No Name-Calling Week January 16-20, 2023

It is a week organized by K-12 educators and students to end name-calling and bullying in schools. This week is intended to celebrate kindness and the power of kind words. As I conduct classroom lessons this week, we will be focusing on feeling “SAFE” in school. Please refer to below for what the acronym stands for.

**S**ay What You Feel: Tell the person who is bullying you or calling you names the way their actions make you feel.

**A**sk for Help: Sometimes you can’t handle the situation yourself, and it’s ok to ask for help. Find a teacher or other school staff member to talk to.

**F**ind a Friend: Hanging out with people who make you feel good about yourself is important. Speaking to them about how you are feeling is also important.

**E**xit the Area: While it may feel like you aren’t doing anything at all, sometimes walking away from someone who is saying unkind words to you is the best way to end things. Finding a trusted adult to speak to afterwards is recommended.

There will also be various activities implemented into the lesson plans this week such as taking a pledge to celebrate kindness, reading books such as “Chrysanthemum”, and much more.

Social Emotional Learning: Self-Management to Social Awareness

This month we will be finishing up self-management lessons and begin to transition to the concept of social awareness. In the self-management lessons, students were explained the difference between healthy and unhealthy coping skills. We also discussed setting goals and managing how to effectively reach them.

Social Awareness is the ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Questions? Please reach out.
I am best reached by email at egunaydin@montclair.k12.nj.us
My phone number is (973) 509-4162 ext. 13112.