



HOW TO INTEGRATE SEL INTO DISTANCE LEARNING

It's more important than ever to prioritize and promote emotional wellness. The dramatic life change and instability we are all living through right now naturally prompt feelings of fear, anxiety, anger, grief, frustration, sadness and loneliness. These complex combinations of emotions are difficult to process and manage, and will no doubt take a toll on our overall well-being. In an effort to ease the residual effects on your students, provide them with an opportunity to express their emotions using the questions on the following pages. If possible, discuss answers as a group, as it will enable students to recognize they are not alone, as well as gain insights and coping strategies.

This is the perfect time for students to explore various areas of creativity as an outlet to relieve stress and anxiety.

Recommend the following creative ways for students to express their feelings.

- Write a song.
- Make a video, photo montage.
- Choreograph a dance.
- Draw a picture, create a sculpture or collage
- Cook / bake a meal or dessert, etc.
- Develop a fitness routine.
- Create a playlist with songs that mirror your mood.

Encourage students to take their creative outlet one step further:

- Video yourself while doing this.
- Video yourself teaching others how to do what you are doing. Be sure to include a list of any equipment needed. And if necessary, add any other details.

MY NEW DAILY LIFE

MONDAY

What do you miss about life before Covid-19?

TUESDAY

What do you like about your new daily routine?

What new things have you tried while being home?

WEDNESDAY

Have you have helped others during this time? How?

THURSDAY

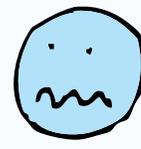
What are you grateful for right now?

FRIDAY

NOTES



MY EMOTIONS



MONDAY

What negative emotions are you having or have you had?

TUESDAY

How are you managing your negative emotions?

What can you do if you need more help dealing with all of your feelings?

WEDNESDAY

How has this change of life affected your personality and/or relationships with friends and family?

THURSDAY

What are you doing that makes you feel good?

FRIDAY

NOTES

SELF REFLECTION & THE FUTURE

MONDAY

Have you made any changes in your life that you will continue after this?

TUESDAY

What have you learned about yourself during this time?

What have you learned in general from this experience?

WEDNESDAY

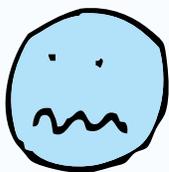
How have you grown from this experience?

THURSDAY

How will you continue to help others after this?

FRIDAY

NOTES



MANAGING EMOTIONS



It's important to find healthy ways to manage negative feelings and emotions. Many people find physical activity, exercise, and/or yoga, meditation, deep breathing helpful in relieving stress, anxiety and/or unwanted negative energy. Try various methods to determine which is most effective in managing specific emotions. Keeping a log of your feelings before and after your chosen technique is helpful. Consider answering the following:

Before practicing method to release negativity:

- What are your feelings / emotions?
- Rate the intensity of each emotion on a scale from 1 to 5, 1 being a little and 5 being a lot.
- Describe how these emotions affect your body (e.g. stomach pain, hard to focus, etc.)

Method to relieve unwanted negativity:

- Which physical activity, movement and/or breathing exercise did you use.
- How long did you spend on the activity?

After practicing method to release negativity:

- What are your feelings / emotions afterward?
- Rate the intensity of each emotion on a scale from 1 to 5, 1 being a little and 5 being a lot.
- Describe how your body felt during and after exercising, meditating, etc.

DAILY GOALS THIS WEEK

MONDAY

	Achieved
Academic	<input type="checkbox"/>
Physical	<input type="checkbox"/>
Creative	<input type="checkbox"/>
Social	<input type="checkbox"/>

TUESDAY

	Achieved
Academic	<input type="checkbox"/>
Physical	<input type="checkbox"/>
Creative	<input type="checkbox"/>
Social	<input type="checkbox"/>

WEDNESDAY

	Achieved
Academic	<input type="checkbox"/>
Physical	<input type="checkbox"/>
Creative	<input type="checkbox"/>
Social	<input type="checkbox"/>

THURSDAY

	Achieved
Academic	<input type="checkbox"/>
Physical	<input type="checkbox"/>
Creative	<input type="checkbox"/>
Social	<input type="checkbox"/>

FRIDAY

	Achieved
Academic	<input type="checkbox"/>
Physical	<input type="checkbox"/>
Creative	<input type="checkbox"/>
Social	<input type="checkbox"/>

NOTES

PHYSICAL ACTIVITIES

PAALS

AND LIFE SKILLS™

EMPOWERING KIDS FOR LIFE

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