

SMS School Counselling

MRS. BYERS APRIL 24 - APRIL 30

SOCIAL EMOTIONAL LEARNING

The Collaborative for Social Emotional Learning (CASEL)

SEL is defined as "how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions."

The number one priority at this time is taking care of ourselves and others. This week, I challenge you to listen to your inner voice. If it is negative or critical, work on changing your words and being kind to yourself.



ARE PROCRASTINATION, FEAR, ANGER, SORROW, AND INCOMPLETE GOALS HOLDING YOU BACK?

You need a brain dump to declutter your mind.

Let go of the things that are filling your mind and making it difficult to focus and concentrate. Take a moment and write down what you have been putting off, what you are nervous about doing, the name of the person or thing that is causing you to be mad or upset, the goal that you haven't accomplished. You can use the categories on the worksheet or you can create your own. Once you have created your list, determine what you can do, what you can let go of and who you may need to ask for help. Your mind and your space require ongoing cleansing. If you make this a habit, you will find that you feel less stress and more capable of doing what is important.

MY BRAIN DUMP LIST

 Procrastinations	 Fear
 Anger	 Discouragements
 Incomplete goals	 Sorrow