

# SOCIAL EMOTIONAL LEARNING

*with the School Social Worker*

**CRENSHAW COUNTY SCHOOLS**



## FALL INTO A GREAT ATTITUDE

by Bailey Kilpatrick

Albert Einstein once said, "The measure of intelligence is the ability to change." Too often we found ourselves saying "I can't" but guess what? **YOU CAN!!** You can do anything or be anyone you put your mind to, it just takes a little bit of effort! You have to be willing to set the tone needed to help you overcome obstacles that come your way. Once we adjust our mindsets we can encourage those around us. How do you think your community would be if everyone was willing to learn from their mistakes, forgive and continue moving forward without holding on to the past? How do you think your community would be if everyone continued to grow in the strengths they already have? It would be amazing, so how can we get there? It starts with you!!!

## HELLO OCTOBER

1. Fall Into A GREAT Attitude
2. Growth Mindset
3. Resources
  - a. Peer Helpers Spotlight
  - b. Contacts
  - c. Wellness Calendar Challenge
  - d. Awareness Days

"Don't worry about failure. Worry about the chances you miss when you don't even try."

- Sherman Finesilver



# GROWTH MINDSET

## FIXED MINDSET VS. GROWTH MINDSET

I'm not good at this

I can get better with more practice

I don't get this

What am I missing?

This is too hard

This will take more time and effort

I don't know how

I can learn how

I'm a failure

I am still learning and improving

I made a mistake

I will learn from my mistake

I want to give up

I will try another way

I'm really good at this

How can I get even better?

### DEFINE:

the belief that with hard work and effort you can improve at anything



**MINDSET**  
IS  
*everything*

### GROWTH MINDSET

Is Freedom

Perseveres in the face of failures  
Effort is required to build new skills  
Finds inspiration in others success  
Accepts criticism  
Desires to learn  
Builds abilities

### FIXED MINDSET

Is Limiting

Avoids challenges  
Ignores feedback  
Threatened by others success  
Desires to look smart  
Gives up easily  
Fixed abilities

# RESOURCES



## PEER HELPERS SPOTLIGHT



"The key to life is accepting challenges."  
~ Bette Davis

Highland Home School

"Treat others the way you want to be treated."

Brantley High School



"Keep your face always toward the sunshine and shadows will fall behind you"

-Walt Whitman  
Highland Home School



"The fool doth think he is wise, but the wise man knows himself to be a fool."

- William Shakespeare  
Luverne High School



## BENEFITS OF GROWTH MINDSET

IMPROVES SELF ESTEEM  
LEARN NEW SKILLS  
ACCEPT NEW CHALLENGES  
SEEK FOR NEW OPPORTUNITIES  
LOOK OUT FOR FEEDBACK



October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1 LIGHT YOUR FAVORITE CANDLE	2 WEAR YOUR FAVORITE OUTFIT	<b>Self-care IS EMPOWERMENT</b>		4 TAKE SOME PRETTY PHOTOS	5	6
7 ENJOY PHOTOS FROM A TIME WITH HAPPY MEMORIES	8 WRITE 5 THINGS YOU LOVE ABOUT YOURSELF	9 DO SOMETHING THAT MAKES YOU LAUGH	10 STRETCH TO RELIEVE TENSION	11 DO SOMETHING NICE FOR SOMEONE	12 GO ON A DATE OR MEET WITH A FRIEND	13 TAKE TIME TO DO SOMETHING YOU REALLY ENJOY
14 GO FOR A LONG WALK	15 GO TO BED EARLY	16 CALL OR TEXT SOMEONE YOU LOVE	17 EAT HEALTHY FOR LUNCH	18 ASK SOMEONE FOR HELP	19 WRITE IN A JOURNAL ABOUT YOUR WEEK	20 DO SOMETHING FOR THE FIRST TIME
21 CALL A FRIEND YOU HAVEN'T TALKED TO IN A WHILE	22 ASK A TRUSTED FRIEND TO STATE YOUR STRENGTHS THEY SEE	23 FORGIVE YOURSELF FOR A MISTAKE YOU'VE MADE	24 TAKE 10 MINUTES TO BREATHE DEEPLY	25 24 HOURS NO SOCIAL MEDIA	26 ORGANIZE YOUR DAY	27 SIT OUTSIDE IN NATURE
28 COOK YOUR FAVORITE MEAL	29 COMPLIMENT SOMEONE TODAY	30 WATCH A MOVIE	31 FIND A QUOTE THAT REPRESENTS YOU	DECLUTTER 10 ITEMS	DO A FUN EXERCISE	SEND A CARD TO SOMEONE

## AWARENESS DATES

- 2-8: Mental Illness Awareness Week
- 7: World Smile Day
- 10: World Mental Health Day
- 19: Unity Day/Stop Bullying Day
- 23-31: Red Ribbon Week (Drug-Free America)
- ADHD Awareness Month
- Bullying Prevention Month
- Domestic Violence Awareness Month
- National Depression & Mental Health Screening Month
- Positive Attitude Month
- Crime Prevention Month

### BEACON BEHAVIORAL HOSPITAL AGES 10-18

334-335-5040

LUVERNE, AL

### LAUREL OAKS AGES 4-18

334-794-7373

DOTHAN, AL

### BAY POINTE AGES 5-19

251-450-2211

MOBILE, AL