

COUNSELOR Connection

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"JUST CALM DOWN"

No one calms down when being told to so!

Northeast School supports the belief that social/emotional learning is just as important as academics. A few years ago, Northeast was awarded a grant by MFEE to provide every classroom with a Calm Down Corner.

A classroom Calm Down Corner gives children a safe space in their classroom to practice mindfulness when having big feelings. There is tons of research about the benefits of mindfulness practices in schools, such as improved attention, emotional regulation, greater compassion, and reduced anxiety and stress.

Each Calm Down Corner has a cozy cushion and a bin filled with strategies to help slow down the thoughts in our brain and feelings in our body. Some strategies are feeling identification, using a growth mindset, focused breathing, mindful coloring, and using our senses to be aware of the present moment. See below to try some of these at home!

We are so excited to have officially "trained" all Kindy thru 2nd grade students in our school on everything they need to know about using the Calm Down Corner. Next month, 3rd thru 5th grade will get the same!

MINDFULNESS RESOURCES

<http://mastersinpsychologyguide.com/articles/kids-guide-to-the-brain/>

<https://blogs.scientificamerican.com/guest-blog/what-does-mindfulness-meditation-do-to-your-brain/>

<https://www.huffpost.com/entry/internet-brain-b-1248845>

<https://www.mindfulschools.org/>

<https://leftbrainbuddha.com/why-we-need-mindfulness-in-schools/>

<https://blissfulkids.com/mindfulness-and-the-brain/>

SOCIAL EMOTIONAL LEARNING (SEL)

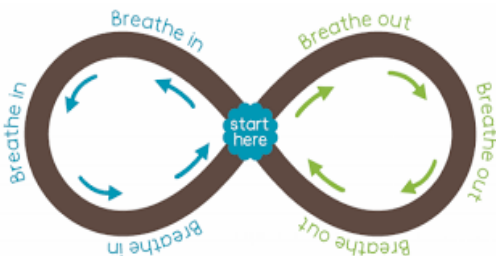
Years of research from the Collaborative for Academic, Social, and Emotional Learning (CASEL) identifies that socially and emotionally competent children are skilled in these five areas: They (1) are self-aware, (2) are able to regulate their emotions, (3) socially aware, (4) have good relationships, and (5) are able to demonstrate responsible decision making.

EVERYDAY our teachers are working on these skills with their students in various and creative ways. Monthly, I will be joining each class to dive a little deeper into these skills.

TRY THIS

Breathing

trace the lazy 8 with your finger & breathe



Growth Mindset

What we tell our brain,
our brain believes!
Instead of: "I can't do this!"
Try: "My challenges help me
grow!"

Practice Grounding

Pause & Notice
5 things you SEE
4 things you HEAR
3 things you FEEL
2 things you SMELL
1 thing you TASTE

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