

SPECIAL EDITION:

THE SEL MONTHLY

Community Newsletter

Edition 6



Taking Time to Reflect during COVID-19

The practice of reflection is an important component to social and emotional learning (SEL), as it allows for us to think about our feelings, experiences, and goals. This helps us to process our learning and progress, and to observe ourselves—all of which builds our self awareness skills. As we continue to adjust to the impact of COVID-19, it can be helpful to take time to reflect individually, within our families, and as a community. We can use this time to reflect on our reactions to adversity and our stress management habits. We can also identify areas of growth and seek opportunities to make positive changes by working toward new goals. The more self-aware we are of our emotions related to the current circumstances, the better able we can manage and persevere through times of uncertainty.

Tips for Reflecting

Reflect on an experience or event:

- What did you think about during the experience?
- How did you feel during the event?
- In what ways did your thoughts or feelings change afterwards?
- Does this experience impact other events in your life?

Reflect on learning and progress toward goals:

- What did I know before I started learning this topic or skill?
- How have I changed since the beginning of this learning process?
- Why is this goal setting process important to me?

Methods for reflecting:

- **Journaling:** try using a prompt or writing free-hand!
- **Talk it out:** share thoughts with someone you trust or a professional.
- **Mindfulness:** this can be done by setting a time to reflect through simply thinking or being aware of thoughts in the moment.
- **Creative activities:** create art through drawing, painting, or coloring, and be aware of how the creative process stimulates reflection.
- **Be physically active:** movement activities such as walking, running, stretching, or practicing yoga naturally stimulate reflection.

Suggested Journal Prompts for Reflection during COVID-19

- "What has been the biggest change since COVID-19 began?"
- "How have I grown through these changes, and what did I learn about myself?"
- "When social distancing ends, what are some things I am looking forward to doing or some people I am looking forward to seeing?"
- "When I look back at this time period, what is it I want to be proud of?"
- "What is one new thing that I started during the pandemic that I would like to continue when it is over?"
- "How has this 'new normal' allowed me to develop new, healthy habits?"

Helping Kids and Teens Reflect

Kids and teens need support in building their self-awareness and reflection skills. Adults can model these skills through conversations and intentional activities. Try using positive and purposeful language to guide reflection discussions, such as:

- "I can tell you have thought about this!"
- "I am interested to know more about..."
- "How did it feel when..."
- "What do you think or feel about..."
- "Why is it important to..."



We do not learn from experience. . . We learn from reflection on experience."

JOHN DEWEY

Resources

Click for online resources

Suggested Self-Care Apps:



Grateful: A Gratitude Journal



Headspace: Guided Meditation



Shine: Calm Anxiety and Stress

"To Engage Young Kids in Remote Learning, Start Simple"
(Source: EdSurge)

"Reflecting on Personal SEL Skills"
(Source: CASEL)

"Everyday Learning: Turn Every Day Moments into Learning Opportunities for your Child" (Source: PNC)

Includes:

- Morning routines
- Outdoors
- Mealtimes
- Bedtime
- and more!