

WINTER
2021 - 2022

Yonkers Public Schools

Social Emotional Learning (SEL) Newsletter

YPS Psychology & Social Work Pupil Support Services



SEL SKILLS

Teachers and parents may use the links below to begin a conversation about the words friendship and patience.

Friendship is a relationship between people who like each other and enjoy each other's company. People who are friends talk to each other and spend time together. They trust one another and also help each other when they are in trouble or are hurt.

Patience means waiting until later for something that you want now. Sometimes, being patient is hard and that is OK. Practicing being patient is a good way to get better at it.

For Elementary:

[\(Video\) "Friendship soup"](#)

[\(Video\) Sesame Street teaches Friendship](#)

[\(Video\) 12 Videos that teach Friendship](#)

[\(Video\) Sesame Street / Elmo on patience](#)

[\(Video\) Sesame street cookie monster on self regulation](#)

For Middle/High School:

[\(Video\) Importance of Friendships](#)

[\(Video\) Friendships and social media](#)

[\(Video\) Friendships and Boundaries](#)

[\(Video\) Practicing self control](#)

MINDFULNESS PRACTICE:

Mindfulness can help with stress, anxiety, and attention. Mindfulness is - noticing what is happening around you and what is inside of you in the present moment. It is the "here and now". Being mindful takes practice. Remind students it is OK to get distracted. The important thing is to notice and re-focus.

For All Ages: [51 Mindfulness Activities for the Classroom](#)
Stop, Take a Breathe, Observe, Proceed (STOP) skill [Click here for Info and Video](#)

Activity for All Ages: [Glitter Jar Activity](#)

FREE COMMUNITY ACTIVITIES and RESOURCES

Keeping your child active and engaged in different activities promotes healthy growth and development. Below are free activities that you and your family may participate in this month:

Yonkers Public Library Teen Event Calendar [Click here for the calendar](#) or [Click here for the "what's happening for teens" page](#)

12/18 - Brooklyn Wyckoff Farmhouse Museum Family Day : Calm Candles (All Ages) [Click here to register](#)

12/7; 12/14; 12/21; and 12/28 - NY Project HOPE Virtual Storytime [Click here to register](#)

12/18 - Harlem, NY State of Mind Holiday Mania [Click here for more information](#)

WINTER WELLNESS

As the weather gets colder and the days get shorter, many of us prefer to stay inside. As a result, that can lead to boredom or wintertime blues! For more information, watch this video with tips for staying mentally healthy this winter! [Click here for the video](#)

Self-care is a process of taking care of oneself in order to promote their own mental, emotional, physical, and spiritual health. Some self care activities you can do with a friend are: get a manicure/pedicure, go for a walk outside, do some exercise, binge a tv show, start a new hobby or continue with an old one, get creative. For more tips go to:

[Click here for Self Care Activity List for Groups](#)

[Click here for Self Care Plan for Families](#)

PARENT CORNER

NY Project HOPE Online Wellness groups for those struggling with emotional challenges and stress related to the pandemic [Click here to sign up](#)

View the Yonkers Public Library Events calendar to find events for adults and children! [Click here](#)

12/9 - Illuminating Conversations: Preparing Girls & Women of Color to be Leaders. Join the virtual discussion! [Click here to register](#)

12/16 - Car Seat 101 Virtual class [Click here to register](#)

GENERAL INFORMATION:

Looking for homework help?

Yonkers Public Library offers Homework Help [Click here for more information](#)

In a Crisis?

Text "HOME" to 741741 to connect with a crisis counselor
Or Call (800) 273-8255 for the National Suicide Lifeline

Other Questions, Comments, or Suggestions?

Contact your school's Pupil Support Team



"You can't separate learning and well-being".

-unknown

- Composed by YPS Psychology and Social Work
SEL Newsletter Committee