

#SELday



The Maine Department of Education and The Office of School & Student Supports recognizes how difficult the past few years have been on every Maine educator, support staff, and student in our schools. On Friday March 11, 2022 educators, community partners, and families across the globe will collectively take a few moments to intentionally build a greater awareness for the importance of social emotional learning for helping to cultivate a strong sense of humanity. As educators, we are instrumental in helping grow “Good Human Beings”, teaching from the “Heart ~ Brain” connected place, and building a strong sense of Self Awareness, Self Management, Social Awareness, Relationships and helping students Make Responsible and Reasonable Life Decisions. Many of you already access our SEL4ME program, a comprehensive PreK-12th grade library of CASEL-aligned and trauma informed lessons to help children learn all aspects of SEL. We’ve also provided for you a list of easily accessible links to elementary read alouds, mindfulness activities and positive affirmations to embed into your lesson plans to help you structure your lesson plans around SEL DAY.

We are so grateful to your dedication and steadfastness to your profession and your love and commitment to your students.

We are proud to serve and support you~

Kellie D. Bailey MDOE SEL Specialist

#SELday



The Theme for Maine DOE SEL International Day 2022

Growing Our Self Awareness

CASEL defines Self Awareness as :**The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.** This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

This table Provides Suggested Links to Grade Level Read Aloud Books in SEL and Mindfulness as well as SEL/Mindfulness Activities to support you and your students in your celebration of SEL International Day 2022

Grade	READ ALOUD RESOURCE	SEL RESOURCE	MINDFULNESS RESOURCE
Pre-K	<p>The Feelings Book https://www.youtube.com/watch?v=sBFbQ70AJjs Positive Affirmations https://www.youtube.com/watch?v=gtR8JWaUBu8 My Very Own Space https://www.youtube.com/watch?v=wKahCLinZHc&list=PLXANIOdHvc0l4vSxusxm4iOOK9vOCm_a7</p>	<p>MDOE PreK for ME Sample SEL Schedule https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Sample%20Daily%20Schedules%20.pdf</p>	<p>16 Mindful Activities for PreK Early Impact https://earlyimpactlearning.com/16-mindfulness-activities-for-preschoolers/ Provide a "Breathing Buddy" a small stuffed animal and invite your students to lay on the floor with the Breathing Buddy resting gently on their bellies and breath in and out while listening to quiet music noticing the rise and fall of the buddy with each in and out breath. 😊</p>

K	<p>The Way I Feel https://www.youtube.com/watch?v=ITPUxVQ6UIk A Little Spot on Feelings https://www.youtube.com/watch?v=YC3SQnoggiM</p>	<p>SEL4ME Self-Awareness How we Feel and Why https://sel4me.maine.gov/</p>	<p>https://www.education.com/download/worksheets/171982/mindfulness-feelings-cards.pdf Consider also simply laying on the floor and belly breathing for a few quiet moments 😊</p>
1 st	<p>Some Days https://www.youtube.com/watch?v=v8trrJmRHIY Ruby's Worry https://www.youtube.com/watch?v=VCyiiHI2SJU</p>	<p>SEL4ME Self-Awareness Your Emotions are Showing https://sel4me.maine.gov/</p>	<p>https://www.education.com/download/worksheets/174166/range-of-emotions.pdf Consider inviting your students to pay attention on purpose to their emotions, sitting quietly notice what emotion they are feeling and where are they feeling that emotion in their body- invite them to draw this emotion if they wish 😊</p>
2 nd	<p>When Worry Takes Hold https://www.youtube.com/watch?v=io4TUSai5zQ I Like Myself https://www.youtube.com/watch?v=HVP8DtaWUVo</p>	<p>SEL4ME Self-Awareness The Sound of Emotions https://sel4me.maine.gov/</p>	<p>Just Breathe Mindfulness video https://www.youtube.com/watch?v=RVA2N6tX2cg Invite Mindful Breathing 3-5 times today</p>
3 rd	<p>The Bad Mood and The Stick https://www.youtube.com/watch?v=NjryYgc_eAQ</p>	<p>SEL4ME Self-Awareness What Triggers Our Emotions https://sel4me.maine.gov/</p>	<p>Go Noodle – Face Your Day https://www.youtube.com/watch?v=O29e4rRMrv4 Go Noodle- Melting (Relaxing your frozen feeling)</p>
4 th	<p>Today I'm a Monster https://www.youtube.com/watch?v=NjryYgc_eAQ</p>	<p>SEL4ME Self-Awareness Why Do Mixed Feelings Happen https://sel4me.maine.gov/</p>	<p>Body Scan for Kids https://www.youtube.com/watch?v=9A0S54yAgEg Let it Go – Relaxation Song (let you eyes close, let your body feel heavy) https://www.youtube.com/watch?v=-Gj76Ma8zLU</p>
5 th	<p>Some Days I Breathe on Purpose https://www.youtube.com/watch?v=7-SXE0mHBPs</p>	<p>SEL4ME Self-Awareness I'm Feeling A Little Nervous https://sel4me.maine.gov/</p>	<p>Mindful Grounding Practice= Zafu's Quest https://www.youtube.com/watch?v=8GwBEVmbMHY</p>

6 th	Some Days I Flip My Lid- https://www.youtube.com/watch?v=qExgmMeQk3s	SEL4ME Self-Awareness Your Brain, Body & Strong Emotions https://sel4me.maine.gov/	Kids Want to Know – Video explaining What happens when we flip our lids and lose our cool- https://www.youtube.com/watch?v=3bKuoH8CkFc Practice the Hand Brain Model 😊
7 th	TED XYouth https://www.youtube.com/watch?v=JYr-qV0hcbQ	SEL4ME Self-Awareness Going Full Throttle: Recognizing How Emotions Fill Up or Empty Our Fuel Tanks https://sel4me.maine.gov/	https://www.mentalup.co/blog/mindfulness-activities-for-teens https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/
8 th	Middle School- Can I Just Stop . TED TALK https://www.youtube.com/watch?v=mUL7rkM-iQ You Tube- What is Self Awareness https://www.youtube.com/watch?v=k-J2Tcqhd0	SEL4ME Self-Awareness How Do I Really Feel? https://sel4me.maine.gov/	https://www.mentalup.co/blog/mindfulness-activities-for-teens
9 th	Self Awareness Why We Procrastinate Ted Talk https://www.youtube.com/watch?v=WD440CY2Vs0	SEL4ME Self-Awareness Emotions are Temporary https://sel4me.maine.gov/	https://www.mentalup.co/blog/mindfulness-activities-for-teens https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/
10 th	Ted Talk – What is Self Awareness https://www.youtube.com/watch?v=kExkrXgxshE	SEL4ME Self-Awareness Heightened Emotional Awareness https://sel4me.maine.gov/	https://www.mentalup.co/blog/mindfulness-activities-for-teens https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/
11 th	Ted Talk for High School Emotional Intelligence https://www.youtube.com/watch?v=MCm9AnoeltU	SEL4ME Self-Awareness Understanding our Emotional Reactions https://sel4me.maine.gov/	Self Awareness Quiz https://www.proprofs.com/quiz-school/story.php?title=how-selfaware-are-you https://www.mentalup.co/blog/mindfulness-activities-for-teens

			https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/
12'	<p>Ted Talk How SEL Learning Benefits Everyone https://www.youtube.com/watch?v=gGa9yieENKM</p> <p>Ted Talk How Do You Define Yourself? https://www.youtube.com/watch?v=QzPbY9ufnQY</p>	<p>SEL4ME Self-Awareness Understanding our Emotional Triggers https://sel4me.maine.gov/</p>	<p>Self Awareness Exercise https://www.youtube.com/watch?v=DmJpc0EiYZc https://www.mentalup.co/blog/mindfulness-activities-for-teens https://www.drbeurkens.com/17-mindfulness-activities-for-children-and-teens/</p>

The Following Mindfulness Activities are Provided by Kellie D. Bailey for Educators to access for themselves or to share with middle/high school students who are interested in exploring their own Mindfulness Practices. They are pre-recorded Audio-presentations Please Enjoy

- **Mindful Breathing**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Mindful%20Breathing%20Practice.m4a>
- **Mindful Loving Kindness**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Love%20and%20Kindness%20Practice.m4a>
- **Candle Visualization**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/CandleVisualization.m4a>
- **Mindful Body Scan**
- <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/MindfulBodyScan.m4a>

