

SEL GUIDANCE FOR SCHOOLS

In this significant time educators, students and families may be experiencing grief and loss. It is essential to recognize that our time together is meaningful, give each other permission to express feelings and look to the future with hope.

Consider these three goals whether you're at home, work or school.

GOAL 1

Celebrate highlights to affirm our learning is meaningful.

Guiding Questions

- Who has influenced you?
- What have you accomplished as an individual?
- What have we as a staff, class or group accomplished? How did that feel?

Activities

- Choose a highlight for each month of the school year; create a memory timeline
- Create a memory collage
- Create an award to celebrate an accomplishment

GOAL 2

Acknowledge what we've lost, how we've grown and who we've become.

Guiding Questions

- How have difficult times made you stronger?
- In what areas have you grown this year?
- 20 Questions to Ask Instead of "How are you doing right now?"

Activities

- Compose a letter, speech, poem or song about the year
- Create a "then and now" bulletin board
- Create an original "then and now" meme or work of art

GOAL 3

Build optimism and look forward to next steps with hope.

Guiding Questions

- Why and how can we focus on the future?
- What are you looking forward to?
- What are you excited about?

Activities

- Build a schedule with weekly goals for keeping in touch, learning, and fun
- Design a campaign to give back to your community
- Plan an event to take place after "social distancing" is over

Additional Resources