

SEL Parent/Guardian Support Tip of the Month!

Engage in creativity together

Being creative is an inherently vulnerable process, especially for older students and adults. By flexing our creative muscles, we can crack open pieces of ourselves that may otherwise be closed off, find opportunities to learn new things about ourselves and others, or learn new modalities to communicate.

Examples of creativity in action include cooking or baking together, doing puzzles, color or art projects, playing board games, or writing a poem or song together. Moving together is doubly powerful in getting our blood flowing and activating kinesthetic empathy, or the ability to experience empathy through the movement of another human being. Try taking turns mirroring each other's movements or just having a dance party where you each create a new move and teach it to one another!

<https://www.edsurge.com/news/2020-04-02-10-ways-parents-can-bring-social-emotional-learning-home>

[Click here for a fun and creative empathy activity to do together at home with your learner!](#)

This month is all about **CARING through EMPATHY** at Cliffwood School! To learn about what we discussed during my monthly guidance lesson, please [click here](#) for my K-3 & Multigrade lesson letter!

Regards,



Mrs. Levine, School Counselor