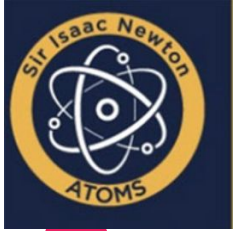


Social and emotional learning (SEL) is the process that helps students learn critical skills, attitudes and mindsets for social and emotional success. Social emotional skills are the foundation for overall well-being. The skills cover **five** major areas:

- self awareness
- self management
- social awareness
- relationships
- responsible decision making



**SIR ISAAC NEWTON
ELEMENTARY SCHOOL**



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RESOURCES



Social and Emotional Learning in Washington School: Building Foundation and Strategies

[Resource Link](#)

Social Emotional Alliance of the US [LINK](#)

Self-Management-Managing Impulses, Emotions and Stress

- **Helping others**-remind children that they can offer to do a favor or perform a chore for someone in their family
- **Mindful Breathing**-students can use mindful breathing anywhere anytime. Social emotional learning activities for online teaching like mindful breathing can be used by students outside the class or as a whole group to start a lesson, take a brain break or end class. [Coloring Activity](#)
- **Belly Breathing**-focus on holding your chest still while making your stomach rise and fall for 3 minutes. Lay on your back and put your hands on your stomach. Feel your stomach lift and lower while taking deep breaths
- **Bubble Breathing**-take a deep breath in , Exhale slowly trying to blow the biggest bubble you can without exhaling too quickly and popping it
- **Shoulder Roll Breathing**-slowly begin to lift and roll your shoulders backward. As you roll them breathe in and out. When you're ready, switch directions of the shoulder roll. Continue to breathe in through your nose and out through your mouth slowly
- **Hand Tracing Breathing**-students put one hand out in front of themselves and use a finger on the other hand to trace. As they trace up the finger they take a deep breath in through their nose and as they trace down the finger they slowly let the air out of their mouth.

Self Awareness

- **Children's Books**-Find quality children's literature to teach children emotional awareness. [Book List](#)
- **Scavenger Hunt**-set up a scavenger hunt to work on attention, focus and mindfulness. Focus on ways children can show responsibility at home
- **Growth Mindset**-[Positive Affirmations](#)
- [The Color Monster](#)
- [Sesame Street: Bruno Mars: Don't Give up](#)

ESSEX COUNTY			
<p>Acute Care Family Support Mental Health Association of Essex & Morris 33 South Fullerton Avenue Montclair, NJ 07042 (973) 509-9777</p>	<p>County Mental Health of Essex Mental Health Administrator 204 Grove Avenue Cedar Grove, NJ 07009 (973) 571-2821 /2822</p>	<p>PRIMARY SCREENING CENTER for ESSEX Rutgers University Behavioral Health Care - Rutgers 150 Bergen Street Newark, NJ 07101 HOTLINE: (973) 623-2323</p>	<p>PRIMARY SCREENING CENTER for ESSEX Newark Beth Israel Medical Center 201 Lyons Avenue Newark, NJ 07112 HOTLINE: (973) 926-7444</p>
<p>Deaf Enhanced STCF Jersey City Medical Center 395 Grand Street Jersey City, NJ 07302 (201) 915-2349</p>	<p>Deaf Enhanced Screening Center Jersey City Medical Center 395 Grand Street Jersey City, NJ 07302 (201) 915-2210</p>	<p>Self-Help Center Better Life 101 14th Avenue Newark, NJ 07103 (862) 229-1400 x2806</p>	<p>Residential Services Easter Seals Society of NJ 414 Eagle Rock Avenue, Suite 206 West Orange, NJ 07052 (973) 324-2712</p>
<p>Early Intervention Support Services (Crisis Intervention Services) Rutgers University Behavioral Health Care 183 South Orange Avenue Newark, NJ 07103 (973) 972-6100</p>	<p>Homeless Services (PATH) Newark Only Project Live 465-475 Broadway Newark, NJ 07104 (973) 481-1211</p>	<p>Short Term Care Facility St. Michael's Medical Center 111 Central Avenue Newark, NJ 07109 (973) 465-2681</p>	<p>Residential Services Project Live, Inc. 465-475 Broadway Newark, NJ 07104 (973) 481-1211</p>
<p>Homeless Services (PATH) Mental Health Association of Essex & Morris 80 Main St. suite 150. West Orange, NJ 07052 (973) 842-4127</p>	<p>Integrated Case Management Services -Newark Only Mt. Carmel Guild Behavioral Healthcare 47-71 Miller St. 3rd Floor, Suite 301 Newark, NJ 07114</p>	<p>Short Term Care Facility Newark Beth Israel Medical Center/St. Barnabas 201 Lyons Avenue Newark, NJ 07112 (973) 926-3183</p>	<p>Short Term Care Facility East Orange General Hospital 300 Central Avenue East Orange, NJ 07018 (973) 266-4456 or (973) 266-8440</p>
<p>Integrated Case Management Services Mental Health Association of Essex and Morris 80 Main St. suite 150. West Orange, NJ 07052 (973) 842-4127</p>	<p>Integrated Case Management Services Mental Health Association of Essex & Morris 60 Evergreen Place - Suite 402 East Orange, NJ 07018 (973) 676-9111</p>	<p>Short Term Care Facility Mountainside Hospital 1 Bay Avenue Montclair, NJ 07042 (973) 429-6000</p>	<p>Short Term Care Facility University Hospital/UMDNJ 150 Bergen Street Newark, NJ 07103 (973) 972-7722</p>
<p>Intensive Family Support Services Mental Health Association of Essex & Morris 33 South Fullerton Avenue Montclair, NJ 07042 (973) 509-9777</p>	<p>Involuntary Outpatient Commitment Mental Health Association of Essex & Morris 33 South Fullerton Avenue Montclair, NJ 07042 (973) 842-4141</p>	<p>Supported Employment Services Mental Health Association of Essex County 60 Evergreen Place, Suite 401 East Orange, NJ 07018 (973) 395-1000, ext. 401</p>	<p>Community Support Services East Orange General Hospital 300 Central Avenue East Orange, NJ 07018 (973) 395-4164</p>
<p>Intensive Outpatient Treatment & Support Services Family Connections Wellness House 395 S. Center St. Orange, NJ 07050 (973) 380-0366</p>	<p>Justice Involved Services Mental Health Association of Essex & Morris 33 S. Fullerton Avenue Montclair, NJ 07042 (973) 509-9777</p>	<p>Supported Education Bridgeway Rehabilitation Services <i>LEARN of Central NJ</i> 1023 Commerce Avenue, 2nd Fl. Union, NJ 07083 (908) 686-2956, ext. 104</p>	
<p>Outpatient Family Service Bureau of Newark 379 Kearny Avenue Kearny, NJ 07032 (201) 246-8077</p>			