

# RUNNEMEDE SCHOOL DISTRICT

## SOCIAL-EMOTIONAL LEARNING NEWSLETTER

### DECEMBER 2024



#### WHAT IS SOCIAL-EMOTIONAL LEARNING?

Social-Emotional Learning (SEL) is the process of developing the self awareness, self control, and relationship skills that are vital for school, work, and life success.

Check out CASEL's SEL framework that focuses on 5 specific competencies.



#### TRY THIS AT HOME - IDENTIFY "GOOD FRIENDS" IN A MOVIE OR BOOK

Put your phones away and watch a movie or read a book together. As the story unfolds, bring attention to characters that are being kind and displaying qualities of being a good friend. Pause for a minute and make connections and talk about healthy and unhealthy relationships and why it's best to be a good friend.



#### FOCUS OF THE MONTH

**Relationship Skills** involve the ability to cooperate with others, listen well, be a good friend, and recognize how our actions affect others.



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#### HELPFUL RESOURCES

##### Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
			
Low	Happy	Wobbly	Angry
Running slow	Good to go	Caution	STOP!
Unhappy Tired Withdrawn Tearful	Positive Proud Calm Focused	Excited Nervous Frustrated Annoyed	Mad Furious Yelling Aggressive

We hope that you have become a little more familiar with the zones of regulation and have tried using the terms with your child. It's great to use for you own self-awareness so that you can be the best parent and person you can be. We all weave in and out of the zones. It's recognizing when we need to reset, adjust, and not get stuck. [Check out this video](#) that gives a great overview of the zones and explains the process.