

St James High School - SEL Corner

SEL for Families	SEL for the Classroom	Staff Care	Student Productivity
<p>A Parent's Resource Guide to Social and Emotional Learning</p> <p>https://www.edutopia.org/sel-parents-resources</p>	<p>Mindfulness in the Classroom</p> <p>The website Simple Habit has two free 5 minute mindfulness meditations designed for middle and high school schoolers.</p>	<p>Mindfulness Meditation for Educators Try this 4 minute meditation</p>	<p>Infographic: 7 Ways to Help Your Student Maintain a Routine at Home</p>
<p>Video: What is SEL and Why It Matters</p> <p>https://www.youtube.com/watch?v=ikehX9o1Jbl</p>	<p>Exit Slips which emphasize gratitude with questions such as</p> <ul style="list-style-type: none"> ● What aspects of this class did you enjoy today? ● Who did you enjoy working with today? <p>Click here printable “grateful slips” and “shout outs”</p>	<p>Self-Care for Teachers</p> <p>https://www.wcu.edu/WebFiles/PDFs/CEAP-HS-BK_Self-CareForTeachers.pdf</p>	<p>How to Organize Your Student’s Home School Work Area</p> <p>https://www.youtube.com/watch?v=AFu3FvQ7t7s</p>