

SEL Newsletter

During the month of September, students participated in lessons on how to be successful learners. Topics included how to stay focused and listen while learning, using self-talk to encourage ourselves, and having an assertive voice to ask for help when needed. Students can use these strategies while completing homework. One helpful tip to being successful at home is having a quiet place to complete homework with a variety of materials (pencils, paper, books) ready to go.

SEL TOOLS

Read all the descriptions of the breathing techniques and tools learned in class by using the link below. We will continue to add to this document as we teach new tools in class.

[Breaths and Tools](#) (English)

[Breaths and Tools](#) (Spanish)



Important Numbers

- National Suicide Prevention Lifeline: 1(800) 273-8255 or Call - 988
- Crisis Text Line: text "reach" to 741741
- Dupage County Health Crisis Line: (630) 627-7100
- Safe-2-Help: Text - 72332

Please feel free to reach out to your SEL Teacher if you have any questions.

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