



Dear Academy Members,

We would like to wish you a happy and healthy holiday season. We hope that you have the opportunity to take a well deserved break to spend time with family and loved ones. This week's resources on small acts of kindness and on cultivating adult SEL feel like a perfect fit for the holiday season.



Small Acts of Kindness

Chase Mielke's ASCD article, [Compounding Influence](#), explores how individuals high in empathy, such as educators, can sometimes feel so deeply that they become "powerless to act" on their empathy. To counteract this powerlessness, Mielke suggests incorporating small acts of kindness into our daily lives and into the daily lives of our students. If you want to begin a small acts of kindness practice, Mielke suggests starting by identifying a challenge in your school or local community and then further narrowing your focus to provide an act of kindness focused on a specific person, place or circumstance. One suggestion he provides is to write a note to a colleague who appears burnt out.

Prioritizing Educator SEL

In his Center for Responsive Schools article, [Self-Care: The Heart of Social and Emotional Learning](#), Kevin Briggs outlines the importance of cultivating SEL for ourselves as educators through practicing self-care. After making a case for the importance of educator SEL to combat stress and burnout, Briggs shares self-care strategies and mindfulness practices that educators can incorporate into their self-healing toolboxes. He also encourages schools, organizations and districts to include adult SEL within their SEL implementation plans.



The Research is In

Earlier this month, Edutopia released their list of the [10 Most Significant Education Studies of 2022](#). The studies range from the benefits of brain breaks to how strong teacher-student relationships motivate students to engage in rigorous academic work.



Academy for
SOCIAL-EMOTIONAL
Learning in Schools

Upcoming Webinars

Here are our upcoming REBROADCASTS of our widely popular [SEL Academy Free Webinar Series: Best Practical Practices in](#)

Your SEL/Character Work. Every rebroadcast will have time for Q and A. The link to register for all rebroadcasts is [here](#).

(1) SEL and Equity 101: A Practical Approach-- Rebroadcast

Date: 1/12/23 and 2/23/23, 7:30 - 8:30 p.m. ET

Presenter: April Terrell

This webinar will aid participants in viewing SEL from an equity perspective. Centering on the self-awareness competency, one will begin to think about comfort and capability for discussing topics of Diversity, Equity, Inclusion, Justice, and Belonging with students; we will define common language and terms; and determine ways to serve as an anti-racist educator.

(2) SEL Academy Overview: How and Why to Obtain a Certificate in SEL Instruction and/or SEL School Leadership-- Rebroadcast

Date: 1/19/23 and 2/20/23, 7:30 - 8:30 p.m. ET

Presenters: Patricia Heindel and Maurice Elias

As an SEL practitioner—whether working directly with students or leading adults in bringing SEL into your school as an SEL Coordinator, lead teacher, or school administrator—having a certificate from the Academy connects you with a network of professionals sharing your job all over the US and the world. Stop reinventing the wheel and start benefiting from colleagues' work and sharing your own innovations! This webinar will introduce you to the Academy and its primary approaches to fostering social-emotional and character development in schools.

(3) How to Integrate SEL into Social Studies/Civics/History and other Academic Areas via Students Taking Action Together, and into Tier 2 Interventions via the SEL Lab-- Rebroadcast

Date: 1/18/23 and 2/1/23, 7:00 - 8:00 p.m. ET

Presenters: Lauren Fullmer and Tracey Maiden

Join us to learn about two short courses that will help you to intentionally integrate SEL skills into your content area instruction, as well as take a preventive approach to academic and behavioral challenges you may face through Tier 2 Interventions. In just 45 quick minutes, we will share with you about the content and delivery of two

short courses: Students Taking Action Together and The Social-Emotional Learning Lab.



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