

SEL Newsletter

Mrs. Allison, Social Worker
rallions2@schools.nyc.gov

May 2026

Managing Stress & Staying Motivated

It's normal to feel stressed about tests, projects and grades.

Self- Management

Handling your emotion & actions in a positive way by:

- Pausing before reacting
- Staying calm when frustrated
- Using positive self-talk ("I Can do this")

Managing Stress

- Take deep breaths or short breaks
- Break big assignments into smaller steps
- Stay organized with a planner or checklist
- Ask for help from a teacher or peer

Challenge:

Set one small goal and track your progress

Caregiver Corner

May can be busy and sometimes stressful time for students.

Ways to support your child:

- Check in daily with open ended questions
- Help with organization by using schedules
- Promote balance by making sure your child gets enough sleep
- Encourage effort by focusing on progress and not just grades

Finishing the Year Strong

Pay Attention in Class

Take Care of Yourself

Stay Positive

"Sometimes the most productive thing you can do is relax." – Mark Black

