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GIVING STUDENTS THE TOOLS TO ADAPT TO UNCERTAIN TIMES.

Hingham, MA, December 10, 2020– Students returning to school this year, whether in person or hybrid, were certainly met with a myriad of emotions from happiness to uncertainty and more! When the world around us is so complex, younger children can struggle with finding tools to express their feelings and emotions. The “Choose Love” movement focuses on helping students deal with their emotions, feel connected, and have healthy relationships through character development and social and emotional learning.

At SELA, a local private school in Hingham, the students’ journey to choosing love began this week their first lesson - one about courage. What is it, how does it make you feel and what does it look like in action? Students learned that sometimes having courage can feel scary or uncertain, but with the right tools we can manage this feeling. They also practiced taking a “Brave Breath” in the face of strong emotions associated with having courage. Each student was given their own “Choose Love” journal to chronicle their journey to choosing love, every day.

“We’re really excited to bring these important “Choose Love” lesson to our students. We have been fortunate enough to have our students in school full time, providing some type of consistency, but the world around us is still so uncertain. Giving students the tools to deal with a variety of emotions will only bring more peace to our school and to our surrounding community, says Meryl Lawrence, Elementary Assistant Director.

This curriculum, while new to SELA, has history and is rooted in the foundational concepts of skills and social and emotional learning and will help children to identify, manage and express their emotions. Students will learn the formula for choosing love – Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love. The most empowering part of these lessons for students is to know that they can make the choice, every day, to choose love.

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Second grade student, Lexi M, practices a Brave Breath while learning about courage, during a Choose Love lesson.



Nate K, a first-grade student at SELA, practices calming his breath to help manage his emotions.



Third grader, Colin K, raises his hand to share his thoughts on what it means to have courage and how it makes him feel.

SELA: The International Private School is the first and only full-immersion Spanish language academy for English-speaking students in southeastern Massachusetts. We prepare our students linguistically, academically, and socially to excel in our global society. Creative. Confident. Bilingual.

If you would like more information about this topic, please contact Stephanie Cote at 781.385.0533 or email at marketing@suescuela.com.