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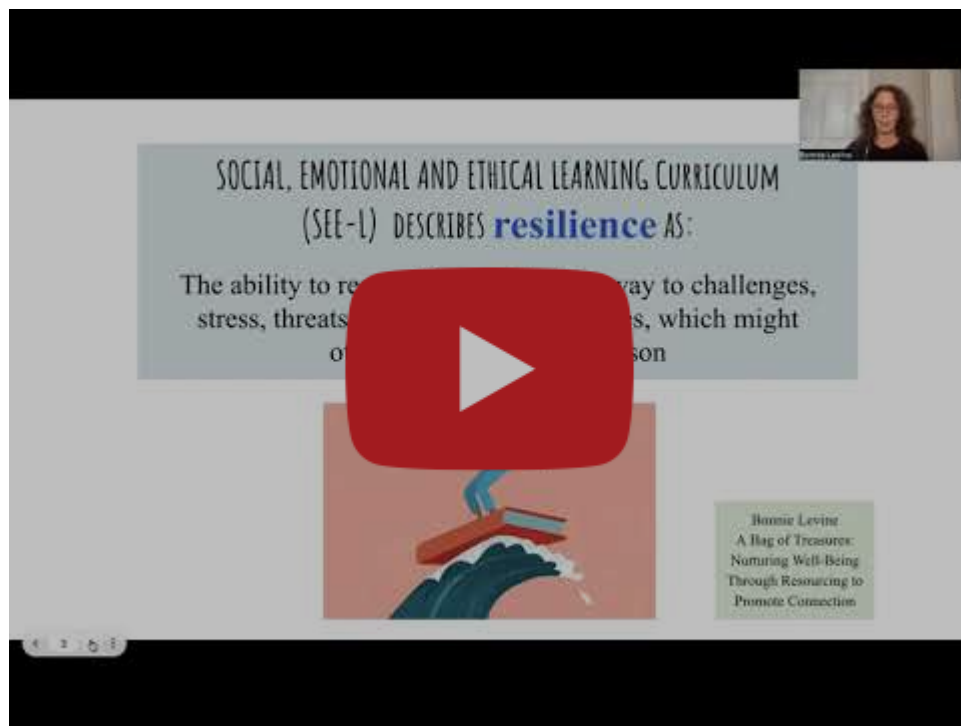


**RUTGERS**  
SECD Lab



## The STAT Bulletin:

Teaching Strategies for SEL, Civic Character, and Democracy within Subject Areas  
and for Youth Engagement in School and Community



We would like to extend our gratitude to all the members of our STAT community for all the life-changing work you do for our children every day. We hope this video reminds you to check in with yourself, especially this holiday season.

Oftentimes, the holiday season is clouded with feelings of stress or anxiety and it becomes easy to forget the spirit of gratitude. In the following passage, Dr. Lorea Martinez speaks on the importance of mindfulness and guides us on how to nurture positive emotions through these times:

Gratitude has two different dimensions. The first dimension is internal, and it involves an increased awareness of our experiences. We can all benefit from nurturing more positive emotions in our lives, so try asking yourself one of these questions. What do you notice?

- What's something that inspired or touched you recently?
- What made you laugh or smile today?
- What have you learned recently that will help you in the future?
- Has anyone done anything recently that made your job easier?
- How do your friends and/or family members show they care about you?
- What's the kindest thing you have done for somebody lately?
- Who made a positive difference in your life recently?

A second dimension of gratitude is the expression of appreciation, when we become active by doing something to show we are thankful. Displaying gratitude might be difficult when we feel hurt, afraid or anxious... but it is worth the effort. In fact, research has shown that gratitude increases happiness and life satisfaction, and reduces anxiety.

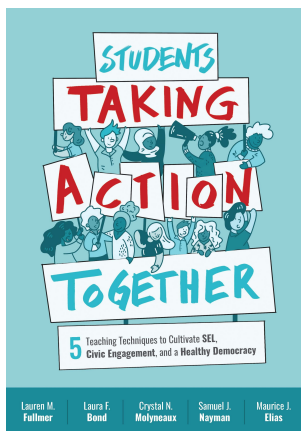
Start by acknowledging your own feelings and pay attention to the small moments. Then, remember what is important in your life and choose to show appreciation and return kindness to others."

*As always, take good care.*

- The STAT Team

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## The Newest STAT Book is Out!



[Students Taking Action Together: 5 Teaching Techniques to Cultivate SEL, Civic Engagement, and a Healthy Democracy](#)

A new book containing the teaching strategies of STAT (Students Taking Action Together) is now available to order from ASCD!

Are you ready to help students understand complex content, confront pressing social issues, and engage with the structures of power to advocate for change? This book is for you.

# STAT Lesson Plans

These exemplar lessons are in our STAT book, but we provide them here because you are a subscriber to the STAT Bulletin. Each lesson coaches a teacher through the content of the instructional strategy emphasized in that lesson, to bring it to life in the classroom. You will get guidance for implementation, adaptation of the lesson to your particular group of students' needs, and tips so that you can lead the lesson with relative ease.

You can access all of the materials on the website [here](#).



## Yes-No-Maybe: LGBTQIA+ Murals & Activism

In this lesson, students will learn how to take a stance by answering “yes”, “no” or “maybe” to a statement about public murals and their potential impact on raising public consciousness and activism. This lesson will explore LGBTQIA+ murals painted across cities in the United States. This lesson will enable students to further develop the fundamental habits for respectful listening, engaged dialogue, and peer opinion sharing, which are the foundations of democratic action.

[Access the lesson here »](#)



## Respectful Debate: Including LGBTQIA+ Players On and Off the Field

In this lesson, students will weigh opposing perspectives on the removal of barriers for LGBTQIA+ athletes, coaches, and fans to level the playing field and make sports fields and locker rooms safe spaces. Students will engage in a respectful debate, listen to both sides of the argument to regulate their emotions, build collective understanding and historical empathy for members of the LGBTQIA+ community. Such skills are necessary for students to practice to support their efficacy in participating in and leading

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## In the World of SEL



### **Digging Deep Into the Social Justice Standards: Justice**

The Teaching Tolerance Social Justice Standards are the anchor standards and learning outcomes created to guide educators in curriculum development and to make schools more just, equitable and safe. These standards are designed to be used alongside state and Common Core State Standards in all content areas to reduce prejudice and bias and advocate for collective action.

[Read more here »](#)



### **A Simple Strategy to Encourage Student Reflection and Improvement**

Developing Healthy and Caring Relationships is one of the five CASEL Competencies and Relationship Skills involve the abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

[Read more here »](#)

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## Yes-No-Maybe

### *Quotes for Classroom Use*

"It is socially responsible for women corporate leaders to use their public position to lead conversations about women in the workplace."

"All Americans should be required to vote."



"I was complaining that I had no shoes till I met a man who had no feet." ~ Confucius

"Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow." ~ Melody Beattie

## STAT Resources



### Become Certified in STAT!

Students Taking Action Together is a 2-course online program that presents the five instructional strategies that are part of the Students Taking Action Together (STAT) social action pedagogy. STAT-301 and STAT-302 are organized around 10 units within each course, to be completed sequentially.

[Register for the Spring 2023 semester here »](#)



### Want to Learn more about the Academy for Social-Emotional Learning in Schools?

The Academy for Social-Emotional Learning in Schools is a partnership between Rutgers University and Saint Elizabeth University. Check out the website to access SEL resources and register for online certification programs.

[Access the website here »](#)



### Know someone that might be interested in joining our mailing list?

Share this [link](#) to sign up for the Students Taking Action Together (STAT) Bulletin: a monthly resource of teaching strategies for those who are promoting SEL, civic character, democratic participation, youth voice and engagement, and respectful, empathic dialogue and problem-solving through all specific school subject areas. Learn how to add STAT

doing and show students how to apply them to ongoing school and community issues.

[Sign-up and read past bulletins here »](#)

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## We Need Your Feedback!

**Let us know how satisfied you are with the bulletin and the content we are sharing with you.**

This [survey](#) should take you less than 10 minutes to complete and all responses will be recorded anonymously so feel free to provide honest feedback. Your responses will only help us to improve the STAT Bulletin and the information we hope to continue to share.

**Take the Survey Here!**

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