

Rosemead School District SEL Newsletter



February 2024



Greetings, Rosemead Family! We hope you had a joyous January and are ready to have a fulfilling February. Amidst the gloom and cold of this wintry month, we may find a sense of comfort, warmth, and satisfaction in extending love and kindness to others and in having these be reciprocated. However, while focusing on others, it can be easy for us to neglect our own wants and needs. It is even more important for us to extend love and kindness to ourselves. As we endeavor to practice self-love, we are asked to place higher stakes on ourselves and believe in our self-value. To assist you in finding ways to practice self-love, we invite you to use the guided strategies we have laid out for you in the content below.

Sincerely,
Your Rosemead School Psychologists



Feeling/ Habit of the Month



Why practice self-love?

- Self-love helps us “bounce back” from tough situations!
- Self-love makes us want to try new things.
- Self-love helps us want to try again if we don’t get things right the first time.

Self-Love

What is self-love?

- **Self-Love** is a positive habit that we practice when we place high value on our happiness, well-being, and fulfillment.
- We practice self-love when we take the time to appreciate our personal growth and prioritize cultivating our personal growth in mind, body, and spirit.
- When we practice self-care, such as setting boundaries for our needs, setting aside time for adequate sleep, and taking deep breaths to calm our bodies, we are also practicing self-love.

How can we build self-love?

- Try positive self-talk! Practice replacing negative unproductive thoughts with positive thoughts. Turn “I completely failed this test! I’ll never get an A!” into “I didn’t do as well as I wanted, but I know I can get a better grade next time!”
- Adopt a growth mindset! The more we practice, the better we get. This is true of riding a bike, playing a sport, and even math and reading! Understand that making mistakes are how we get better!


















SEL Calendar

FEBRUARY



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| | | | <p>2/1</p> <p>It's National Optimist Day! Optimism is being able to see the bright side of things! Watch this video with someone you love and share what you're optimistic about for this new month!</p> | <p>2/2</p> <p>Fun Friday! It's Groundhog Day! Learn more about this funny tradition by watching the video below and make your prediction: Will Phil see his shadow?</p> |
| <p>2/5</p> <p>Mindful Monday! Let's get comfortable with mindfulness activity themed around our feeling of the month! Practice self-love with the video below!</p> | <p>2/6</p> <p>It's #SaferInternetDay! Watch the video below about the importance of internet safety. Then, talk with an adult about it. How safe are you on the internet? What can you do to be safer?</p> | <p>2/7</p> <p>It's National Send a Card to a Friend Day! Make a card using some paper, crayons, colored pencils, and any other decorations and give it to a friend to let them know how much you appreciate them, miss them, or even just because!</p> | <p>2/8</p> <p>A big part of self-love is believing that you are awesome! Self-esteem helps us believe in ourselves even when we make mistakes! Watch these videos and try some tips for boosting your self-esteem!</p> | <p>2/9</p> <p>Fun Friday! It's almost Valentine's Day! Watch this fun video from Snoopy and the Peanuts! Do you ever feel like Sally? Show some self-love by not being too hard on yourself if you can't make the perfect Valentine's Day card!</p> |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p>2/12</p>   | <p>2/13</p> <p>Do you ever stop and think about the things you like about yourself? There's lots to love when you look in a mirror! Watch this video and talk about it with an adult.</p>  | <p>2/14</p> <p>Happy Valentine's Day! Let's spread self-love! Write a valentine card to a person you love about why they should love themselves!</p>  | <p>2/15</p> <p>Self-Love, just like reading and riding a bike is something we get better at by practicing! Here are some tips for how to grow your self-love and self-esteem!</p>  | <p>2/16</p> <p>Fun Friday!</p> <p>It's National No One Eats Alone Day! The next time you're at breakfast, lunch, or dinner, find someone who looks like they could use some company!</p>  |
| <p>2/19</p>   | <p>2/20</p> <p>Story Time! Relax and listen to this silly story about self-love!</p>  | <p>2/21</p> <p>Wellness Wednesday!</p> <p>We know that exercise is great for our bodies, but did you know it's also good for your brain too? Especially your self-esteem!</p>  | <p>2/22</p> <p>Did you know: the more we love ourselves the better we are at bouncing back after tough situations? Learn more by watching this video!</p>  | <p>2/23</p> <p>Have some bananas that are a little brown? You're in luck! It's National Banana Bread Day! Celebrate by making some yummy banana bread this weekend with your family!</p>  |
| <p>2/26</p> <p>Mindful Monday!</p> <p>Self-love and confidence go together like peanut butter and jelly! Use this mindfulness activity to grow your confidence and your self-love muscles!</p>  | <p>2/27</p> <p>If you're a beginner at self-love, listen to the story on the left! If you're a self-love master, listen to some self-love tips you can practice on the right!</p>   | <p>2/28</p> <p>Wellness Wednesday!</p> <p>Last month, we came up with wellness goals for the year! How are you doing so far? It's normal to run into bumps on the roads to success! Bounce back by reminding yourself of your SMART goal!</p> | <p>2/29</p> <p>Self-Talk Thursday!</p> <p>Positive affirmations are a great way to practice self-love! Watch this video for some ideas, then practice it yourself!</p>  |  |

kindness is contagious
everyday, choose to be kind.

care solace

Let's make kindness the norm this week! As we all work to create a kinder world, we can start with ourselves and our community. We invite you to celebrate Valentine's Day (February 14th) and Random Acts of Kindness Day (February 17th) by spreading kindness.

There is no limit on the amount of goodness we can put into the world. Every ounce of kindness matters and inspires kindness in others. Ready to participate in the Kindness Challenge? Here are ideas to get started:

1. Join the #MakeKindnessTheNorm challenge and share your acts of kindness on social media.
2. Practice kindness and self-compassion with these guided practices and exercises: [Self Compassion Practices](#)
3. Some of us are already taking steps to find professional help with our well-being and perhaps you or a loved one should too. If you or a family member would like help finding a mental health care provider, use Care Solace, a complimentary and confidential coordination service provided by Rosemead School District:

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

Visit caresolace.com/rosemead and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Spreading kindness improves our well-being and fosters a caring community. What will you do to spread kindness this week?



Acts of Kindness challenge

Give an
unexpected
compliment.

Don't
complain
for a whole
day.

Spend
time with a
Loved one.

Make your
family's
favorite
dinner.

Volunteer
one
weekend.

Be kind to
yourself.

care/solace.

