

SEL UPdate (8th)

- **Constructive Criticism** - how to give and receive it: emphasis on feedback to help someone get better!
- **Vulnerability & Courage** - how they are connected and necessary for an authentic connection with others
- **Shame & Shame Shields** - the difference between shame and guilt, strategies we use when we feel shame (move away, move towards, move against)

SEI Update 7th

- **Creating Pathways** - how our brain learns new things (try new and challenging things, ask questions, make mistakes and try again)
- **Hail the Mistake** - students built 2 towers with miscellaneous materials and celebrated the worst one by posting to class Google Slides (emphasis on lightening up about mistakes, we all make them)
- **Aspire to Excellence** - how to stay focused and meet goals through perseverance