Rosemead School District SEL Newsletter

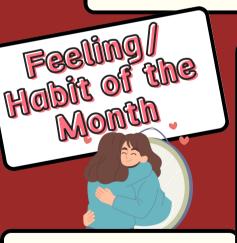
February 2024



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





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.

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!



Monday	Tuesday	Wednesday	Thursday	Friday
			2/1 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!	Fun Friday! It's Groundhog Do Learn more abou this funny tradition by watching the video below and make your prediction Will Phil see his shadow?
2/5 Mindful Monday! Let's get comfortable with mindfulness	2/6 It's #SaferInternetDay! Watch the video	2/7 It's National Send a Card to a Friend Day! Make a card	2/8 A big part of self— love is believing that you are awesome!	2/9 Fun Friday! It's almost Valentine's Day



activity themed around

our feeling of the

month! Practice self-

love with the video

below!



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?



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!



Self-esteem helps us believe in ourselves even when we make mistakes! Watch these videos and try some tips for boosting your selfesteem!





un Friday! oundhog Day! n more about unny tradition

watching the o below and your prediction: Phil see his

un Friday! 's almost entine'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!





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

Bounce back by reminding yourself of your SMART goal!

self-love muscles!

kindness is contagious orentagious contagious conta

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 quided 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.

