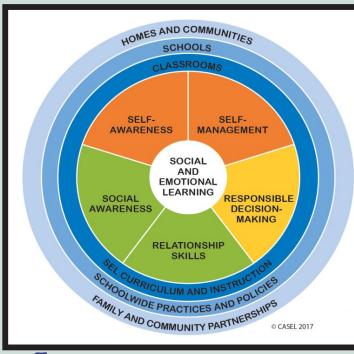


## **SOCIAL AND EMOTIONAL LEARNING**





What did you notice about yourself when you first looked in the mirror today? Bedhead? Wrinkles? If you're like most people, it was probably critical. Take a moment now to think of one thing you love about yourself. Look in the mirror and tell yourself. You are amazing!

Knowing our own strengths and challenges encourages Self-Awareness, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel

