

Ringgold Elementary School COVID-19 Quick Reference Educational Directory On-Line Learning Websites for Students

- ★ [About Coronavirus-English](#)
- ★ [About Coronavirus-Spanish](#)
- ★ [Social-Emotional Learning Resources Active Screen Time Resource](#)
- ★ [Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](#)
- ★ [Help Your Family De-Stress During Coronavirus Uncertainty](#)
- ★ [Progressive Muscle Relaxation for Kids](#)
- ★ [Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons](#)
- ★ [Kindness Videos](#)
- ★ [Leader in Me Teacher Resources](#)
- ★ [Leader in Me Family Resources](#)
- ★ [Character Education and Social Emotional Learning: Curriculum, Lesson Plans, Activities, Programs & Resources](#)
- ★ [Character Counts-Lesson Plans](#)
- ★ [CASEL-Social Emotional Learning](#)

- ★ **VIDEOS:**
- ★ [Worry Warriors: What Does Worry Feel Like in My Body?](#)
- ★ [Worry Warriors: Can I Control That Thing I'm Worrying About?](#)
- ★ [Coronavirus Information for Kids](#)

**March 2020 Character of the
Month SEL: Social and
Emotional Learning**

The Texas Model for Comprehensive School Counseling Programs 5th Edition

➤ Decision-Making
Skills

**Collaborative for Academic, Social, and Emotional Learning (CASEL) defined
SEL Core Competency = Personal and Interpersonal Effectiveness
Competencies Social and Emotional Learning (SEL) Responsible
Decision-Making**

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

Habit 7 - Sharpen The Saw - Balance Feels Best I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I find meaningful ways to help others.

Character Trait - Responsibility Do what you are supposed to do Plan ahead Persevere: keep on trying! Always do your best Use self-control Be self-disciplined Think before you act — consider the consequences Be accountable for your words, actions, and attitudes Set a good example for others Motivation to Achieve *Develop Their Own Academic Potential *Take Advantage of Educational Opportunities *Development of Leadership Skills *Empowerment of Self

Tips for Test Success

- Test Taking Tips

- Decreasing Test Anxiety

April PK-5th Grade The Texas Model for Comprehensive School Counseling Programs 5th Edition

- Personal boundaries

Habit 8: Find your VOICE and INSPIRE others to FIND THEIRS. Empowering students to stand up and showcase their strengths and talents to inspire others.

- Overview and summarize the 8 Habits of Highly Effective RGCCISD students.
- Overview and summarize the Collaborative for Academic, Social and Emotional Learning (CASEL) defined SEL 5 Core Competencies.
- Overview and summarize Character Traits.

Character Trait-Self-Discipline/Citizenship

- Do your share to make your school and community better Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor
- Obey laws and rules
- Respect authority
- Protect the environment
- Volunteer
- Connectedness
- School
- Home
- Community
- World

Social Emotional Learning

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Social awareness: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Responsible decision-making: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

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