

SEL News for You

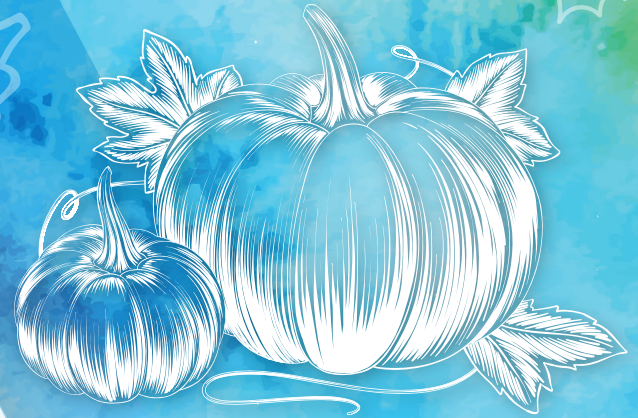
HELPING YOU HELP

NOVEMBER
2023

This month's newsletter will focus on GRATITUDE. Mindfully recognizing the things that are going well is the focus of our Educator Wellness Activity. For the kids, there are two Gratitude Activities that will promote gratitude awareness with your students. The Gratitude Spinner is a wonderful resource to send home with your kids on the Holiday Break.

Happy Helping!

Nicole



EDUCATOR
WELLNESS ACTIVITY



Gratitude
Calendar

CLASSROOM
SEL ACTIVITY



Giving
Thanks

MINDFUL
MOMENT



My Gratitude
Spinner

EDUCATOR WELLNESS ACTIVITY



Gratitude Calendar

Write something/someone you are grateful for each day (ex. My Best Friend, My Cat, Ice Cream, etc.)

Reflecting on Gratitude by

Today, I am 1 <i>Thankful</i> for...	Today, I am 2 <i>Thankful</i> for...	Today, I am 3 <i>Thankful</i> for...	Today, I am 4 <i>Thankful</i> for...	Today, I am 5 <i>Thankful</i> for...	Today, I am 6 <i>Thankful</i> for...	Today, I am 7 <i>Thankful</i> for...
Today, I am 8 <i>Thankful</i> for...	Today, I am 9 <i>Thankful</i> for...	Today, I am 10 <i>Thankful</i> for...	Today, I am 11 <i>Thankful</i> for...	Today, I am 12 <i>Thankful</i> for...	Today, I am 13 <i>Thankful</i> for...	Today, I am 14 <i>Thankful</i> for...
Today, I am 15 <i>Thankful</i> for...	Today, I am 16 <i>Thankful</i> for...	Today, I am 17 <i>Thankful</i> for...	Today, I am 18 <i>Thankful</i> for...	Today, I am 19 <i>Thankful</i> for...	Today, I am 20 <i>Thankful</i> for...	Today, I am 21 <i>Thankful</i> for...
Today, I am 22 <i>Thankful</i> for...	Today, I am 23 <i>Thankful</i> for...	Today, I am 24 <i>Thankful</i> for...	Today, I am 25 <i>Thankful</i> for...	Today, I am 26 <i>Thankful</i> for...	Today, I am 27 <i>Thankful</i> for...	Today, I am 28 <i>Thankful</i> for...

CLASSROOM SEL ACTIVITY



Giving Thanks

MATERIALS: Turkey cut out and feathers, crayons/markers, scissors, glue stick

TIME: 10-20 minutes

AUDIENCE: Class or large group

STEP ONE

On each feather, follow the prompts to write something you are Thankful for.

STEP TWO

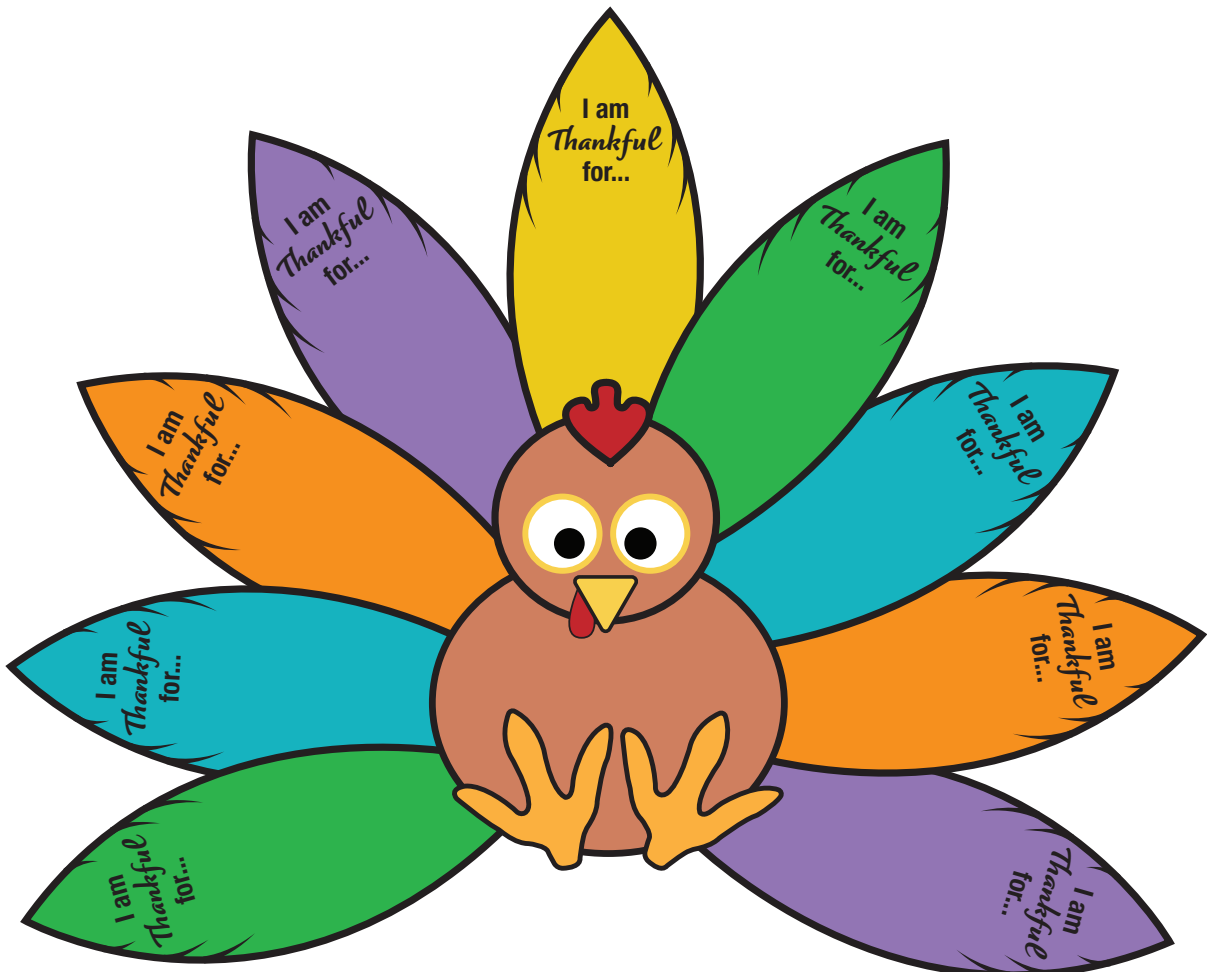
Color in your turkey and feathers how ever you like.

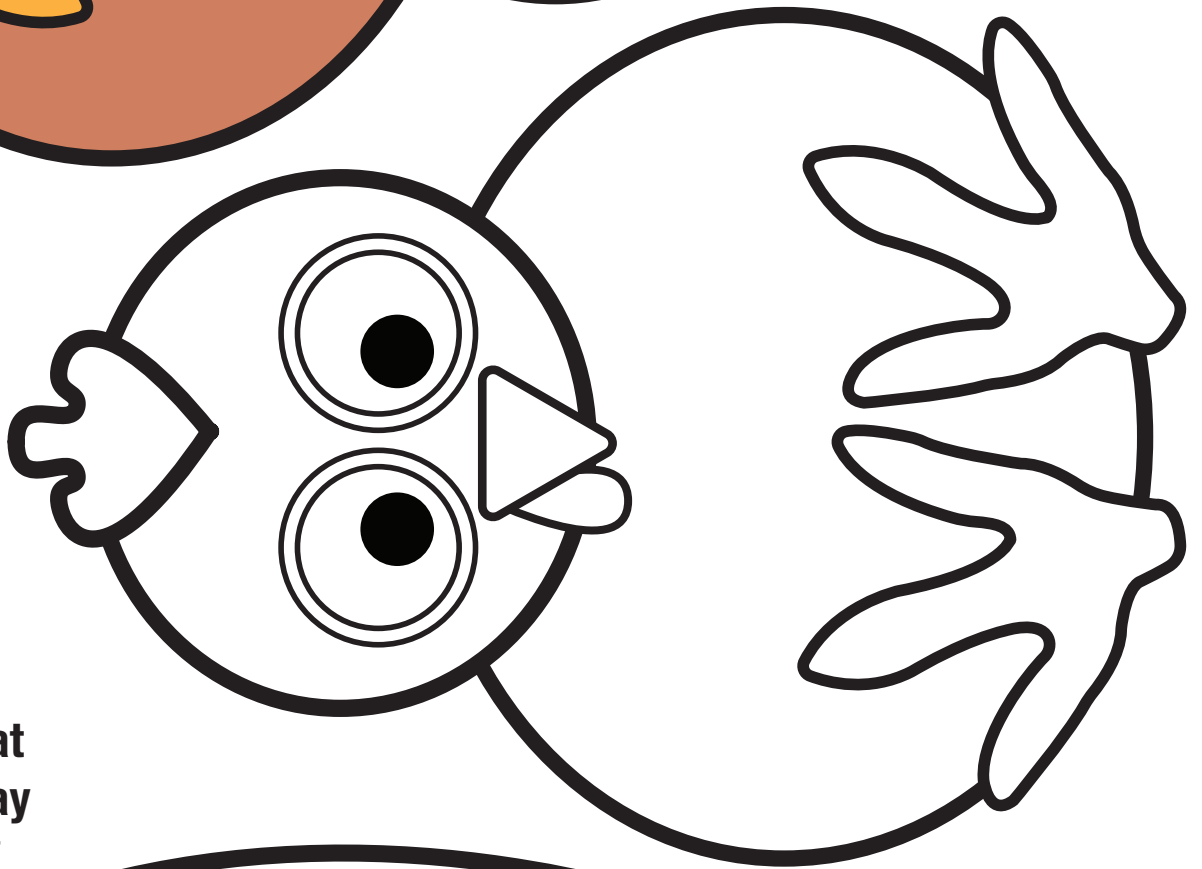
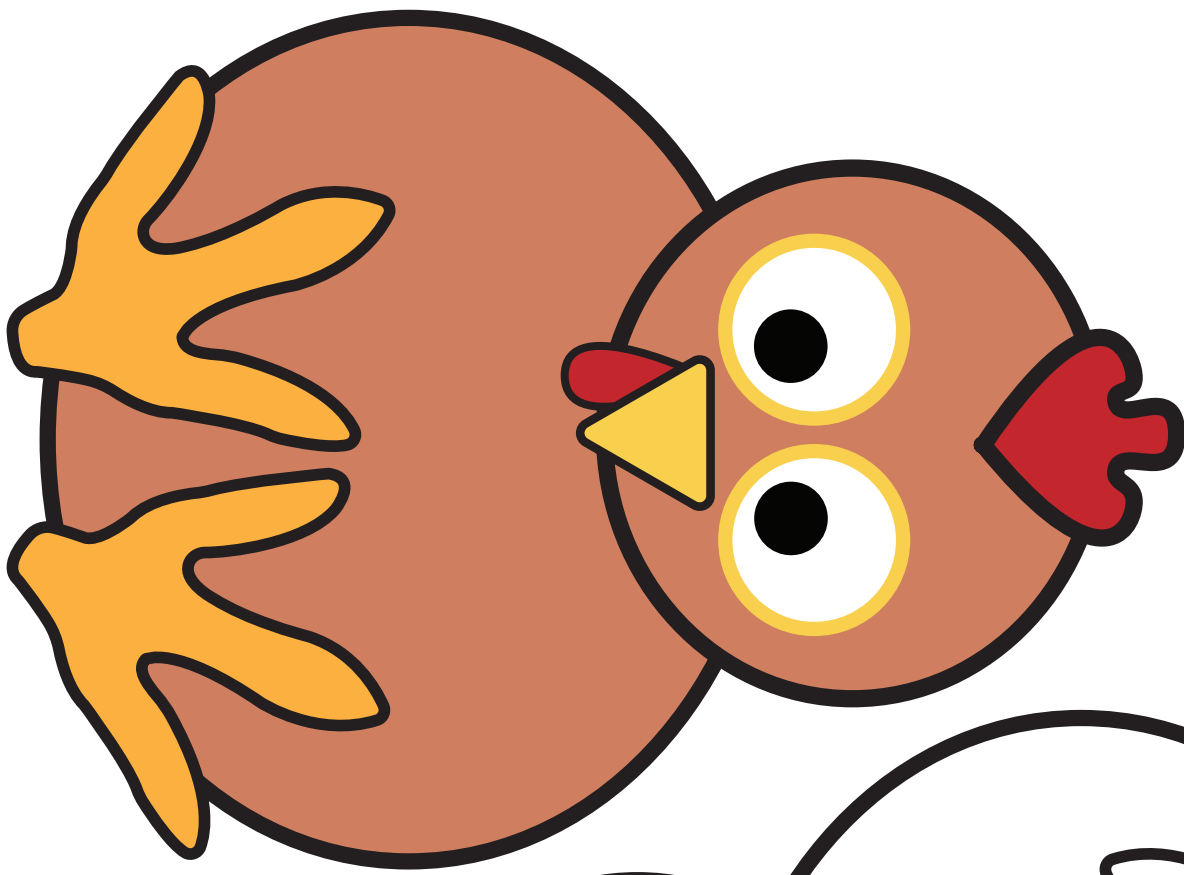
STEP THREE

Using your scissors, cut out your turkey and feathers. Add glue to the bottom of the feathers and attach them to the back of the turkey.

STEP FOUR

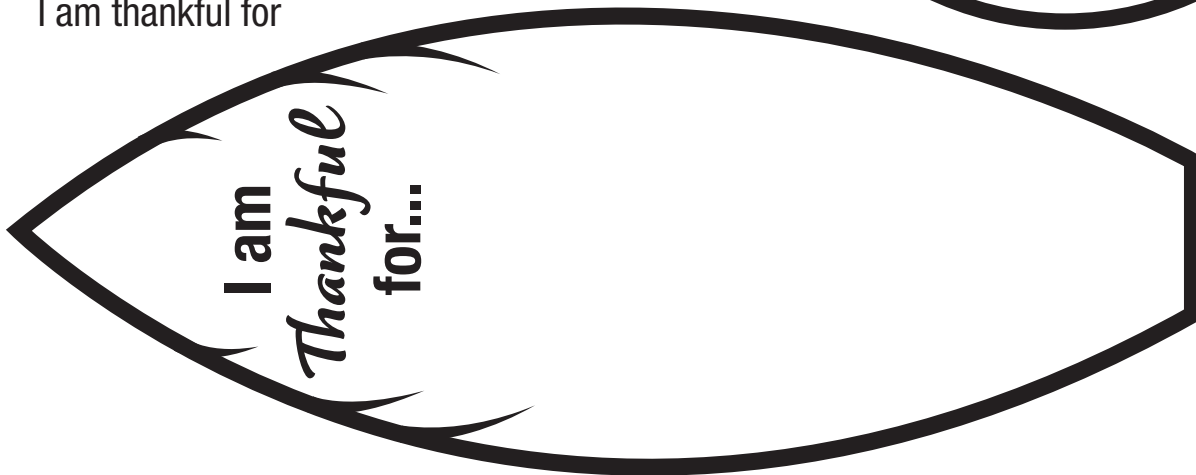
Enjoy your colorful turkey and all the many things you have to be Thankful for!

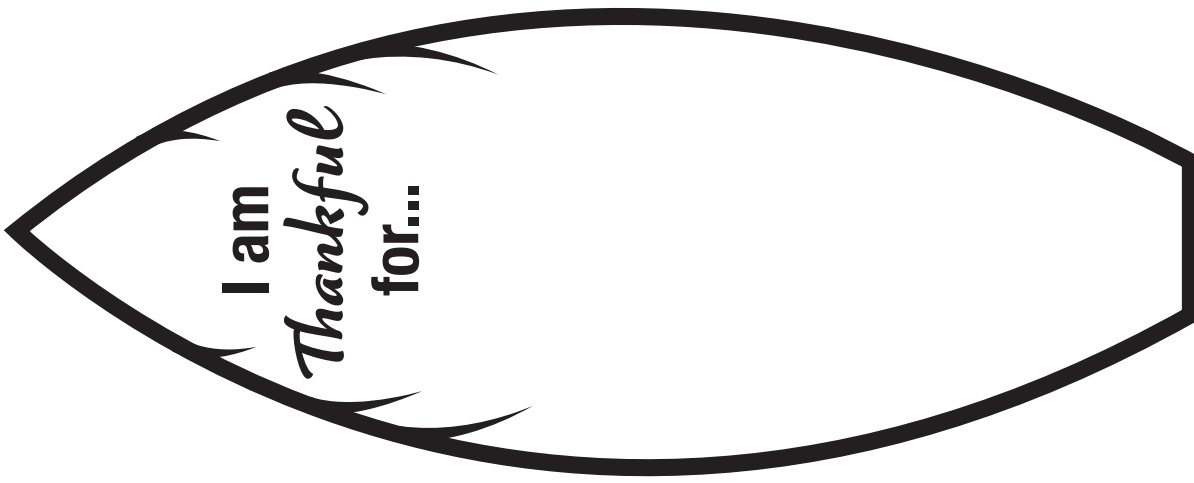




Something that
happened today

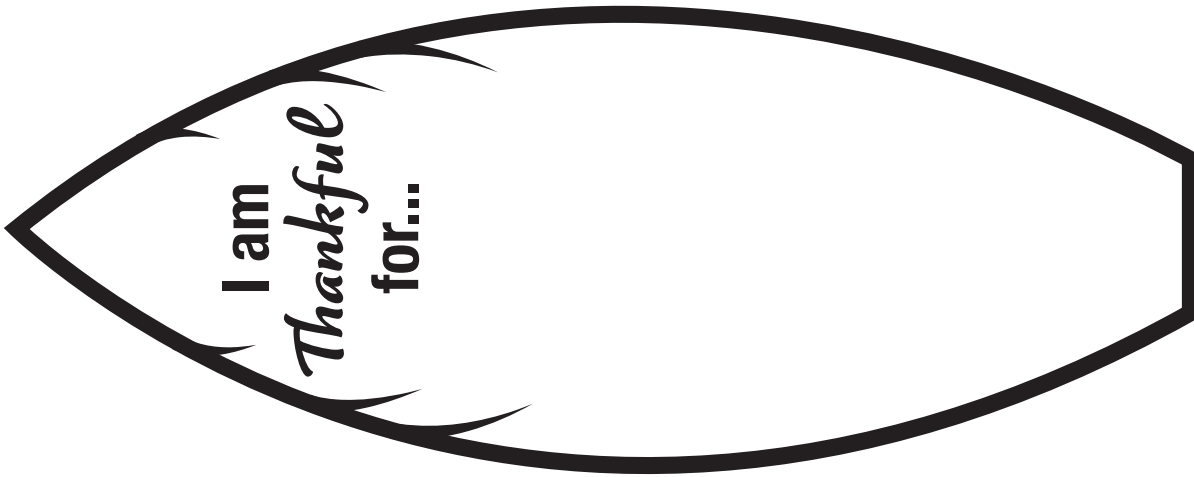
I am thankful for





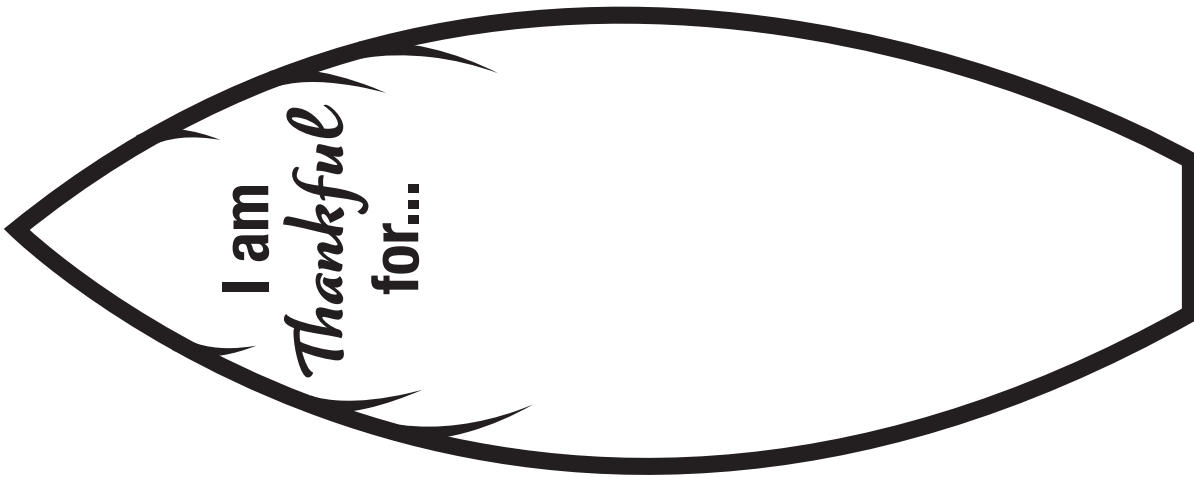
I am
Thankful
for...

A person
I am
thankful for



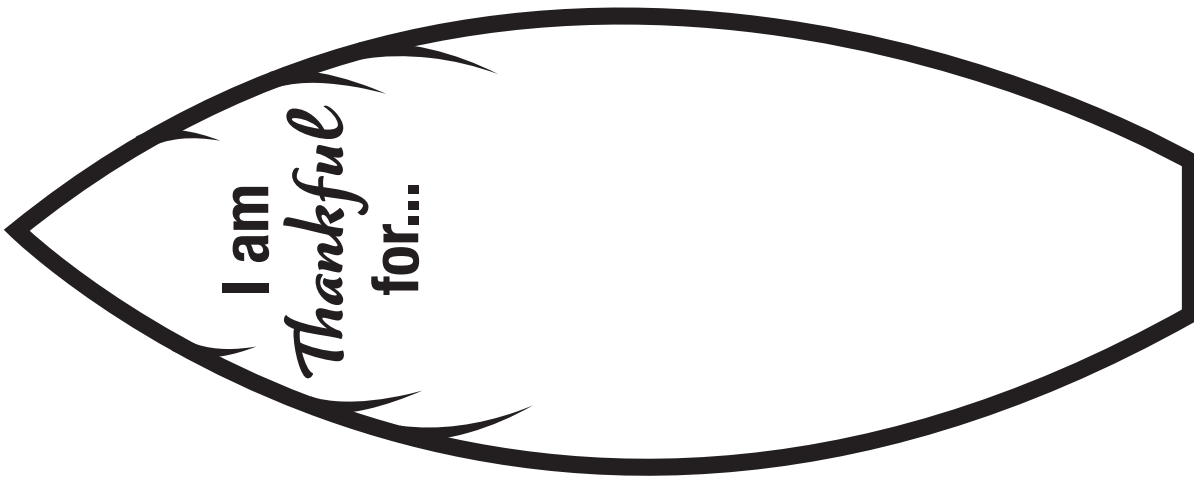
I am
Thankful
for...

An item
I am
thankful for



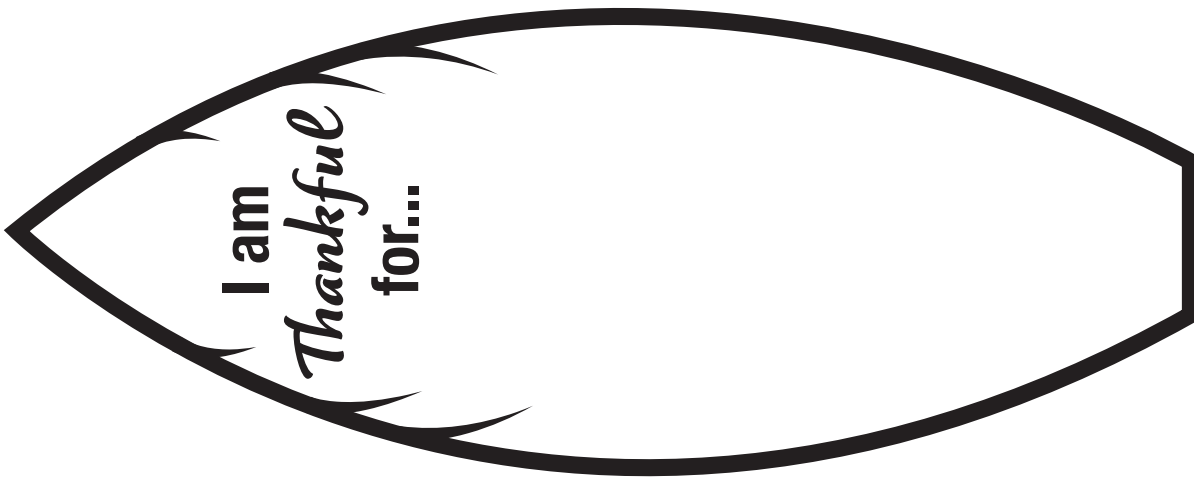
I am
Thankful
for...

A memory
I am
thankful for



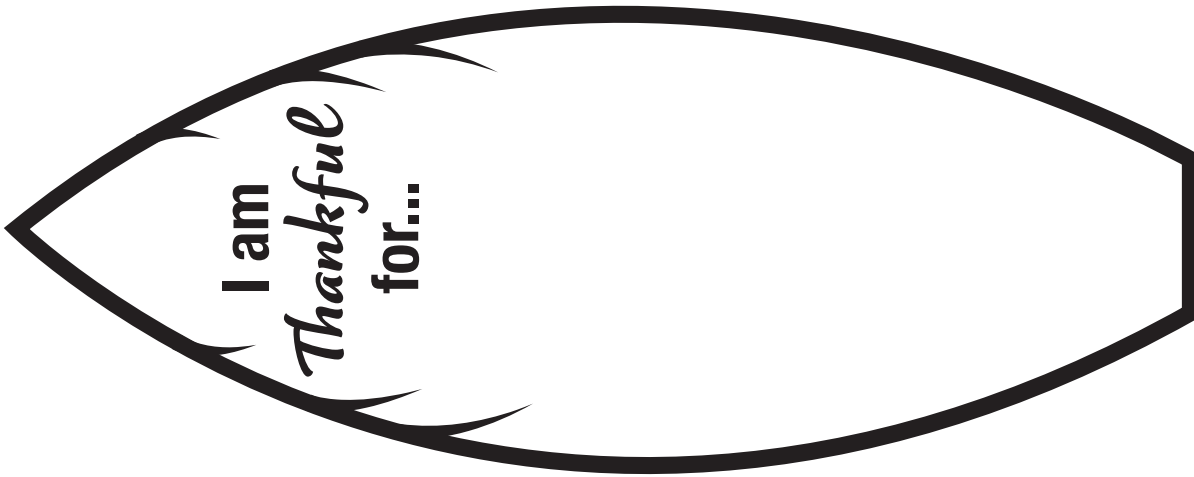
I am
Thankful
for...

A food
I am
thankful for



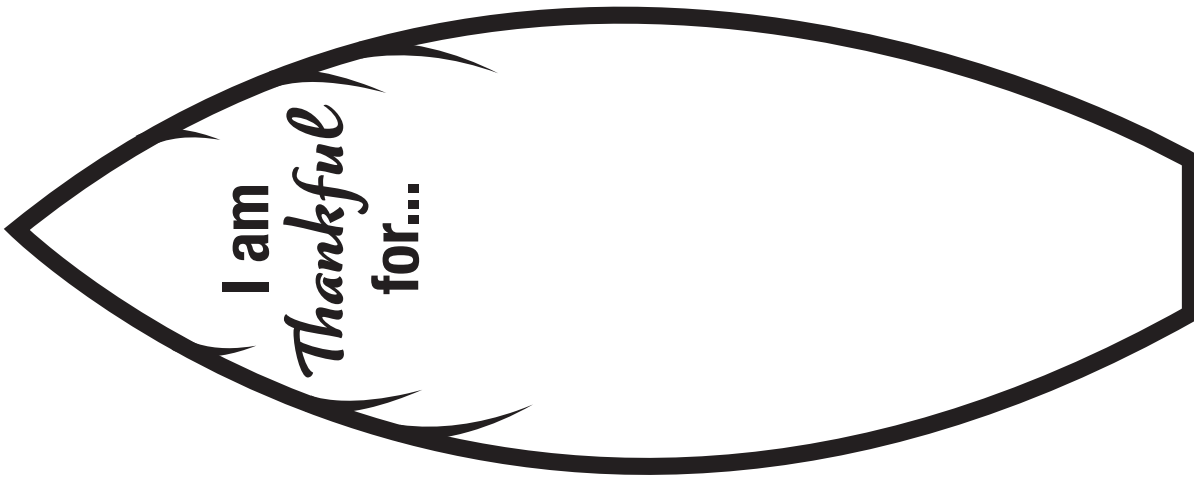
I am
Thankful
for...

Another person
I am thankful for



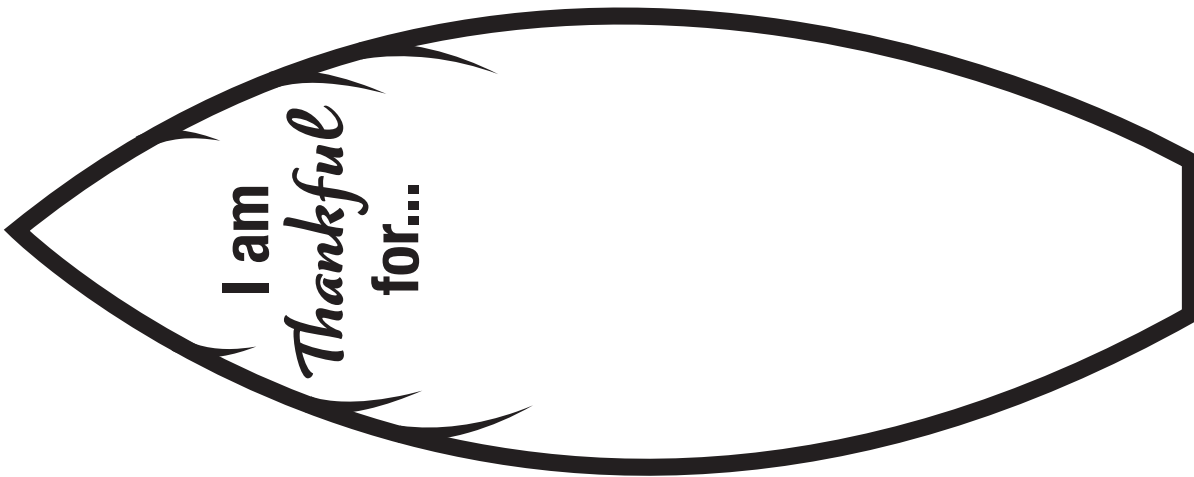
I am
Thankful
for...

A place
I am thankful for



I am
Thankful
for...

Another memory
I am thankful for



I am
Thankful
for...

Someone at school
I am thankful for



My Gratitude Spinner

With a paper clip in the center of the spinner, hold it in place with the tip of a pencil.
Spin the paper clip to see which space you land on and name something you are thankful for.

