

February 2022 STAT Bulletin

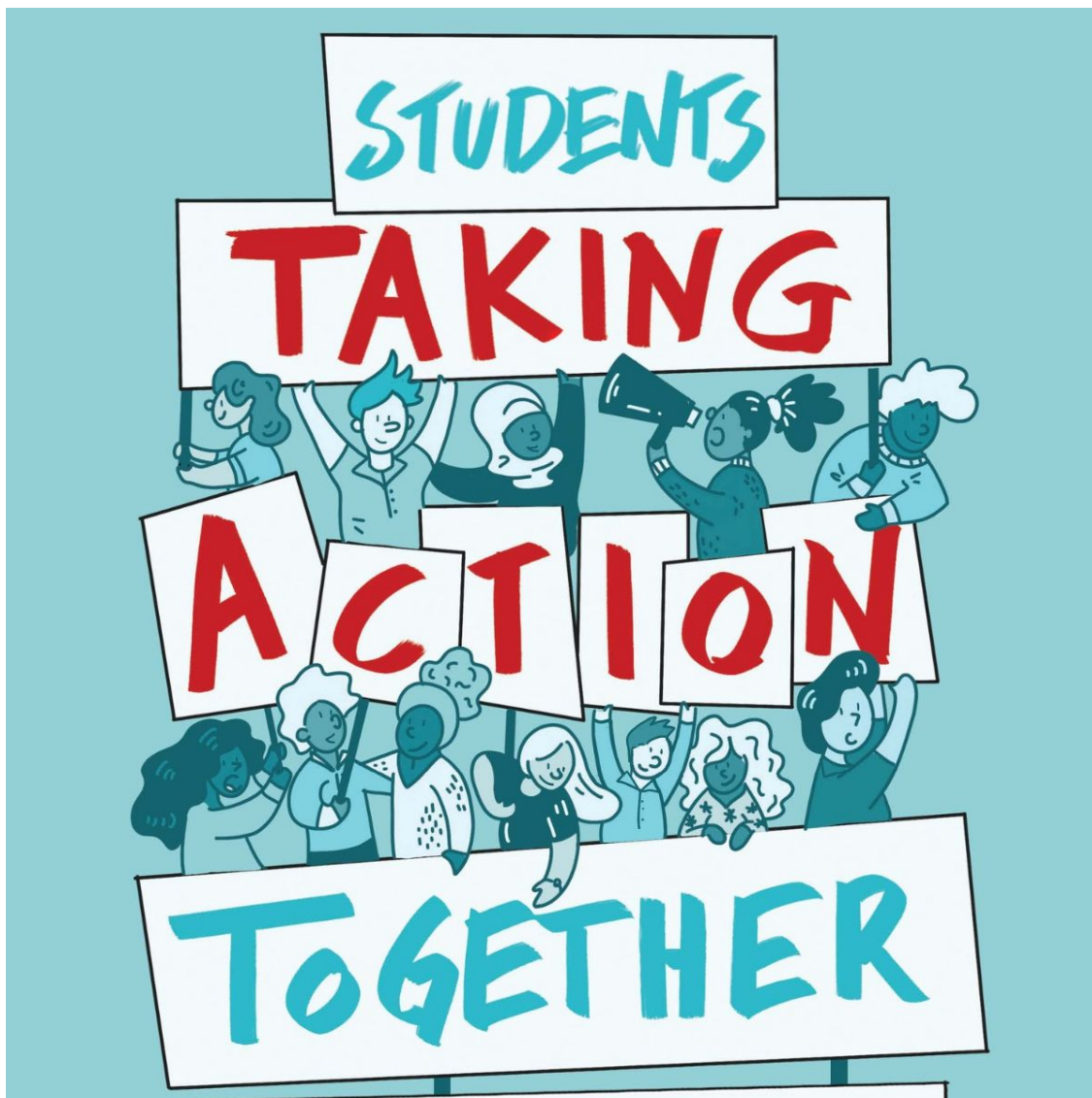


2022 has begun! As we transition back from online instruction to in-person learning in this new year, we also have the opportunity to reflect on ourselves, our time with loved ones, and all that we have to be grateful for. Our STAT team at the SECD Lab hopes to inspire everyone to spread positivity to others and to be mindful of the present. As mentors and educators, we encourage everyone to work together to teach the students and young people that we work with important social-emotional skills, such as self-awareness, social awareness, and relationship skills—which in turn leads to improvements in well-being and mental health.

In this Bulletin, we focus on mindfulness exercises, which are found to improve self-awareness and self-management, and include a variety of lesson plans geared towards teaching students how to be more mindful of themselves and their surroundings. We also touch upon National Mentoring Month and the significance of mentoring in the classroom as well as in the well-being of students. And we add resources related to the fragile state of our democracy and the increasingly important activity of helping our students sort out information from misinformation. Indeed, for students to take action together effectively, they have to be operating on as solid a foundation of facts as

possible. Our best wishes for a much better 2022!

-The STAT Team



New STAT Book Available for Pre-Order

A new book containing the teaching strategies of the STAT curriculum is now available for pre-order from ASCD.

Pre-order here:

[New STAT Book Now Available for Pre-Order! — Rutgers SECD Lab](#)



8 Activities for Students (and Teachers) to Create a Mindful Classroom

Incorporating mindfulness activities into lesson plans will give students a chance to relax and reflect in a peaceful setting. These activities will encourage self-awareness and motivation in the classroom.

Lesson plan-

[8 Activities for Students \(and Teachers\) to Create a Mindful Classroom | Edutopia](#)



Our Boys Need Us: The Power of Mentoring

Many young boys are having trouble transitioning into adulthood because they don't have the correct guidance needed to point them in the right direction. The role of a mentor can play a powerful role in changing a teenage boy's life.

STAT article-

<https://www.edutopia.org/blog/boys-need-power-of-mentoring-brian-sztabnik>

Quote for Yes-No-Maybe Lessons

"If you want to conquer the anxiety of life, live in the moment, live in the breath."

— Amit Ray, Om Chanting and Meditation

Life comes with many challenges but living in the moment and appreciating the little things through mindfulness, can help us overcome these struggles. In the same vein, learning to see through the lenses of others and be mindful of their perspectives can help us better understand the world and overcome challenges together.

ANNOUNCEMENTS

- [Sign up for SEL day](#)
- [SEL day video](#)
- [Podcast \(STAT\)](#)

RESOURCES

- [Teaching Current Events: Democracy and Civic Engagement | Facing History and Ourselves](#)
- [The Best of Our Dr. Martin Luther King Jr. Resources | Learning for Justice](#)
- [Fighting fake news in the classroom \(apa.org\)](#)

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