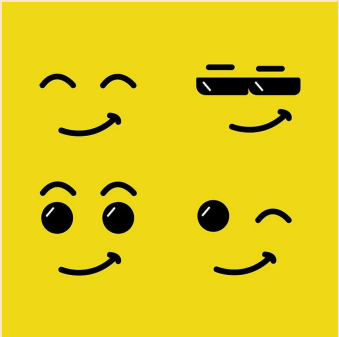






#SELday SEL Celebration Week 2023

March 6th-10th is a week to honor World SEL Day and celebrate the benefits of social emotional learning. We will be participating in activities and instruction focused on the core SEL competencies aligned with our Zones of Regulation program!

Monday, March 6th <i>"Recognize the Red Zone"</i>	Tuesday, March 7th <i>"Understand The Blue Zone"</i>	Wednesday, March 8th <i>"Acknowledge the Yellow Zone"</i>	Thursday, March 9th <i>"Honor the Green Zone"</i>	Friday, March 10th <i>"Feel Good Friday"</i>
<p>Recognize the Red Zone: When we recognize our zones, we can learn to communicate our feelings. Today, dress in the zone you are feeling. Feeling in between? Wear both colors!</p> 	<p>Understand the Blue Zone: Understand that the blue zone is common for many people. Wear blue today to show an understanding of the blue zone!</p> 	<p>Acknowledge the Yellow Zone: The Yellow Zone can make us feel silly or excited. Acknowledge this zone by wearing a silly or mismatched outfit!</p> 	<p>Honor the Green Zone: Honor the Green Zone by wearing an outfit that makes you feel strong, confident, calm or empowered. This will look different for everyone!</p> 	<p>Feel Good Friday: Students are off from school today. Relax, practice self-care, and make healthy choices!</p> 

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