Bancroft SEL Newsletter

Created by: SEL Committee

It's important to take care of yourself and get the most from life.



SEL SKILL OF THE MONTH:

Self-Awareness

Recognizing one's emotions and values as well as one's strengths and challenges.

- Identifying emotions
- Accurate self-perception
- Self-Confidence
- Recognizing Strengths
- Self-efficacy

SEL **Strategy**

Creating Space

This strategy is based on the Restorative Justice practice of Restorative Circles/Community Circles. The Circle process was originally inspired by the Indigenous Peoples of North America and Africa and have been used for millennia.

1. Settle into a comfortable position (seated or standing).

2. For the next 1-5 minutes, we will be creating space together vulnerably share what we are currently experiencing in our lives (or our intentions for the day, or our fears, or any boundaries we currently need, etc.)

3. The guidelines for this activity are: One person will speak at a time. Each person will have the same amount of time to speak, and speaking is a choice; only share if you feel called to do so. When it is not your turn to talk, your role is solely to mindfully listen to the speaker; we won't be commenting, judging, or responding. If there is space between speakers, maintain the silence; silence is okay.

4. The intention of this mindful listening circle is to create space for everyone to share anything that needs to be cleared in order for us to be fully present together in learning.

SELF-CARE corner



Gratitude List

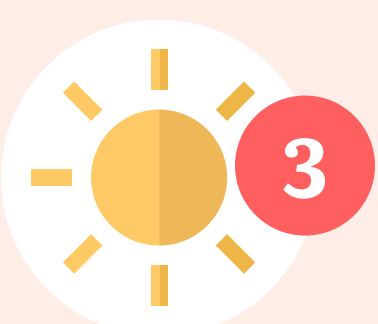
Think of an area that might be challenging at the moment. Pull out 3-5 positive outlooks and write them down. Check out this resource for more ideas:

Gratitude List



Accountabili-Buddy

Find a buddy. Schedule a daily/weekly/biweekly check in (whichever works for you!). Check in and talk: Share a highlight, brainstorm solutions, show yourselves and each other gratitude.



Get Some Sun

Sunlight exposure can lift your mood, fight stress, and give you a boost of vitamin D. To gain these benefits, you only need 5-15 minutes of sunlight on your hands, arms, and face 2-3 times a week. Go for a walk during lunch!



Be Present

You may find yourself constantly thinking about the past or the future. A necessary act of self-care is to bring yourself into the present moment. Try by recognizing your five senses. What do you see? Hear? Smell? Taste? Feel?