

Peacemaker Tools Weekly Newsletter



Issue 1: Introduction to SEL

Social Emotional Learning (SEL) is the process of gaining skills that help us recognize and manage our feelings, develop compassion for others, build healthy relationships, make responsible decisions, and handle tough situations thoughtfully. We use Regulate, Relate, and Reason to practice these tools.



Relate

When we relate, we connect with others as we share our perspectives and experiences.

Let's Practice

Share with those that are with you what is one thing that you are thankful for?



Links to Learn More

www.peacemakerresources.org

www.teachpeace.link/YouTubeChannel

www.teachpeace.link/family_resources

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Regulate

When we regulate, we are able to think, listen, and identify our needs and feelings.

Let's Practice

Five Finger Breathing

Trace one hand, breathing in and out as you go up and down your fingers.



Video Here:

www.teachpeace.link/5fingerbreathing



Reason

When we reason we reflect, learn, gain understanding, and develop strategies for problem solving.

Let's Practice

Reflect on how it feels to share what you are thankful for and To hear what others are thankful for. How could reflecting on what you're thankful for help you throughout the day?

