



Thinking about summer break, which meme do you most strongly identify with?
(No judgement! 😊)



Bonnie Brae Mental Health Wellness Team



CASEL CORE COMPETENCIES:



School Counselors:

Lisa Jeffries (Grades K-2)

Laura Kaniewski (Grades 3-6)

School Psychologist:

Emily Oliver

School Social Worker:

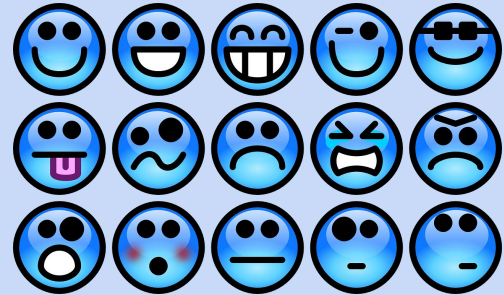
Amy Marshall





Self Awareness:

- Identifying emotions
- Linking feelings, values and thoughts
- Having a growth mindset

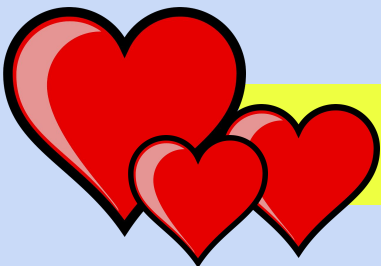




Self Management:

- Managing one's emotions
- Showing courage to take initiative
- Exhibiting self-discipline and self motivation





Social Awareness:

- Taking others' perspectives
- Demonstrating empathy and compassion
- Understanding and expressing gratitude



Relationship Skills:

- Developing positive relationships
- Resolving conflicts constructively
- Showing leadership in groups





Responsible Decision Making:



- **Demonstrating curiosity and open mindedness**
- **Identifying solutions for personal and social problems**
- **Anticipating and evaluating the consequences of one's actions**

Practice Makes Progress

Walking Outside

Playing Sports

Listening to Music

Reading A Book

Puzzles

Talking To A Friend

Playing With Fidgets



Mindfulness Brain Breaks



A pink, brain-shaped character with a smiling face, closed eyes, and a small antenna-like appendage on its right side.
Body Scan



Mindful Looking

A hand holding a yellow arrow pointing to the right, positioned at the bottom right corner of the green background.

I SPY
with my
little eye

A LITTLE
PEACEFUL SPOT

A simple cartoon character that is a green circle with a smiling face, large eyes, and thin arms and legs.

A STORY ABOUT MINDFULNESS

HOW ARE YOU FEELING?



RAINBOW BREATH

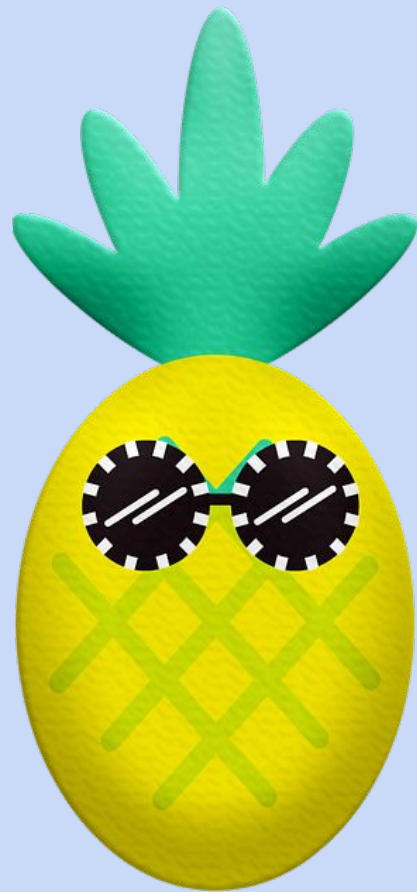


Summer, Summer, Summer Time

Summer Activities that Promote Social Emotional Wellness *(and don't involve screens):*

- ★ **Public Library** for books of choice and to take advantage of cool (FREE!) events throughout the summer
- ★ **Museums**- the Smithsonian Museum of American History just opened up two really cool kid spaces. There is also an interactive learning museum at the Army Museum on Fort Belvoir that is free and easily accessible to the public.
- ★ **Play Dates**- This is an important part of their social emotional health and cognitive social development. During the school year kids spend 8 hrs a day surrounded by peers; don't let that completely drop-off in the summer.
- ★ **GET OUTSIDE!**- Hiking, Pools, Playgrounds, Splash pads, Minigolf, Bike rides, Family walks, Yard work, etc. Fresh air + body movement supports a healthy body and mind.
- ★ **Board Games**- It's hard to lose! And take turns... and be patient... and be a gracious winner. Board games build social skills and strategic thinking and provide an important opportunity for family time.
- ★ **Chores!**- Being a contributing member of a household is an important responsibility and one that kids are very capable of doing. Age appropriate chores are an excellent way to promote social emotional wellness.
- ★ **Bonnie Brae Bookmobile** - July 6th from 10-12 PM and July 25th from 2-4 PM.

Summertime



STAY
COOL



Thank You