



Social Worker Newsletter



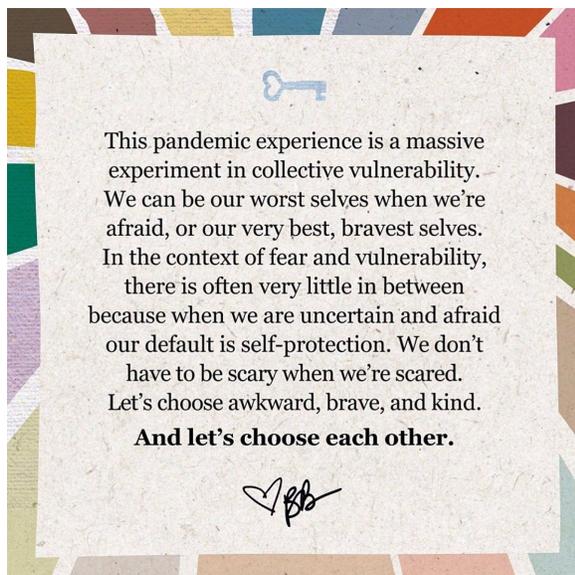
Volume 3, Theme: Reflection

SEL in a Nutshell

SEL stands for Social Emotional Learning. SEL has become a focus area in our district.

It is important because we are social and emotional creatures and we bring our social and emotional skills (or lack thereof) into every situation. We are striving to help children gain strategies to identify and manage their emotions as well as skills to navigate social settings, such as friendships.

Please be on the lookout for SEL menu options as you peruse the Recommended Learning Opportunities. Reach out for more information or any questions.



BB: Brene Brown

Parenting Tip:

Use what you have, do what you can. The parenting program Love and Logic is offering their program for free online through the month of April. This is really an amazing opportunity to gain practical parenting skills in the comfort of your own home that can be used immediately. Visit <https://www.loveandlogic.com/> to sign up.

Self Care

We need to talk about it because we keep not doing it! Don't overthink it. Sometimes self care is as simple as using positive self talk. We all have that inner voice, which can quickly become an inner critic.

Consider giving yourself some grace by speaking kindly to yourself. Maybe it's, "I can do this," or "I'm just going to do my best and be okay with that," or "one thing at a time."

I am Here for You!

Social distancing doesn't mean you have to do it all on your own. It often means that your support system is still in place, but needs to be accessed in a different way. You can call or text me at 208-495-4076 or email me at snlawson@kunaschools.org It is also possible for me to meet with you and your student online, so please contact me to make arrangements. A parent must be



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present during a session. Take care! -Sara
Lawson