**7 Day SEL Reflection Challenge**

**Parents, our Social-Emotional Learning Team is challenging your student to write one reflection paragraph each day. Daily topics are listed below. Self-reflecting is a great way to build up student’s self-awareness, self-control, social awareness, relationship skills, and responsible decision making.**

1. What are your thoughts on digital learning? Do you enjoy it? Why or why not?
2. What tips would you give a friend if they are feeling stressed while completing their digital learning assignments?
3. Have you been getting enough sleep during our digital learning days? Why or why not?
4. Have you learned a new skill during our digital learning days? If not, who is around you that you could potentially learn something new from?
5. What is something you are thankful for? Why?
6. How are you feeling today? Why? How can you improve your mood if you are not feeling well?
7. Who has been your biggest hero during the digital learning day? Why? Have you told your hero how you feel? If not, will you?