



OCTOBER SEL NEWSLETTER

CELEBRATIONS

Collaboration with school site staff has begun! 258 Edwin Markham Middle School students, have already completed the SEL Student Self-Assessment. This data will help drive focused implementation and guide data-based decisions around SEL. Congratulations Markham!

REMINDERS

Please connect us with your teams who support culture and climate. We love to brainstorm implementation tactics with Restorative Justice Teachers, counselors, School Climate Advocates, and Systems of Support Advocates.



[POINT OF CONTACT FORM](#)

LESSON PLANS

To access your **SEL lesson plans**, and other resources like monthly caregiver workshops, please visit the Los Angeles Unified and RethinkEd Landing Page.

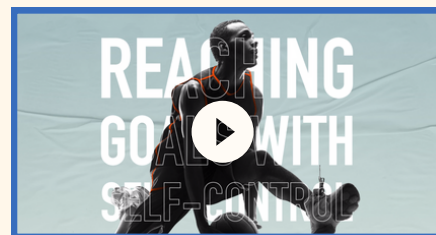
[MIDDLE SCHOOL LESSONS](#)

[GETTING STARTED TUTORIAL](#)

[MONTHLY WORKSHOPS](#)

SEL LESSON PLAN OVERVIEW

5 MINUTES: VIDEO



10 MINUTES: QUESTIONS

LET'S DISCUSS

- How can self-control be helpful for reaching a goal?
- What distracts you from reaching a goal?
- What are some strategies for using self-control to reach a goal?
- Talk about a time self-control helped you reach a goal.

15 MINUTES: PRACTICE

Reaching Goals WITH SELF-CONTROL
Self-control strategies can help you reach a goal.

- Set a Goal**
What do you want to achieve?
- Address Distractions**
What can you do to reduce distractions?
- Set Priorities**
What needs to be done in order of importance?
- Measure Your Progress**
How are you meeting the tasks to reach your goal?
- Manage Your Stress**
How can you take care of yourself?

Self Control TO REACH A GOAL
Use the self-control strategies to help you reach a goal.

SET A GOAL
What do you want to achieve?

ADDRESS DISTRACTIONS
List the things that distract you from reaching your goal. How can you address them?

SET PRIORITIES
List the tasks that need to be done to reach your goal.

MEASURE YOUR PROGRESS
Use the strategies to monitor your progress.

MANAGE YOUR STRESS
How can you take care of yourself?

HAVE MORE QUESTIONS?
Get in touch with us at
TeamLA@rethinked.com