

SEL Parent/Guardian Support Tip of the Month!

Take care of yourself, even when it feels like the last thing you can do right now. In order to cultivate the social and emotional skills of young people, you must take care of your own mental, social and emotional wellness. Young children are sensitive to the stress of their caretakers.

We must stay calm and realistic. Kids sense when we are worried and anxious, and our emotions directly affect the emotions of our children. We must build in time, even if only 10 minutes a day, for our own wellness practices—journaling, going for a walk, meditating, exercising, for example. Much like putting on our own oxygen mask first before putting on a child's, we must take care of ourselves during this stressful time so that we're able to show up for others.

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



deep breaths

[Mindfulness & calm-down strategies to use at home](#)

[Estrategias de atención plena y calma para usar en casa](#)

This month was all about **RESPECT** at Cliffwood School! To learn about what we discussed and did during my monthly guidance lesson,

please [click here for K-3](#) or [click here for multigrade](#)!

Regards,



Mrs. Levine, School Counselor