A Week of SELebrating!

Together let's tell our story of why SEL is important and what it looks like in Palm Beach County. Each day during this week, we will have a District-wide SEL Focus Day as part of our district-wide SEL Campaign. Below are some ideas of how your school can promote SEL this week.

	Monday March 7th	Tuesday March 8th	Wednesday March 9th	Thursday March 10th	Friday March 11th
District-wide SEL Focus Day	*Self-Awareness & Self-Management*	*Social Awareness*	*Relationship Skills*	*Responsible Decision-Making*	*National SEL Day*
Possible Ideas for Dressing Up	**-We've Got Goals:** When you practice self-awareness and self-management you set goals for the future. Dress up to show what you want to be when you grow up or what college you want to attend. **-Don't Sweat the Small Stuff:** Wear your favorite school appropriate workout gear to show why it is important to work through our feelings and stress. -**Show Love for Yourself:** Wear a positive word or message to remind yourself you are important. **- Color of the Day:** Wear GREEN to show we have a GROWTH MINDSET & are willing to GROW.	**-Your Future is Bright When You are Kind:** Wear sunglasses to school to show you are kind to others. **-Hats Off For Our Differences**: Wear your favorite hat, headband, or tiara to show you celebrate and respect differences. **-Color of the Day:** Wear BLUE to show that you **B**elieve, **L**ove, and **U**nderstand **E**ach Other	**-You've Got a Friend in Me:** Match outfits with a friend (Twin Day) **-Kick it into Gear, Help Someone Near:** Wear crazy socks or your favorite kicks to show the importance of helping each other. **-There is No "I" in TEAM:** Wear your favorite sports team shirt to show the importance of teamwork. -**Color of the Day:** Wear PINK to show the importance of being kind and inclusive.	**-Superhero Day:** Have the superpower to make responsible decisions. **-Your Choices Are Your Key to Your Dreams:** Wear PJS to show that you are committed to making responsible decisions. **-Camouflage Day:** "You won't *see me* making irresponsible choices" **-Color of the Day:** Wear RED to show that you are RESPONSIBLE and have the courage to do the right thing.	**-We're Crazy for SEL:** Wear crazy socks and/or crazy hair to celebrate SEL. -**SEL Can Inspire You & Others**: Wear a shirt with an inspirational phrase or quote to inspire yourself and others. **-SEL is TIE'D to Success:** Wear tie dye to show that SEL is important. -**Color of the Day:** *Wear* ORANGE to show how SEL unites us.

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Possible Classroom Activities	Have your students write a positive affirmation to themselves.	Spread the love for SEL by doing something kind for someone.	Partner up with a friend or another class to read together.	Participate in an activity to better your community or school (ex- donate food, supplies, pick up trash, recycle, etc.)	Have your students answer one of the following prompts and share their response with the class. If they have permission, share their response on social media using the hashtag #SELDAY and @selpbc: #SEL is important to our school because _____ #SELday We're working together for the common good by _____ #SELday #SEL In honor of #SELday today, I'm working on my _____ [SEL skills]
Possible School-wide Activities	• **SEL Door Decorating Contest** • **SEL Spirit Day Announcement**- Every day feature a student or staff member to share on the Morning Announcements the SEL Competency for the day, why it is important, and make the connection to your dress up theme for that day. ○ **Monday:** Today, we are focusing on Self-Awareness and Self Management. Self Awareness is the ability to develop a healthy sense of who you are, recognize your strengths and limitations with a well-grounded sense of confidence and purpose, and better understand your thoughts and feelings. Self Management is the ability to effectively manage stress, work through your thoughts and feelings, and initiate self-motivation to set and achieve goals. ○ **Tuesday:** Today we are focusing on Social Awareness. Social Awareness is the ability to better understand different views and have empathy for others. ○ **Wednesday:** Today, we are focusing on Relationship Skills. Relationship Skills are the ability to communicate clearly, connect with others, and resolve conflict in a constructive way. ○ **Thursday:** Today, we are focusing on Responsible Decision-Making. Responsible Decision-Making is the ability to make caring and constructive choices, analyze your actions and how they can impact yourself and others, and find solutions. ○ **Friday:** Today is National SEL Day. This week we learned about the five SEL skills that will help us lead fulfilling lives and be successful in and out of school and our future careers.				

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The week of March 7th is Social and Emotional Learning spirit week.

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Friday March 11th	National SEL Day	