



# The Heart of Learning

## Special Edition: Response to Distance Learning

Dear WS/FCS Staff,

During this uncertain time, we want you all to know that **you are doing a GREAT job**. You have quickly risen to the challenge of distance learning and working remotely outside of your classrooms. Any change can be challenging, so we want you to remember to take care of yourselves. As we all continue to navigate our new normal, we still want to be connected by giving you professional development and resources that you can utilize even on a digital platform. After all, SEL is a life long skill and should be integrated into **daily** academic instruction and practices. In this special edition, we want to offer you self-care tips, professional development links, and resources and virtual support. Continue to take care of yourself and please feel free to reach out to us for additional questions, support or resources.

Warm regards,  
Kathy FitzJefferies and Amanda Walker

### Self-Care Ideas

Remember, SEL is not just for the kids.  
Be sure to care for yourself so you may care  
for your students.

- Emotion check-ins
  - Get plenty of rest
  - Read a book
  - Take a walk
  - Connect with colleagues
  - Journal
  - Create and follow a positive mantra
  - Take breaks throughout the day
  - Play a board game
  - Make a playlist of happy songs
- What are some of other ideas for self-care?

Your SEAL Team is here to support YOU!

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### Free SEL Webinars

**Panorama Ed FREE webinars:**

- *Mindfulness Strategies for Adult and Student Wellness*
- *Building Connectedness and Belonging for Students While School Buildings are Closed*
- *Virtual Panel: Strategies for Top MTSS/RTI Challenges*

Click here to access the webinars:

<https://www.panoramaed.com/webinars>

**CASEL SEL Resources during COVID19:**

<https://casel.org/covid-resources/>



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### MTSS & SEAL

MTSS is a framework that addresses the whole child, including academics and behavior. SEL programs and approaches are often seen as an important component of universal approaches within the behavioral component of MTSS, because they are designed to promote positive academic and behavioral outcomes in all students (CASEL, 2020).

**Explicit teaching:** Break down skills into steps and further define within lesson plans.

**Re-teaching:** Do this in-the-moment, as an instructional response to behavior, or during dedicated time. Should be based on data showing the need to re-teach or extend previous teaching.

**Prompting:** Reduce the need to correct students with short 2–5 minute prompts based on previously taught skills. Prompt prior to a transition or new activity.

**Feedback:** Make it short. Include both verbal and nonverbal feedback. Focus on what the student is doing well. Correct only if needed.

## GRAB-N-GO SEL CORNER

By: Jenna Turner, SEL Coordinator

Hi colleagues! Each week, I will provide an elementary SEL resource that will be simple and easy to add to your Power School learning pages or integrate into other e-learning activities for your students. As always, this resource is sensitive to all student populations. This week's activity is based on gratitude journaling. For adult SEL, you can also decide to engage in this gratitude journaling by writing down 5 things you are thankful for. Click on the link below to access the video where I explain the activity as well as tips on how to add to your PowerSchool learning pages.

[Gratitude Journal Activity](#)

## Middle & High School SEL Weekly Resource

Download CASEL's Secondary Guide [here!](#)

## Need Additional SEL Resources or Lesson Ideas?

Contact Amanda Walker, SEAL Program Specialist  
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