

SOCIAL AND EMOTIONAL LEARNING (SEL) TIP OF THE MONTH!

May Theme: Mindfulness

Mindfulness is learning to be present in the moment. That means not worrying about the future or dwelling on the past. It is a powerful way to handle stress and live life more fully, without judgment, and with an attitude of kindness and curiosity. It's about breathing while noticing what's happening in the present, then letting it go. **You can be mindful anytime, anywhere, no matter what you're doing.** Mindfulness can be a helpful strategy to work on self-control, improve focus, and create a sense of calm.

Click Here
For
Elementary
School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 © MindfulnessLearningTech.com	1 Focus on the process, not the outcome.	2 Praise your child for their effort.	3 Teach your child that mistakes are part of learning.	4 Talk about a mistake you learned from.	5 Ask your child how it felt to see the outcome of hard work.	
6 Instead of saying "Good job," say "I like how you worked hard on that!"	7 Model trying something new.	8 Talk about something new you've learned.	9 Instead of saying "You are so smart," say, "You have a great idea."	10 Tell your child that you believe in them.	11 Ask your child to share their opinion or ideas.	12 Talk about the way of learning that is working best for your child.
13 Encourage your child to be happy for other's accomplishments.	Start a family "idea jar."	14 Think your child about the brain and how it works.	15 Say "I see how hard you are trying."	16 Practice collaboration and making a plan together.	17 Ask your child about what a strategy is and how they can help.	18 Practice calming strategies for when things get harder/unexpected.
20 Teach and model positive self-talk such as "I can do this."	21 Set goals and break them into smaller chunks together.	22 Try a new cooking recipe with your child.	23 Say "I see how hard you are trying."	24 Practice collaboration and making a plan together.	25 Ask your child about what a strategy is and how they can help.	26 Ask your child how to turn a negative situation into a positive.
27 Look up inventions that were born out of a mistake.	28 Brainstorm a new invention together.	29 Keep a journal/record of cool things learned each day.	30 Help your child notice what gets in their way.			

Click Here
for
Middle/High
School

CLICK ON THE CALENDAR ABOVE TO VIEW A DAILY TIP FOR MINDFULNESS!



CONSEJO DEL MES SOBRE EL APRENDIZAJE SOCIAL Y EMOCIONAL (SEL)!

Tema de mayo: La atención plena

La atención plena es aprender a **estar presente en el momento**. Eso significa no preocuparse por el futuro ni pensar en el pasado. Es una forma poderosa de manejar el estrés y vivir la vida más plenamente, sin juzgar y con una actitud de bondad y curiosidad. Se trata de respirar mientras te das cuenta de lo que está sucediendo en el presente y luego lo dejas ir. **Puede ser consciente en cualquier momento y lugar, sin importar lo que esté haciendo**. La atención plena puede ser una estrategia útil para trabajar en el autocontrol, mejorar la concentración y crear una sensación de calma.

¡Haga clic aquí para la escuela primaria!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Focus on the process, not the outcome.	2 Praise your child for their effort.	3 Teach your child that mistakes are good.	4 Talk about a mistake you made you are working on.	5 Ask your child how it felt to see the outcome of work.
6 Look at your child's work and say, "You worked so hard on that!"	7 Teach your child something new today.	8 Encourage your child to be "as smart" as you are today.	9 Ask your child to tell you something that you believe in them.	10 Talk about the opinion or ideas for something you are working on.	11 Ask your child about the joy of learning something new.	
12 Encourage your child to be proud of their accomplishments.	13 Encourage your child to be proud of their accomplishments.	14 Encourage your child to be proud of their accomplishments.	15 Encourage your child to be proud of their accomplishments.	16 Encourage your child to be proud of their accomplishments.	17 Encourage your child to be proud of their accomplishments.	18 Encourage your child to be proud of their accomplishments.
20 Teach and model positive will talk, such as "I can do this!"	21 Set goals and break them into smaller chunks together.	22 Try a new activity together.	23 Encourage your child to be proud of their accomplishments.	24 Tell your child a story of something they are trying to do.	25 Read stories about characters trying hard at something.	26 Ask your child how to turn a negative situation into a positive.
27 Look up inventions that were born out of a mistake.	28 Brainstorm a new invention together.	29 Keep a journal/record of cool things learned each day.	30 Help your child notice what gets in their way.			

¡Haga clic aquí para la escuela intermedia / secundaria!

¡HAGA CLIC EN EL CALENDARIO DE ARRIBA PARA LA ATENCIÓN PLENA!

