



Hello everyone,

It is easy to feel grateful when life is good, but what about when unpredictable challenges arise? The truth is that no one is exempt from the difficulties we are facing today, but with some effort, gratitude can be found even in these trying times. Although the coronavirus pandemic has shaken our sense of normalcy and security, it is important for us to remind our children, students, and ourselves that we are safe at home while there are members within our community who are on the frontlines of this crisis. Healthcare workers, law enforcement, grocery store clerks, postal workers, garbage collectors, and other essential workers are not only servicing, healing, protecting, and caring for us, but they are endangering themselves by interacting with members of the public who could potentially make them fall ill. While they deal with their own worries and frustrations, they have to face the worry, frustration, and anger of the people they are serving as well. That's a lot to handle. Let essential workers know you are grateful for their dedication and sacrifices through the power of song.

YOUnison, a student-centered community that encourages the empowerment of self-directed learning, creativity, and collaboration through music, invites you and your children/students to give thanks through the arts. Join us on the Worldwide Day of Gratitude, April 30th, in honoring essential workers by learning and sharing the iconic Bill Withers song, "Lean on Me." Sheet music, authorized by Hal Leonard Corporation, as well as sample lesson plans and thought starters for participation are available [here](#).

We encourage everyone to download the materials, record, and share their songs of gratitude

on YouTube and post on social media channels using the hashtags #LeanOnUs and #DayOfGratitude on the Worldwide Day of Gratitude.

Sometimes in our lives
We all have pain, we all have sorrow.
But if we are wise,
We know that there's always tomorrow.
- "Lean On Me," Bill Withers



STAT's Family Problem Solving & Keys to Success at Home

A few months ago, many of us could not have foreseen our simple everyday freedoms being severely limited by an unprecedented health crisis. We spent most of our daytime hours at our workplace while our children and/or students were at school; in the evening, we would rejoin our family and loved ones after an entire day away from home. These days, we spend every waking moment at home, working remotely while raising and teaching our children, who are feeling equally as distressed as we are. Students Taking Action Together (STAT), a project from the SECD Lab which provides instructional strategies that integrate SEL and civil discourse into existing middle and high school social studies/civics curriculums, has resources that are helpful for maintaining positive familial relationships while teaching and learning from home. Andrea Sadow, one of STAT's collaborators from the Summit Public Schools in New Jersey, has integrated important STAT concepts in [Family Problem Solving](#) and [Keys to Success](#). [Family Problem Solving](#) provides a set of problem-solving strategies on how you, your students, and your loved ones can resolve familial conflicts that will inevitably arise during and after the COVID-19 pandemic, whereas [Keys to Success](#) focuses on how you can teach your children/students how to be their B.E.S.T and develop mindfulness around the power of their words.

If you would like to become involved in STAT, or would like further information, visit this link [here](#).

Help your kids and/or students learn the #SEL Skill of the Week - Self Awareness!



The upside to social distancing is the ample opportunity for self-reflection and introspection. We offer at-home activities that you can use to teach the children in your life how to recognize their inner self and assess it with a "growth mindset."

To learn more, follow us on [Twitter!](#)



Reminder: Virtual Professional Learning Community

Just a reminder for all active students and alumni: your Academy support network extends beyond the classroom! Don't forget that your cohort, instructors, and our panel of experts (SELvplc@gmail.com) are available to support you and your SECD goals!

Upcoming Events:

[CASEL CARES Webinar: Let's Listen to Our Young People: What Support Do They Need?](#)

April 17 at 1 pm EST

[How We Can Help Our Children to Be "Disaster-resilient" - and Why We Must Embrace Race](#)

Wednesday, April 22, 8:30-9:30 pm EDT

[Worldwide Day of Gratitude](#)

April 30th

