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,

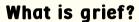
Your Rosemead School Psychologists



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 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

ecember



Monday	Tuesday	Wednesday	Thursday	Friday
11/27	11/28	11/29	11/30	Fun Friday! 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!
12/4	12/5	12/6	12/7	12/8
Mindfulness Monday!	It's International	Wellness Wednesday!	Thankful Thursday!	Fun Friday!
Try this "snowball	Ninja Day! Yes,	How much time do	The holidays are	It's National
breathing" activity to	that's a thing!	we really spend in	coming, and for	Crossword Solver's
have one of the	Celebrate with the	front of a screen?	many kids, that	Day! Crossword
calmest snowball	Feelings Ninja!	Let's try tracking our	means gifts! It's hard	puzzles are a great



fights ever!



Ninja Day! Yes,
that's a thing!
Celebrate with the
Feelings Ninja!
Listen to the story
with the link on the
left, or explore the
world of Feelings

to today?

Ninja with the link

on the right. Which

ninja do you relate



Wellness Wednesday!
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!

6

Thankful Thursday!

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!

Fun Friday!
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!





Monday **Tuesday** Wednesday **Thursday** Friday 12/11 12/12 12/13 12/15 12/14 Let's talk about our Mindfulness Wellness Wednesday! It's National Monkey Fun Friday! Mondau! Lots of us think of Talking about our feeling of the month, Day! Yes, really! Practice deep grief! An important the holiday season as Celebrate by feelings is great, but watching this video breathing in a part of processing a generally happy sometimes art can be time, but there are on how our mind is delicious way! Click grief is celebrating a fun way to describe this video to learn happy memories with also lots of things like a monkey! how we feel as well! about Hot Chocolate that can cause us Click on the link to those we love, Read Breathing! this story with stress! Prioritize your create your own someone you love mental health and emotional snowman and talk about it, Do remind others of how to show all the you have something important it is during different ways the like Kai's golden this season. Mental holiday season makes sweater? health is like a gift you feel! Be sure to that you can both use the blank keep and keep templates to create regifting to others! some unique faces!

12/18

Mindfulness
Monday!
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!



12/19

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!



12/20

Wellness Wednesday!
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!

12/21-12/31





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 and either search on your own or click "Book Appointment" for assistance by video chat, email, or phone.