Little Falls School 3
SEL Day – March 2nd

Important Information:

National Social-Emotional Learning Day (known as SEL Day) is celebrated annually in March in an effort to recognize the positive impact of social-emotional learning on students' academic success. SEL incorporates a variety of skills including positive relationship building, managing emotions, and identifying coping skills. School 3 is proudly dedicating Monday, March 2nd to celebrate SEL Day. Students will participate in a **yoga** session, interact with and learn about **therapy dogs**, and **make a calm jar or stress ball**, funded by a grant I kindly received from the Little Falls Education Foundation. I am looking forward to a fun day!

Attire:

Please send your student in **Comfy Athletic Clothing** (*Hornet Gear encouraged*)

Any questions regarding SEL Day, please reach out directly to Emily Conti at econti@lfschools.org