

SEL GUIDANCE FOR SCHOOLS

It is vital to reflect on the 2019-2020 school year. In this significant time educators, students and families may be experiencing grief and loss. It is essential to recognize that our time together has been meaningful, give each other permission to express feelings and look to the future with hope.

**Consider your plans for the last weeks of school
and align them with these three goals.**

GOAL 1

Celebrate highlights to affirm our learning has been 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 this summer?
- What are you excited about doing when you return to school?

Activities

- Build a summer 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

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Washoe County School District

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