

RUNNEMEDE SCHOOL DISTRICT

SOCIAL-EMOTIONAL LEARNING NEWSLETTER

JANUARY 2025



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

Use stuffed animals in make believe play. Stuffed animals are great tools for teaching empathy and social awareness. Encourage your child to role play with their favorite stuffed animals acting out different emotions and scenarios.



FOCUS OF THE MONTH

Social Awareness is the ability to understand and empathize with others, including those from diverse backgrounds and cultures.



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HELPFUL RESOURCES



[Snowman Emotions Activity Sheets to Print](#)



[Yoga in the Snow with Animals Video](#)

A 3 minute video that can be used before bedtime or to calm down and relax.