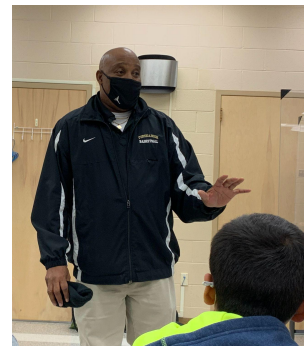




# CURRICULUM HIGHLIGHT

## January 14, 2022 SELF Care Fridays

Social-Emotional Learning is an important part of everyday life at Topeka Collegiate. Faculty and staff engage students in activities to facilitate healthy growth and development, not only for their bodies but also their minds and attitudes. Students know that Topeka Collegiate focuses on whole-child development, which includes self-awareness and self-regulation. The Collaborative for Academic, Social, and Emotional Learning (CASEL) is designed to make social and emotional learning part of high-quality and equitable education for every student. Topeka Collegiate has utilized the CASEL framework as a basis for the lessons created in classrooms across the school.



To ensure the whole child development was being integrated into the classrooms, our Lower School teachers developed a *Beyond the Book* experience for our students in grades two through five. Unlike the other *Beyond the Book* activities, which occur once per year, the Social-Emotional Learning Friday (SELF) is a weekly event. SELF-Care Fridays integrate physical activities and social-emotional learning to teach students how their mental health can be positively impacted by remaining physically active and practicing a growth mindset.

Every Friday the students and faculty in grades two through five engage in a lesson on social-emotional learning and then participate in numerous physical activities. Multiple guest speakers discussed topics such as helping others, perseverance, social supports, and many more. During the physical activities, students may be doing yoga, running, jazzercise, Tabata circuits, among other activities. (Tabata is an exercise where you perform eight rounds of activity

to your very best ability for twenty seconds, then take ten seconds to rest in between.) Classroom teachers are not the only faculty members who participate. The resource teachers, to their availability, are also encouraged to join in, which Mr. Drane does as often as possible.

An additional benefit of integrating the five domains of the CASEL framework into our instruction is that staff also is reminded of the importance of self-care. The adults learn and grow by teaching these lessons and participating in the activities. The five domains of CASEL are Awareness of Self and Others, Self-Care, Self-Management, Social Awareness, and Social Skills. CASEL also has introduced an additional piece on trauma. We at Topeka Collegiate would like to encourage families to practice a bit of SELF-CARE together at home.

### **Would you like to suggest a curriculum highlight?**

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