

LEARNING BEYOND THE CLASSROOM

Today, your child participated in a mindfulness walk with Heritage Conservancy at Croydon Woods Nature Preserve, located next to their school.

What is Social Emotional Learning?- Social Emotional Learning (SEL) describes the process people use to cultivate meaningful relationships, develop a strong sense of empathy, regulate their emotions, collaborate with others, and make responsible decisions. Working on social emotional skills as a child is an important part of development.

SEL in Nature- Nature-based Social Emotional Learning can help students relieve stress and foster care and concern for the environment. Teachers may continue to incorporate SEL/Nature activities in the classroom.

Mindfulness Nature Walk- Today, your child took a guided nature walk through Croydon Woods. Students stopped for mindful stretching and an observation activity using their senses. Quiet time in nature can help us calm our racing thoughts and foster a deep love of the outdoors.

Visit the Croydon Woods Nature Preserve at 1900 Summit Ave, Croydon for a fun nature walk on the trail!



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Continue the conversation and learning at home:

- Encourage your child to write in a journal. Journaling is a great way to relieve stress, increase self-awareness, and problem solve. Encourage your child to go outside to write about the weather, a favorite outdoor space, or simply how they are feeling in the moment.
- Taking a walk outside without distractions, such as cell phones, and focusing on the present moment, can encourage mindfulness in children. As you are walking with your child, ask them to observe and point out sounds they hear, colors and shapes they see, or plants and animals they can identify.
- Check out Heritage Conservancy's *At Home with Nature* page on our website. You will find mindfulness and nature videos and activities to help your child connect to nature from your home.

Upcoming Events

Croydon Woods Clean up



**To learn more about Heritage
Conservancy and upcoming events, visit
HeritageConservancy.org**