



CRUMP ELEMENTARY SCHOOL SCHOOL COUNSELOR NEWSLETTER

SOCIAL EMOTIONAL LEARNING

What is SEL? Social and emotional learning is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationship and make responsible decisions.



SELF-CARE FOR PARENTS

- ✓ MEDITATE *LIGHT A CANDLE
- ✓ LISTEN TO MUSIC*RELAX
- ✓ REMIND CALM*TAKE DEEP BREATHE
- ✓ WALK*EXERCISE*YOGA
- ✓ READ*WRITE GRATEFUL NOTES
- ✓ DRINK TEA*WATER



WEEKLY REMINDERS/UPDATES FROM PARENTLINK

ACADEMIC RESOURCES

- ✓ CRUMP EL. FACEBOOK
- ✓ SCS FACEBOOK
- ✓ YOUTHLIGHT.COM
- ✓ SCHOOL COUNSELOR MONTHLY

PARENTS HELPFUL HINTS

- ✓ WAKE YOUR CHILD UP TO A SMILE AND A HUG ❤️
- ✓ SPEAK IN A POLITE TONE
- ✓ ASK, HOW WAS YOUR NIGHT OR DAY?
- ✓ REMEMBER TO BE PATIENT
- ✓ FOLLOW A DAILY SCHEDULE

NOTES: WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. WEAR A MASK AND GLOVES WHEN LEAVING HOME. PRACTICE SOCIAL DISTANCING AND **SAVE LIVES!**

*****TECHNOLOGY TIME-GET ON IREADY DAILY-30 MIN. FOR MATH/READING*****