

#SELday



Celebrating International SEL Day

Happy International SEL Day! International SEL Day was created by SEL4US and The Urban Assembly to celebrate the importance of SEL. We hope you promote and advocate SEL throughout your communities today, and everyday, to spread awareness of the importance of social and emotional learning. Together, we have worked towards bringing SEL into our classrooms and communities. We plan to continue to share strategies and skills as a community in the future. The Academy hopes you enjoy this wonderful day and aspires to see all of your support for SEL today!

Interested in seeing what educators and students are doing to celebrate SEL?!

Check out <https://selday.org> and [#SELDay](#) on social media.



This week we have some great resources:

1. [Igniting Hope in our Students: Three Sparks](#)

In honor of International SEL Day, Dr. Maurice Elias provides three strategies to foster hope in your students.

In the words of Dr. Elias,

"The hope is there. It resides within the hearts of the vast majority of our students. Adults must provide the spark that enables hope to flourish."

2. [5 SEL Check-In Activities for Your Classroom](#)

Emotional check-ins help students better explore, understand, and manage their emotions. Without them, students might be more prone to burnout and not do as well both academically and socially. This article, by Dr. Liza Johnson, briefly explains why check-ins are important, offers 5 check-in activities that can be implemented in classrooms, and offers 5 check-in questions that can be asked if there isn't enough time for activities.

3. [A Better Breakout Room Experience for Students](#)

If you are teaching remotely, these tips from Edutopia can help to increase student engagement in your breakout rooms!

4. [Bridging Differences Playbook](#)

This incredible resource from UC Berkley's Greater Good Science Center draws on research, interviews and best practices to create a playbook for Bridging Differences. The playbook includes 14 strategies to create dialogue, combat polarization and reach across divides.

Upcoming Events



Elementary school educators have a wonderful opportunity to introduce SEL into the curriculum. In this effort, Second Step® Elementary delivers this webinar to show educators how to use Second Step® Elementary's classroom kits and digital program.

Topic: A Foundation for Life with Second Step® Elementary

Date and Time: Tuesday, March 30th at 2:00 - 3:00 PM EST/ 11:00 AM - 12:00 PM PST

Register: http://go.cfchildren.org/WBN-2021-03-30SSK-5_LP-Registration-Page.html

Virtual Professional Learning Community

Our Virtual Professional Learning Community (VPLC) is always looking for new topics or areas of interest. If you could send us an issue, topic, or question for which you would most like consultation/support we would greatly appreciate it!

Emails can be sent to: SELvplc@gmail.com

OR

Complete this [Google Form](#)



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