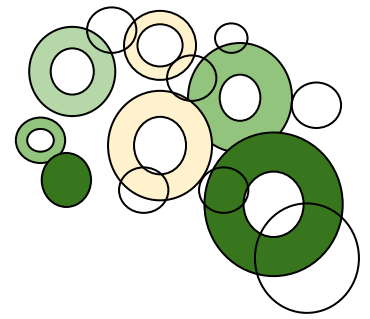


Social & Emotional Learning (SEL)



Monthly Themes

August

SEL Monthly Themes

SEL is the process through which children and adults acquire and apply skills to understand & manage emotions, set & achieve positive goals, feel & show empathy for others, establish & maintain positive relationships, and make responsible decisions.

September/October

Self-Management

SM is the ability to successfully regulate one's own emotions, thoughts and behaviors in different situations - effectively managing stress, controlling impulses and motivating themselves.

November/December

Self-Awareness

SA is the ability to recognize one's emotions, thoughts, feelings, & values and how they influence one's behavior.

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Identify one's beliefs and values
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

January/February

Social Awareness

SoA is the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

March/April

Responsible Decision Making

RDM is the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms.

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social, and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships, and school

May/June

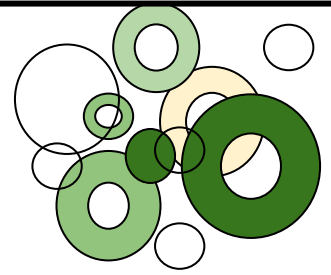
Relationship Skills

RS is the ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

- Communicating clearly
- Building relationships with diverse individuals and groups
- Working cooperatively
- Resolving conflicts
- Seeking help



Social & Emotional Learning (SEL)



Monthly Theme

September/October

Bedford City Schools recognizes the importance of Social Emotional Learning (SEL) and ensuring our students have the ability to recognize their individual emotions, thoughts, feelings, and values and how they influence their behavior.

Our SEL theme this month is:
Self-Management

Self Management is the ability to successfully regulate one's emotions, thoughts and behaviors in different situations and to effectively manage stress, control impulses and motivate oneself. The ability to set and work toward personal and academic goals.



Self-Management

Students

K-3

- “Bring it Down Stay Calm”
- SeeSaw Video Activity
- “When Cookie Met Sally”

4-6

- Perseverance
- Stop-Think-Choose

7-8

- Classroom lesson on Setting Goals
- Start with Hello Week

9-12

- Self Management Video
- Discussion opportunities

Staff

- Incorporating theme of the month vocabulary into lessons

Parents/Community

Please view 2 videos about **Self Management**:

<https://tinyurl.com/LessonsinSEL1>

<https://tinyurl.com/LessonsinSEL2>

Please visit our website at
<https://tinyurl.com/BedfordSEL>