

CATHOLIC ACADEMY OF NIAGARA FALLS

Congratulations! We have almost made it through a difficult school year and hopefully you will find some rest and relaxation over the next couple of months. The past couple of weeks, I have been spending time with students reviewing what they have learned and accomplished this year, and helping them to set goals for next school year. In this newsletter you'll find resources to do the same. It's a great time of year to refocus and ensure that our daily actions are pointing us toward our goals and to keep using Social/Emotional skills! Please reach out if I can be of any assistance as we transition into the summer months.

-Ms. Nugent

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In case of an emergency call
Erie County Crisis Services:
(716) 834-3131

Niagara County Crisis Services:
(716) 285-3515
or 911

Challenge your children or the whole family to this Bingo game encouraging social emotional learning and partake in a fun prize at the end!

SOCIAL EMOTIONAL LEARNING BINGO CHALLENGE BOARD

SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
Set up a spot where you can go if you feel upset	Do a feelings check in with yourself. How do you feel? How do you know?	Learn something about another culture.	Write a letter or make a card for a friend	Work with your family to create a list of consequences for negative behaviors.
Journal or talk to a family member about how you're feeling every day for a week.	Make a list of the things you love about yourself. Hang it where you can see it every day.	Notice when someone needs something, then meet their need	Apologize for a mistake you made.	At the end of the day, talk to a family member about your behavior for the day. What went well. What could you have done better?
Set a goal for the week.	Spend two minutes trying to notice your thoughts	Help a family member without being asked.	Introduce yourself to someone new.	Go out of your way to make someone else feel good.
Come up with a list of things you can do when you feel upset.	Come up with something you can repeat to yourself that helps you feel good about yourself.	Ask a family member how their day is going. Listen to their response.	Solve a disagreement or argument peacefully.	Do something that you are asked to do.

End

of

Year

Reflection



My proudest moment of the year:

How did I boost my well-being this year?

This year I showed

_____ when I

How did I help the well-being of those around me?

As I reflect on this year, how do I want to keep growing as a person?



"To grow yourself, start from knowing yourself".

-Anonymous

SEL Websites for Summer:

Parent Resource Websites:

www.consciousdiscipline.com

[Harmony SEL](http://www.harmonySEL.com)

www.parenttoolkit.com

Websites With Activities To Use For Kids:

www.wedolisten.com

[Login - GoNoodle](http://www.gonoodle.com)

[Virtual Calming Room - Visual Relaxation \(scusd.edu\)](http://www.scusd.edu)

Joyful June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	
7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side
14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity
21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy
28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)				

ACTION FOR HAPPINESS

Happier · Kinder · Together

I wish you all a safe and happy summer! See you soon!