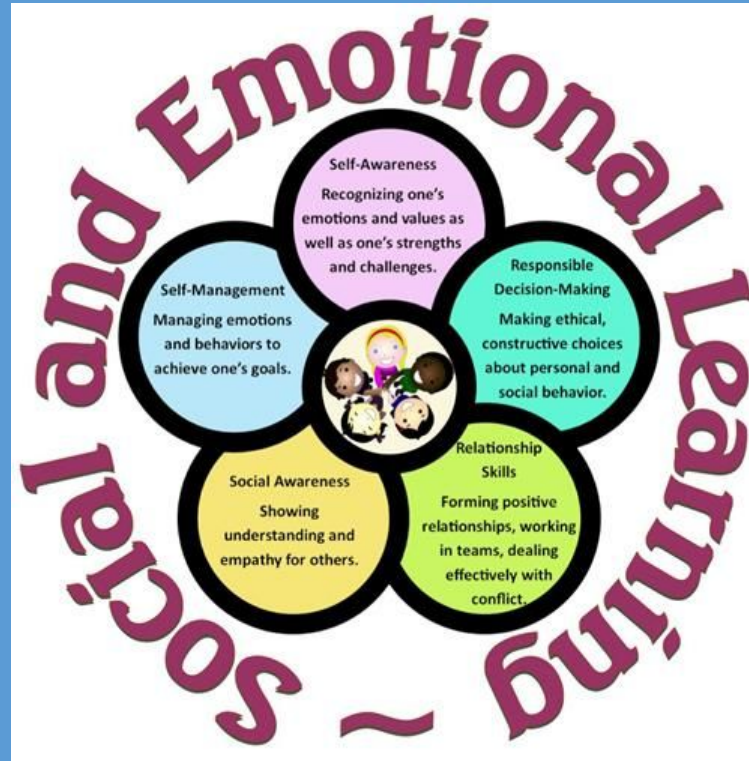
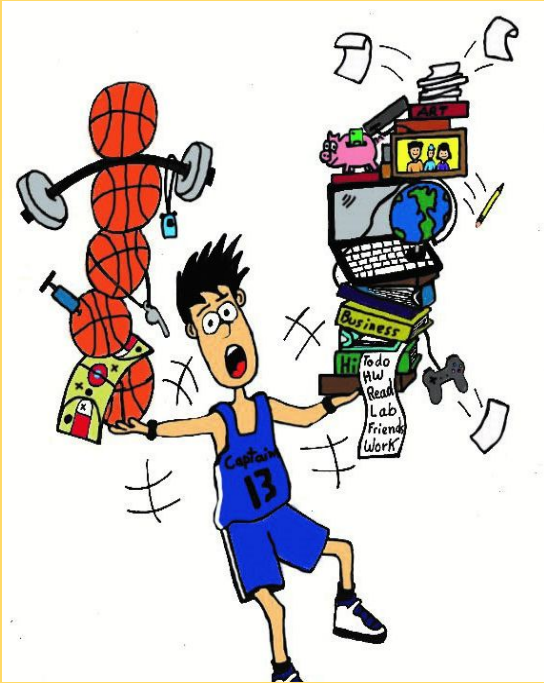


# SEL Lessons in Review



# Time Management & Organization



- Print a calendar
- Use sticky notes or make a To-Do list
- Put your phone in another room or give to parents while doing H.W.
- Avoid distractions (TV, Eating..etc)
- Make it fun
- Change your scenery: Get outside with your favorite snack and do homework
- Stay at school
- Take 10 min breaks between H.W.
- Do not disturb sign
- Give yourself a reward for completing your work

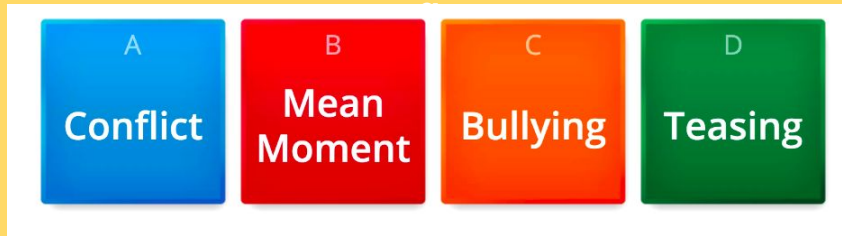
# STRESS AND STRESS MANAGEMENT



# Identifying Conflict & Conflict and Communication



## Bullyin



I'm the.....

**Aggressor**

- I leave someone out, on purpose
- I lie and gossip about someone
- I make mean, hurtful comments about someone
- I laugh and make fun of someone
- I don't treat someone how I want to be treated

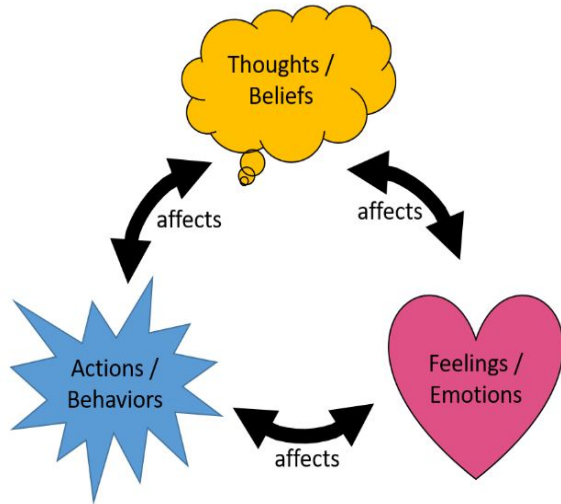
**Bystander**

- I stand by and watch when someone is being mean to someone
- I listen to someone say hurtful or mean comments but don't speak up
- I video record or laugh at someone being hurt
- I'm scared they might bully me, so I don't help
- I think someone else will help, it doesn't have to be me

**UPstander**

- I see something, I say something
- I don't spread rumors
- I hear someone saying something mean or hurtful and I tell them "that's not cool" or stand up for my peer
- I tell an adult
- I include others, even if it means I feel like the only one

# Thoughts-Feelings & Self Talk



## Overcoming Negative Self-Talk

1. Monitor your thought patterns



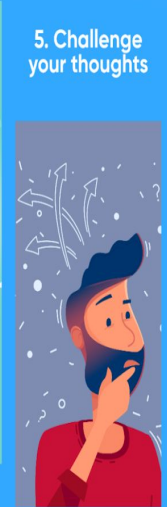
2. Talk to yourself like you would talk to your best friend



3. Keep an eye on your stress levels



4. Look on the bright side



5. Challenge your thoughts

BetterUp 



# GRIT AND RESILIENCE

# GRIT

The ability to keep working toward a goal, overcoming challenges and sticking with it even when it's hard.

RESILIENCE  
is the ability  
to find the inner  
strength to bounce  
back from a  
SET-BACK OR CHALLENGE



## PERSISTENCE

Never let anything stand in your way

# Respect and Manners



what are other  
words for  
mind your manners?



behave, be well-behaved,  
be good, be polite,  
act correctly, act politely,  
conduct yourself properly



# SEL SPRING SURVEY ON DASHBOARD ANNOUNCEMENTS

<https://forms.gle/1RsRYaXd1U2BTEoq9>