

IEF is Pleased to Share this Important Information Regarding Social/Emotional Learning from Ali Holstad...

Calling all Coronadaptors in 3rd-6th grades! Would you like to participate in developing a student-driven project that supports children to cultivate adaptability and build resiliency? And would you also like to practice positive flexible-thinking strategies that can help you to support the emotional wellness of yourself and others? Yes, you say?! Well, if you are creative, collaborative, and reliable with an interest to be connected to other youth from around the world who are experiencing your similar circumstances at home and with school, then **Survival of the Adaptable with Ali and Friends could be for you!**

The potential topics and activities below are rooted in Ali's professional development and professional experience as a 15+ year educator, as well as evidence-based strategies and methods from the

- Collaborative of Academic, Social, and Emotional Learning (CASEL) <https://casel.org/>;
- Institute on Executive Functioning (IEF) <https://www.instituteonexecutivefunctioning.com/>;
- Six Seconds <https://www.6seconds.org/>;
- Social, Emotional, and Ethical (SEE) Learning <https://seelearning.emory.edu/>; and the
- Yale Center for Emotional Intelligence <http://ei.yale.edu/>;

Potential Topics and Activities

- Understanding our Resilience Zones (e.g., feeling well and calm, managing fight or flight)
- Understanding our Executive Functions (e.g., communication, self-regulation, etc.)
- Creating Mood Meters and practicing positive self-talk
- Using Edward de Bono's Six Thinking Hats to promote critical thinking skills, especially the Red Hat for emotions
- Identifying character's feelings in short stories and discussing strategies to support the characters
- Inviting guest speakers, designing a home makerspace, improvised role-playing, creating songs and videos, etc.

Please feel welcome to join our Coronadaptor Community Zoom on **Fridays at 10 a.m. EST (and at 11:30 a.m. EST beginning Friday, May 1st)**. Inclusion is our priority, so we are seeking extroverts, ambiverts, introverts, students with special needs, and students who are learning English as an Additional Language (EAL). Please email Ali at coronadaptors20@gmail.com to receive the weekly Zoom invite. You can see how we survive and thrive on Instagram...@coronadaptors coming soon!