

Monthly Newsletter

August 18, 2021 Issue 2

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Germinating Gratitude Challenge



Spring is finally here and we are once again grateful for the sunshine, warm breeze, and singing birdies. To celebrate we'd love to help sprout positive seeds of gratitude in our lives and the community!

For some folks, expressing gratitude is simple, for others it can require some effort. But, if you've ever spent time focusing on what you are grateful for, you have likely seen (or heard) how gratitude not only benefits your mindset, mood and the quality of your company you offer, but in many other ways as well. But, we also know, it can take a little practice. Trust us, it is worth it. [Check out our new blog post to learn more.](#)

Our challenge to you is take some time to practice gratitude this month. You can do this by taking time to make note of something you are grateful for and sharing it! If you like, you can check out our gratitude list printables. You can use them for yourself, your family, your office, or your classroom! [Check out the details here.](#)

We would love to see how this works out, so please consider taking some photos of your



gratitude reflections in action! We'll be sure to share them with you in our next newsletter.

And last, but not least, we want to thank you for your participation in our Self-Care Challenge this month! We look forward to getting everyone's entries. If you haven't finished up you have a few more days before our April 5th deadline.

We'll share our March Self-Care Challenge drawing winners in our April Newsletter!

Gratitude Resources

Gratitude Germination Challenge
The Importance of Gratitude in SEL

Self-Care Resources

The Importance of Self-Care to SEL
A Quick Self Care Resource Round Up

What's New?

Women's History Month

As we end Women's History Month we would like to pay tribute to the women who work in this field. In 2018 - 2019 about [76% of educators](#), [83% of social workers](#), [82% of school counselors](#), and [68% of school psychologists](#) were women, and those numbers have not changed much. Women are the primary shareholders in SEL and because of these strong passionate women we are able to provide children, families, and adults with the SEL strategies we all need to succeed in life. How might SEL be different if we did not have all of these wonderful, hard working women in the field? Remember to show appreciation for everyone in the SEL field, but especially the women who tirelessly fight for SEL to be shared with EVERYONE!

Check [out our full blog post here!](#) It includes resources across the state that support women and families in need of assistance. if you have a suggestion about resources to share, please send an email to us at info@sel4ct.org

What happened to the March Brown Bag Lunch?

Well, we didn't get any snow days, but we live in New England so we're not giving up yet! If there is one more snow day we will definitely host one last Brown Bag Lunch for the season on best practices for sharing self-care with children.

[Brown Bag Lunch #5 Building A Culture of Self-Care](#)

[Brown Bag Lunch #4 Self-Care Tips and Practice Share](#)

[Brown Bag Lunch #3 Insights Intervention](#)

[Brown Bag Lunch #2 SocialEyes](#)

[Brown Bag Lunch #1 Choose Love](#)



SEL, Equity and Anti-Racism



CASEL recently updated their definition of SEL to include equity. How does that impact the work that you are doing? Are you participating in expanding equity efforts in your work? SEL4CT is looking to take our next steps in this work and would love to hear more about your efforts. Please send us an email so we can set up some time to discuss further at info@sel4ct.org.

Are you looking for resources to support your efforts or perhaps expand further into equity work? Please take a look at our [SEL & Equity resources page](#). We're adding content as we learn about it. Is there something we should include, or have missed? Is your organization doing this work? Please send us an email and let us know!

Advocacy Update

The 2021 legislative session is underway and SEL4CT is tracking [House Bill 6557](#), "An Act Concerning Social And Emotional Learning" and "

Senate Bill 2, "An Act Concerning Social Equity and the Health, Safety and Education of Children" Bill 6557 has been introduced by the Education Committee and SB 2 has been introduced by the Committee on Children and we will continue to track its progress. Keep an eye on our [website for updates!](#)



International SEL Day was Friday, March 26, 2021

#SELday



International SEL Day was Friday, March 26 this year and we hosted our first Twitter Chat about SEL. It was one of the myriad efforts organized by SEL4US and The Urban Assembly's efforts. We want to say "**THANK YOU!!**" to everyone who showed up to support these efforts! We loved learning how you are using SEL. It was also great to see so many familiar Connecticut organization logos on the partner page! Please keep sharing what you do to use, learn, and teach SEL.

Here are some of the results shared by SEL4US:

- **YOUR efforts helped #SELday reach several important milestones:**
 - Over 12 million views from over 8,000 mentions of #SELday
 - Over 50,000 #SELday likes across social media
 - #SELday trended on Twitter for more than 2 hours on March 26th
 - Seven #SELday state proclamations and an #SELday U.S. Congressional Record
 - Over #SELday 3,100 participants representing 69 countries and all 50 U.S. states
 - More than 2,500 schools, districts and organizations represented



Gratitude Minute: You!

For our gratitude minute this month we wanted to express gratitude for all of you, our supporters! Without your support, we could not do this work. Thank you to all of you have decided to follow us on social media, share events to educate others, and resources to support SEL. Know that we see you all as superstars for SEL!

Promote The Work

Are you feeling the need to share and connect? Do you have a perspective, opportunity, or new information to share, something you think we should be talking about? Well we want to hear from you! Tell us about it so we can share it and spread the word.

We are looking for guest blog writers, passionate committee members, enthusiastic novices and generally interested folks to join us as we do the work to share the word about SEL with children of all ages looking to learn, practice and share the social emotional skills needed to thrive.

Have an event you'd like us to promote? A method you'd like to discuss, a perspective we should all hear, or a resource we should all see? Please reach out! info@sel4ct.org



I'M GRATEFUL FOR...

Join us in celebrating gratitude! Practice by expressing your gratitude with the jar below. Each day write one thing that you are grateful for in the jar. Remember you can be grateful for anything!



SEL4CT.org   



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SEL4CT, the Social Emotional Learning Alliance for Connecticut, is powered by the Connecticut After School Network.