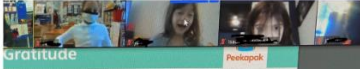


Social Emotional Learning Integrated Unit



Dear Cody,
What I do that makes me happy and that shows gratitude is be nice and help others and I share stuff with my friends I'm also grateful for my friends and Family they make me happy I'm always happy when I'm with friends and Family and I can go places with them and travel and with my friends I can have sleepovers. I make them funny faces when they sad and cheer them up and I play with them so their happy.
Your friend, Victoria



Hey friends,
It's me, Cody!
I'm usually really cheerful and I love going to school, but today I woke up *feeling really awful*. I didn't want to get out of bed! Have you felt like this before?
I can't help focusing on the gray skies and the pouring rain.
What do you do when you're having a bad day? Is there something you *think about* or *tell yourself*?
I hope you'll share your ideas with me so I can try it, too!
Your friend,



Dear Cody,
Trees help the environment. Sometimes I play with my friends and hang out with my friends. Sometimes we are sad from each other but then where friends again how we are friends again I make a note and she makes me a note and I forgive her and she forgives me.
Your friend,
Linda

Cody thinks, These tags are right. I'm surrounded by family and friends. I learn new things every day. I have food in my belly and shoes on my feet... there really isn't too much to be down about!
He turns to Mariko and Leo the Hedgehog and says, "Thank you for being such great friends to me and always being there when I need you."



Dear Cody,
It's ok to be mad. You just have to do something that will make you happy. You did the gratitude tree that made you happy and the tree helped you relax.
Your friend,
Jason



HOW ARE YOU *Feeling* TODAY?

TODAY I FEEL:

I feel this way because...

I feel happy because today is going to be a great day I can sense it

