

Frameworks SEL MONTHLY™ COMMUNITY NEWSLETTER

May 2022
Vol 2 Issue 11

*Social and Emotional Learning
& "SELebrating" Successes*



What is SELebrating Success?

by Jordan Sims, Community Programs Specialist

As the school year comes to a close, it is important to take time to pause and celebrate our successes. In the fast-paced society we live in today, it is so easy to accomplish a goal or meet a milestone and then quickly set our gaze towards our next task or achievement. Taking the time to celebrate our successes in the moment helps us to identify what worked well so that we can repeat that process in future endeavors. This also helps boost our self-confidence and can motivate us to achieve even more! Taking time to celebrate successes has so many benefits for ourselves, our children, and our emotional intelligence. In this issue, we will explore these many benefits and how we can take time to foster this habit of celebration both in ourselves and our children.

Early Learning

As we draw near to the end of the school year, we usually begin thinking about celebrations. We like to acknowledge and celebrate both children's and educators' positive outcomes and successes. Fostering and celebrating achievements are important ways to recognize and acknowledge the efforts of children, families and staff working together. Celebrating achievements can help inspire dedication to constant improvement, and develops confidence, promotes learning, and fosters a sense of belonging in children. There are several ways to celebrate success including: using wow moment notes, praise/positive reinforcement, rewards, special recognition, and an achievement board.

Elementary School

As our kindergarten-5th grade students reach the end of their school year, there are many ways to celebrate their success. While many school level celebrations focus on achievement solely through the academic lens, as parents, there are many additional ways to celebrate the many accomplishments our children have experienced this school year. Some ideas include: having your child make a list of all of the new things he/she learned this year, encouraging your child to think of all of the ways he/she has been a good friend to a classmate this year, and asking your child to list all of the qualities of a good student that he/she has demonstrated (e.g. - being a good listener, staying organized, following directions, reading independently at home, trying his/her best, etc.).

Middle School

Middle school is a time of constant change for students and parents. From changing bodies to going to multiple classes with different teachers each period, middle school is a process of passing through major events in a child's life. There are multiple opportunities for celebrating successes during this time. Starting in 6th grade, there is a celebration as a child enters the middle school environment. Celebrating the success of navigating from the elementary world of one classroom all day to moving to six different classrooms is a big accomplishment and worthy of celebration. At the end of 8th grade, there is another celebration for students graduating from middle school and transitioning to high school. Lastly, both you and your child surviving and thriving the middle school years is an amazing accomplishment and huge success. Take the time to celebrate and recognize all the successes during the middle school years, and what a great time it is for a child's growth and maturity.

High School

High school is a period of rapid growth in which we often forget to look back and see how much things have changed. Take this time to reflect, acknowledge, and celebrate all the successes along the way. What success is your student the proudest of? How has their perspective changed throughout the years? How have their goals changed? What changes have you noticed in them? Celebrate what your high schooler has learned about themselves as they've navigated the school year. Look at the process, the trial and error, and acknowledge what they have learned inside and outside of the classroom. Make your student feel noticed and loved, and build their confidence for the coming year. Whether they are graduating in a few weeks or becoming an upperclassman, they have overcome many obstacles and milestones to be where they are today. Slow down and celebrate those successes with them and acknowledge the growth that has happened along the way.

COPING SKILLS & ACTIVITIES



SELebrating Successes

by Carolyn Tompkins
SEL Program Specialist

It is important to note that celebration of our successes differs from rewarding ourselves. Celebrating appreciates the process, whereas rewards mark the ending of a process. When we focus on celebration, it allows us to feel pride for our effort in the whole process rather than just the end result. Celebrating with an emphasis on the process can also encourage us to have more motivation, dedication, and persistence in future our endeavors.

Some great ways to celebrate our successes include:

- Taking time for yourself – this can consist of taking a walk, creating a success journal, hosting a dinner party with friends, going on an adventure, or even starting a new hobby
- Include others who supported us in achieving our goals – this helps everyone feel appreciated and valued and also increases the likelihood of having a successful team again in the future
- Reflect on your success – ask yourself questions like: What did I enjoy most about this journey? What do I feel confident about? What would I change next time?

For additional information on this topic, visit www.verywellmind.com.

“
Colleagues should take care of each other, have fun, celebrate success, learn by failure, look for reasons to praise not criticize, communicate freely and respect each other.
”

Richard Branson

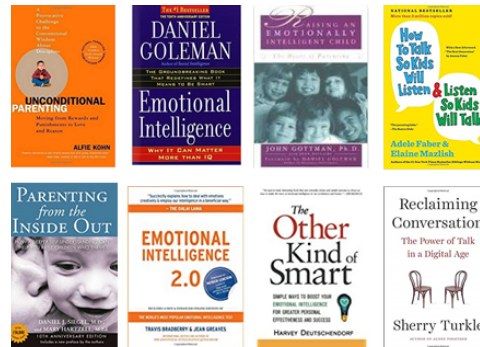
Reflect on Experiences and SELebrate

by Siomara Bridges-Mata
Sr. Community Programs Specialist

A great way to SELebrate our successes is by reflecting on our experiences. Take a moment this month to pause and think about all the great moments that were shared, the progress that was made, accomplishments that were achieved, and all the small and big wins of this school year. You can get creative as a family, class, or school by creating a SELebration Success Map!

List out each month and have everyone share an accomplishment or happy moment they remember. Have participants share out some of their responses and give them the biggest cheer! Below you will find some guiding questions that will invite your group to reflect on their success. You can adapt the outline of your map to the appropriate age, group, and setting, but what is at the heart of this activity is allowing everyone an opportunity to think about moments they are proud of through an SEL lens. Have fun, SELebrate and have a good time!

- **August:** What is one emotion you felt this month? How did you overcome and/or embrace it?
- **September:** What is one thing you accomplished this month that you are proud of?
- **October:** What did you learn this month that you were excited about?
- **November:** How did someone help you this month?
- **December:** How did you help someone this month?
- **January:** Share one goal you are happy you achieved this month.
- **February:** Who is one person that showed they care about you this month?
- **March:** What is one thing you accomplished this month that made you smile?
- **April:** What skill did you use this month to help you succeed?
- **May:** What is your greatest accomplishment of this school year?



Resources and Readings

by Mabel Filpo
SEL Programs Specialist

Celebrating children's successes helps children feel noticed, loved, and competent. The end of the school year is a great time to do it! As children become more aware of their accomplishments it helps boost their self-confidence. This is also an opportunity to help children visualize that they are transitioning out of one grade and moving up to the next grade. For children, this can be a period of different feelings and emotions. They can be happy and proud about ending the school year successively; and at the same time nervous about what the new school year will bring. Below are some resources for celebrating success.

Articles for Parents:

- [Your Child is Going to Kindergarten: Making the Move Together](#) (Early Childhood National Centers)
- [Acknowledge your Teens' Successes by Celebrating them](#) (SecureTeen)
- [Celebrating a Child's Success: Why It Matters](#) (Orchids)

Children's Books:

- [I Believe I Can](#) by Grace Byers
- [Remarkably You](#) by Pat Zietlow Miller
- [I Can Do Hard Things: Mindful Affirmations for Kids](#) by Gabi Garcia

To access free resources or purchase resources for home, classroom, or office use please visit our website:



www.myframeworks.org

Teens In Action APPLICATIONS FOR THE 2022-23 PROGRAM YEAR NOW OPEN!

Frameworks' Teens In Action™ (TIA) is a 10-month leadership and civic engagement program that equips high school students with the social and emotional skills needed to succeed in all aspects of their lives.

APPLY NOW AT:

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MAKE AN IMPACT