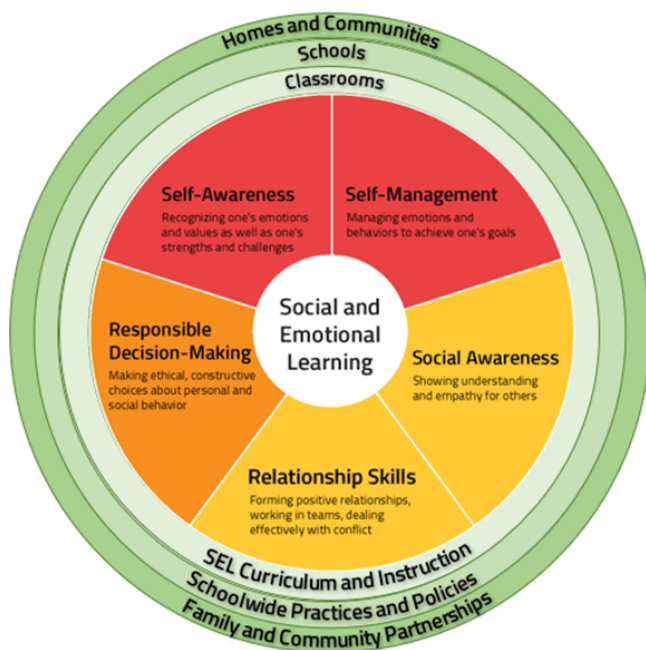


SPECIAL EDITION:
THE SEL MONTHLY
Community Newsletter
Edition 5

Prioritizing Wellness:
Responsible Decision-Making during COVID-19



Responsible decision-making is a key competency of social and emotional learning (SEL). When teaching children to make responsible decisions, it is imperative to engage them in the process of exploring all available options or solutions, and reflecting on how our decisions affect others, both positively and negatively. As adults, it is important to keep this skill in mind as we continue to adapt to the temporary "new normal." One responsible decision during this time can be to prioritize our overall health and wellness. This emphasis on physical, emotional, and mental well-being is an intentional choice with many factors that can be challenging to balance, but one that will ultimately allow for us to cope with the impact of COVID-19.

Types of Wellness

- **Physical:** maintaining healthy and safe habits
- **Emotional:** practicing self-management and self-care
- **Financial:** successfully managing personal finances
- **Occupational:** effectively addressing workplace stress
- **Social:** nurturing positive relationships with others
- **Environmental:** caring for our immediate surroundings
- **Intellectual:** participation in mentally stimulating activities
- **Spiritual:** sense of connection to a belief system



Tips for Balancing Responsible Decision-Making & Wellness at Home

Schedules, Structure, & Consistency

Establishing a daily schedule with structured tasks can assist in easing anxiety around the uncertainty of the current times. Consistently sticking to routines will allow for more productive and purposeful quarantined days at home!

Physical Wellness: Determine a daily time to be active, such as first thing in the morning or after dinner. Consider walking, biking, working out, or even cleaning!

Emotional Wellness: Play "High/Low" with someone—each person shares their "high" and "low" of the day or week.

Mental Wellness: Connect regularly with others, and be honest if you need support. Remember, it's okay to not be "okay," but it's not okay to pretend you are when you are not!

★ **Parent & Guardian Tip:** Create a visual schedule with students learning at home. Include designated time for school work, technology use, and outside time.

Limit Excessive Technology & Social Media

During times of uncertainty, confusion, or concern, excessive use of these tools can evoke negative reactions or feelings. Disconnecting from technology allows more opportunities for self-care and deeper connections with others.

Physical Wellness: Try organizing an area within your home, instead of remaining stationary while on a device.

Emotional Wellness: Write a letter to someone you are grateful for, and share how they have positively impacted you!

Mental Wellness: Create a list of positive affirmations and inspiring quotes.

★ **Parent & Guardian Tip:** Got chalk? Use the list of positive affirmations mentioned above and share them with others on sidewalks or parking lots near your home!

Resources

Click for online resources

"What to Do (and Not Do) When Children Are Anxious" (Source: *Child Mind Institute*)

"When Siblings Won't Stop Fighting" (Source: *Child Mind Institute*)

"What Kids Need Now Without Sports" (Source: *Aspen Institute Project Play*)

"How to Keep the Greater Good in Mind During the Coronavirus Outbreak" (Source: *Greater Good Magazine*)

"Exercise and Stress: Get Moving to Manage Stress" (Source: *Mayo Clinic*)

"Coronavirus/COVID-19 Frequently Asked Questions in Plain Language" (Source: *American Institutes for Research*)