



SOURCES OF STRENGTH 3rd-5th grade SEL Curriculum

Dear Douglass Parents/Guardians/Caregivers,

What a delight it is to share in your child's learning journey together. As a school, we want to partner with families to help each of our learners develop not only the academic skills but also the social and emotional skills they need to be successful in life. These skills are interconnected in so many ways: noticing and regulating emotions can impact success on a test or homework assignments, understanding others perspectives is critical to problem solving in group work, navigating big emotions can help us advocate for our needs and build healthy relationships. Social and emotional skills are foundational for success in the classroom, with our friends on the playground, waiting in line for lunch as well as beyond the four walls of the school.

We're excited to be using a curriculum this year called **Sources of Strength**. This curriculum will help us think about, develop, and practice positive social and emotional skills along with identifying and growing the strengths in our lives. The curriculum is research-informed and is modeled after the evidence-based Sources of Strength program that has been in Middle Schools and High Schools for decades. The focus of Sources of Strength is to support the development of a comprehensive wellness model that is centered on building strength and resilience in individuals and communities.

At the core of the curriculum are eight Strengths: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health (See Strength definitions on next page). Each of these strengths shows up in a person's life differently. Each lesson invites students to explore strength in their own lives, empowers them to grow their strengths and build resilience in order to promote health and wellness for themselves and others.

Families/Caregivers play an important collaborative role in helping learners truly apply strength to their lives in good times and in tough times. You are encouraged to ask your student how they are learning about the strength in their lives. We invite you to join them by naming strengths that you are strong in and use those strengths to navigate both the good times and tough times at home or school. The power of using strength in our lives can move us towards healthy coping, positive problem-solving, resilience, and wellbeing.

An informative article supporting the why of teaching SEL.

http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf

If you have any questions, please feel free to reach out to your child's teacher or our counselor,
tara.krams@bvsvd.org 720.561.6667.

**FAMILY SUPPORT:**

Whether related to us by blood, or by choice, these are the people who support, nurture and care for us.

POSITIVE FRIENDS:

Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.

MENTORS:

A mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.

HEALTHY ACTIVITIES:

When we feel stressed, healthy activities-- whether they are physical, social, or emotional-- help us unwind, lift our mood, and gain clarity.

GENEROSITY:

Generosity can look a lot of different ways, from donating money or time to being intentionally kind to other people. These acts of kindness towards others, big or small, can actually make an impact on how we feel about ourselves.

SPIRITUALITY:

Spirituality is practiced in many ways, but at its core we consider what gives a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice spirituality together, no matter what our cultural heritage and/or spiritual tradition.

PHYSICAL HEALTH:

When we are injured, we don't have to stay in pain. We can get better, with access to the medical care we need and deserve. Physical and social/emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds.

MENTAL HEALTH:

Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor, can help empower us to overcome internal struggles we might be facing.