



# Rosemead School District SEL Newsletter

## December 2023



Greetings, Rosemead Family! I hope you had a noteworthy November and are ready to have a delightful December. December is a month in which we all may experience a wide spectrum of emotions. From the anticipation of winter break and the warmth of family gatherings to the melancholy that some holiday memories bring, there is no shortage of opportunities to practice how we cope with and share these feelings. This is a great time to celebrate the "attitude of gratitude" we worked to build in our November newsletter. While we may not get ALL the toys we put on our wish list or celebrate with ALL the family members who were part of our favorite holiday memories, it's important to appreciate all we DO have this season. Additionally, remember that sharing your not-so-happy holiday feelings does not make you a Grinch! In fact, it may give others the courage to share theirs as well. So, let's embrace the enchantment of December, cherishing the highs and navigating the lows, as we continue to cultivate a community that values the beauty of shared emotions and the strength found in vulnerability.

Sincerely,

Your Rosemead School Psychologists

## Feeling of the Month



### Body Signals

- Having a hard time sleeping
- Feeling like you don't want to eat
- Feeling tired, like your "heavy" feelings are weighing you down

## Grief



### What is grief?

Grief is a feeling we get when we lose someone or something important to us. For example, we might feel grief when a member of our family or a special pet dies. It's like having a mix of emotions, which can include sadness, confusion, and even happiness from memories of the good times you shared. Everyone feels grief differently, which also means we all deal with grief differently and are able to heal from it at different speeds.

### What might help with this feeling?

- Share about your grief with family, friends, or mental health professionals.
- Create a memento box of things that are important to you and your family.
- Practice self-care throughout your time grieving and understand that it's okay to experience lots of emotions as part of the process!


# SEL Calendar

# December



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/27</p>	<p>11/28</p>	<p>11/29</p>	<p>11/30</p>	<p>12/1</p> <p>Fun Friday!</p> <p>Plan a family game night this weekend to talk about holiday plans! Holidays can be fun but stressful, but things are less stressful when we know what's coming and we can prepare!</p>
<p>12/4</p> <p>Mindfulness Monday!</p> <p>Try this "snowball breathing" activity to have one of the calmest snowball fights ever!</p>	<p>12/5</p> <p>It's International Ninja Day! Yes, that's a thing!</p> <p>Celebrate with the Feelings Ninja! Listen to the story with the link on the left, or explore the world of Feelings Ninja with the link on the right. Which ninja do you relate to today?</p>	<p>12/6</p> <p>Wellness Wednesday!</p> <p>How much time do we really spend in front of a screen? Let's try tracking our wellness by recording how much time we spend on our phones, tablets, computers, or TV. Was it more than you expected or less? Talk about how you can do some of your favorite activities that do not involve a screen more often!</p>	<p>12/7</p> <p>Thankful Thursday!</p> <p>The holidays are coming, and for many kids, that means gifts! It's hard to appreciate all the gifts we already have when we focus on what we want this year! Try to think of a gift you got last year or even earlier this year that you still use and appreciate today. Then write a thank you letter to the person who gave you that gift!</p>	<p>12/8</p> <p>Fun Friday!</p> <p>It's National Crossword Solver's Day! Crossword puzzles are a great way to relax and have some fun while also learning new words! People who love crosswords even give themselves a nickname: cruciverbalist! Trying being a cruciverbalist today by solving these December crosswords!</p>

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<p>12/11</p> <p>Mindfulness Monday!</p> <p>Practice deep breathing in a delicious way! Click this video to learn about Hot Chocolate Breathing!</p> 	<p>12/12</p> <p>Let's talk about our feeling of the month, grief! An important part of processing grief is celebrating happy memories with those we love. Read this story with someone you love and talk about it. Do you have something like Kai's golden sweater?</p> 	<p>12/13</p> <p>Wellness Wednesday!</p> <p>Lots of us think of the holiday season as a generally happy time, but there are also lots of things that can cause us stress! Prioritize your mental health and remind others of how important it is during this season. Mental health is like a gift that you can both keep and keep regifting to others!</p> 	<p>12/14</p> <p>It's National Monkey Day! Yes, really!</p> <p>Celebrate by watching this video on how our mind is like a monkey!</p> 	<p>12/15</p> <p>Fun Friday!</p> <p>Talking about our feelings is great, but sometimes art can be a fun way to describe how we feel as well! Click on the link to create your own emotional snowman to show all the different ways the holiday season makes you feel! Be sure to use the blank templates to create some unique faces!</p> 
<p>12/18</p> <p>Mindfulness Monday!</p> <p>We don't get much snow where we live, but that doesn't mean we can't imagine it with the power of visualization! Watch this video to practice!</p>  	<p>12/19</p> <p>Boys and girls that celebrate Christmas know that Santa is watching to see if we've been kind this year. But what about when we think nobody is watching? How do WE reward those who are kind year-round? Watch this video for some inspiration!</p> 	<p>12/20</p> <p>Wellness Wednesday!</p> <p>Being sad around the holiday season can feel lonely, but remember that you are not alone! Watch this clip to remind yourself that you while we wish to all be as happy as an ice-skating Snoopy, it's normal to feel like a Charlie Brown sometimes too!</p> 	<p>12/21–12/31</p> <p><b>WINTER Break!</b></p>   	



# We wish you a happy holiday season!

care~solace

Happy December! With the holidays upon us, there are many reasons to be joyful. It's a time for sharing, laughter, giving back, and creating memories with family and friends. The holidays, however, can also be stressful. We may be making plans to visit loved ones, managing our budget for gifts, or coordinating events with our community. With an already-packed schedule, these additional tasks can add stress to our lives.

Celebrating and connecting with family is important during the holiday season, but it's also essential to care for your mental health. National Stress-Free Family Holidays Month brings awareness to the harmful effects of stress and reminds everyone to take care of themselves as they approach the holidays. Here are some helpful tips for a more stress-free holiday season:

- Make modifications to holiday traditions. Consider ways to modify traditions that may negatively impact your mental health. It can be nice to stick with holiday traditions, but your mental health should take priority.
- Don't forget the power of "no." It's okay to say no to plans if you are feeling overwhelmed.
- Plan ahead. Keeping a calendar of events can help you stay on track and prepare for events. It can be stressful to shop on the same day as an event, so keep a list of tasks to prevent the rush.
- Talk about your feelings. You might be overwhelmed or missing a loved one. Talking about your feelings with a trusted friend or family member is okay. You are not in this alone.
- Take time for self-care. It's important to take care of ourselves before caring for others. This holiday season, make time for yourself.
- Find a therapist. Acknowledge your feelings and talk to a professional when needed. If you would like help finding a mental health care provider, use Care Solace, a complimentary and confidential coordination service provided by Rosemead School District:

1. Call 888-515-0595. Multilingual support is available 24/7/365.

2. Visit [www.caresolace.com/rosemead](http://www.caresolace.com/rosemead) and either search on your own or click "Book Appointment" for assistance by video chat, email, or phone.

We wish you a joyous and stress-free holiday season!