

Social Emotional Learning for March 2021

We have continued to present our social and emotional lessons with the use of Circles. As a district, we are hopeful that by using Circles and other means of engaging students in meaningful discussion, we are encouraging them to learn the skills necessary to be a successful student, and member of the community. As a district, we are continuously working to establish caring and productive relationships with all of our students. We encourage all students and guardians to discuss the social competencies each month at home and in school, since in order to learn how to be “socially competent”, our students need to live it to learn it.

During the Month of March, students will be learning and practicing skills of *Self-Management*.

Self-Management: It is the ability to regulate one’s emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Students will have grade appropriate lessons and circles around this focus.

Students will learn how to “**Let It Go!**” and to let go of Negative Feelings.

They will learn **How to Calm Down** using these 3 steps.

STOP use your signal

NAME your FEELINGS

CALM DOWN: breathe, count, use positive self-talk

Second Step Lessons will focus on:

1st- Managing Worry

2nd- Handling Making Mistakes

3rd- Managing Disappointment

4th- Managing Anxiety

This is part of Broad Brook Schools efforts to continue to work with students on becoming Responsible Citizens as a part of the Portrait of the Graduate.