

Every Friday **MANDATORY VIRTUAL** Social Emotional Learning and Arts Enrichment Fun Activities



CITY DAY Community School




Dayton's First Community School
Established in 1999



Log In Times

Grades (K) 9:00am-9:20am (1st & 2nd) 9:30am – 10:00am (3rd & 4th) 10:30am – 11:00am

Grades (5th) 9:00am-9:30am (6th) 9:30am-10:00am (7th) 10:00am-10:30am (8th) 10:30am-11:00am

VIRTUAL PARTICIPATION IS REQUIRED TO RECEIVE A PASSING GRADE

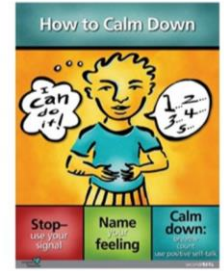
(SEL) TECHNOLOGY SAFETY, EMPATHY, BULLY PREVENTION, DRUMS, SINGING, POETRY, DANCE CLASSES and MORE!

Teaching Emotion Management



- We feel feelings in our bodies
- Managing frustration and anger
- Managing accusations and disappointment
- Managing test anxiety
- Calming-Down Strategies

Children are more likely to engage in bullying behavior if they lack emotion-management skills.

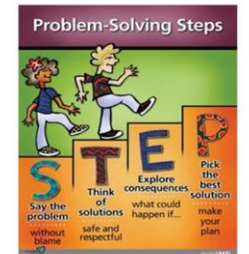


Teaching Problem-Solving



- Solving problems
- Playing fairly
- Taking responsibility
- Solving classroom problems
- Seeking help when you need it

This gives a framework for problem-solving to make the process less tense and less personal.



Teaching Skills for Learning



- Listening
- Focusing attention
- Following directions
- Using self-talk
- Being assertive (asking for what you want or need in a strong, respectful manner)

