

# **Social & Emotional Learning**

*for mental health & resilience*

## **Weekly Target Skills**

### **Name it to tame it**

-Practice naming emotions (using emotional language) to validate them and to calm down.

### **Body Awareness**

-Notice what emotions feel like in our bodies.

### **Focused Attention**

-Focus on one thing at a time to strengthen our brain: learning mode, mindfulness.

### **Self-Awareness**

-What are your strengths (beliefs about yourself)? Who supports you? What are your goals?

### **Golden Rule**

-Treat others the way you want to be treated, even the bullies. Show kindness, gratitude, generosity.

### **Growth Mindset**

-Practice using growth mindset and point out fixed.

### **Mindfulness**

-Practice deep breathing, mindful listening, mindful seeing, touching, eating, smelling.

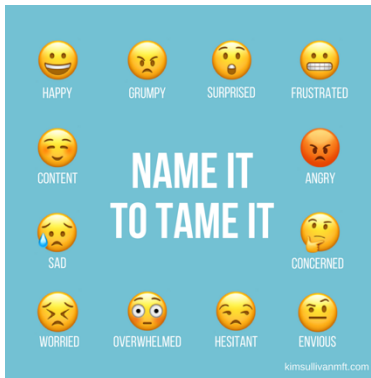
### **Mustang Leader**

-Practice the expected behaviors in all locations in the school.

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## Weekly Target Skills



Name it to tame it



Body Awareness



Focused Attention



Self-Awareness



The Golden Rule



Growth Mindset



Mindfulness



Mustang Leaders