

**#SELday**

# Social Emotional Learning Spirit Week

03/22-03/26 2021

*The second annual International SEL Day is March 26, 2021! This is an opportunity to spread the word about the importance and impact of social emotional learning. Student Council has planned an entire spirit week dedicated to social and emotional awareness.*

*We hope that you will join us in celebrating!*

## Monday, 3/22

Students will be encouraged to share their favorite coping skill during homeroom!

## Tuesday, 3/23

Classes are encouraged to use their breaks throughout the day to do a youtube breathing activity or a relaxing coloring activity.

## Wednesday, 3/24

Let the spring door decorating contest commence! Students will vote via a google form for the door they like best (students cannot vote for their own class door). The first place winner will get to choose from 3 options for their prize. There will also be a 2nd and 3rd place prize.

## Thursday, 3/25

Music has the power to inspire, uplift us, and change our moods! Today, music will be played throughout the halls on Thursday morning during arrival.

## Friday, 3/26

National SEL Day will be celebrated with a special presentation from Keith Hawkins! Keith Hawkins is the creator of the program, "Day of Understanding" that focuses on bringing people together through understanding and inclusion. **Keith always encourages us to have school pride, so today let's wear Netcong spiritwear or Netcong School colors!**