

# #SELday

## Participating from Home

In light of the COVID-19 outbreak we understand that many young people are currently out of school with limited access to educational resources. In this time of uncertainty, concern and disruption to everyday life, the need for foundational social emotional skills is greater than ever. So, as your situation allows, please join us in participating in SEL Day from home! We've brainstormed some activities to share with students and families. If you have ideas to add to this list, please let us know at [selday@sel4us.org](mailto:selday@sel4us.org).

### SEL Skills

Reflect on the following SEL skills:

- **Self-Awareness**—My recognition of who I am, what I need and how I feel relative to the world around me.
- **Self-Management**—My ability to manage my emotions and behaviors, to complete a task or succeed in a challenging situation.
- **Social Awareness**—My demonstration of consideration for others and a desire to positively contribute to my community.
- **Relationship Skills**—My ability to use positive communication and social skills to interact effectively with others.
- **Decision Making**—My approach to problem solving that involves learning from others, from past experiences and using my values to guide my action and accepting responsibility for my decisions.
- **Personal Responsibility**—My care and reliability in my actions.
- **Optimistic Thinking**—My growth mindset, attitudes of confidence, hopefulness, and positive thinking.
- **Goal-Directed Behavior**—My willingness to have increasing levels of independence and set and achieve goals that will help me to be successful.

Share a #SELday post (text, video, artwork) on your favorite social media channel(s) about an SEL skill that's helping you during this challenging time. For example:

- *I'm finding creative ways to connect with friends without being together #SELday #SEL #relationships*
- *I'm focusing on self-management and working to stay calm while my children are at home instead of in school #SELday #SEL #selfcare*
- *I'm sharing my children's artwork of how they are working to get along with each other while spending extra time at home #SELday #SEL #relationships*
- *We're making responsible decisions to help our family and community in this time of need #SELday #SEL #responsibility*

Here are two examples: [Elijah's video](#) and [Isaiah's video](#)

## Empathy

Empathy and thinking about the perspectives of others helps us stay resilient in challenging times. Think about someone who may be struggling right now in a way different from you or your family. Share a #SELday post (text, video, artwork) on your favorite social media channel(s) about this. For example:

- *I'm thinking of the kids who are home and don't have their parents to stay with them #SELday #empathy*
- *I'm concerned for people who do not have enough food right now #SELday #empathy*
- *I'm thinking of people who have health risks and concerns #SELday #empathy*

## Gratitude

Gratitude has been shown to boost physical, psychological and mental health, particularly during challenging times. Share a #SELday post (text, video, artwork) thanking someone who's helped you develop an SEL skill or is helping to support your community. For example:

- *Thank you to my math teacher [NAME] for helping me believe in myself even though their class is really challenging #SELday #gratitude*

- *Thank you to all the nurses and doctors who are working hard to help take care of people who are sick #SELday #gratitude*
- *Thank you to my teachers for trying to find ways to support me while our school is closed #SELday #gratitude*

Here's a video with several examples of gratitude related to social emotional learning from educators and students: <https://www.youtube.com/watch?v=HqJwzFPBYmQ>

## Service

Providing service to others helps your community and also helps counteract the effects of stress and anxiety. Conduct an act of service (while following social distancing guidelines) and share a #SELday post (text, video, artwork) as an example for others to follow. For example:

- Call or text a family member, friend or neighbor who is isolated to see how they are doing
- Offer to help with online ordering of groceries or food delivery for people unfamiliar with these services
- Make a donation to your local food pantry

## Social Media Channels

Post wherever you usually do: Instagram, Facebook, TikTok, Twitter, etc.

## Hashtags

Use the following hashtags for SEL Day posts:

- #SELday
- #SEL
- @[your school/district or organization]
- @SEL4USA and @UrbanAssembly (your SEL Day sponsors)

## SEL Day Logo

Access a copy of the SEL Day logo at:

<https://selday.org/sel-day-logo/>