareness. Self control is the ability to show restraint or control over oneself, in particular over emotions and desires or the expression through behavior. Self control can be challenging in for everyone especially for kids. It takes our brains about 5 seconds to make conscious choices. A great way to teach kids self control is to teach them to take a deep breath before doing. Also games are a great way to teach self control. Such as Red Light/Green Light, Simon Says, Freeze and Jenga. Playing these games will help kids understand turn taking but helps their brains develop executive functioning skills.

YOUR ELEMENTARY SEL COACHES

- Kimberly Addis
 - Discovery Elementary
- Carey Allaire
 - Glenwood & Hamilton Early Childhood
- Kayla Watson
 - Brookwood & Challenger Elementary
- Kamaria Dawkins
 - Bowen & Meadowlawn Elementary
- Sarah Schrauben
 - Explorer & Southwood Elementary
- Mandy Williams
 - Endeavor & Townline Elementary

SELF AWARENESS

SUCCESS CRITERIA

- I can identify and name what I am feeling and how it influences my thoughts and actions
- I can explore different activities and strengths to add value into my community
- I will use integrity and be honest while making choices that are helpful to my community
- I will own my actions and have a growth mindset
- I will accept myself and others for who they are

<h2>Self Control</h2>	
	Stop What you are about to do or say
	Think Is this a good choice?
	Act or speak Making the right choice



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