



SEL-ebrations

"Mindfulness"

June 2023 Newsletter

RESEARCH



Books:

Early/Mid Elementary: I Am Peace, Susan Verde

Late Elementary: Be More Like Yoda, Mindful Thinking
From a Galaxy Far Far Away, DK



Activities:

 Mindfulness Reflection Book

 Choice Board

 Mindful Morning

 Mindfulness Checklist

 Coloring Pages



SEL in Action:

