



CLEARMONT ELEMENTARY



**Wellness Warriors**  
Club Facilitator: Lindsey Frank

# Before We Start

- **Inspiration:**

- President of the [Coalition of Schools Educating Mindfully \(COSEM\)](#)
- Shifted from Climate & SEL Coach role to LBS role last year
  - Coached teachers to integrate mindfulness & SEL in their classrooms and lives
  - Intention - ***To foster Mindfulness-Based SEL within our school for lasting positive school climate and support our children in creating a healthy and impactful way of being.***

- **Why “Wellness Warriors”?**

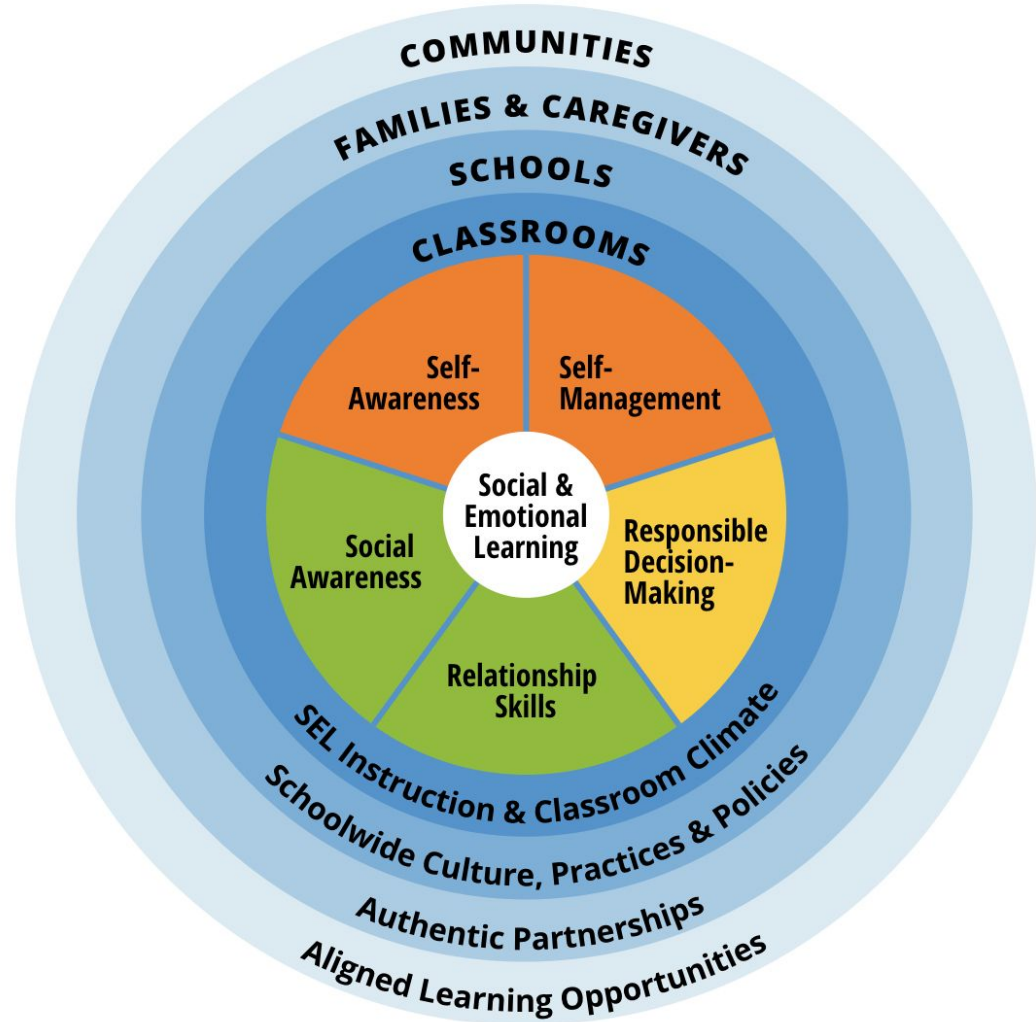
- Warriors fight for a cause
- We are warriors to advocate for our right to well-being within and beyond school, ALL of us

Mindfulness means here and now with my  
body, breath, emotions and thoughts  
with curiosity and openness.



# Social and Emotional Learning Skills

Collaborative for Social, Emotional, and Academic Learning (CASEL)



Celebrating the  
Mental Health,  
Well-Being &  
Mindfulness  
Recommendations  
from the CDC  
(December 2023)



**Promoting Mental Health  
and Well-Being in Schools:  
An Action Guide for School  
and District Leaders**

December 2023

Division of Adolescent and School Health (DASH)  
National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)  
Centers for Disease Control and Prevention (CDC)



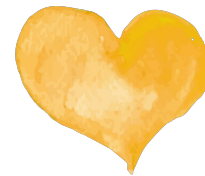
# Wellness Warrior Promise



I promise to be **SAFE**



I promise to be **KIND**



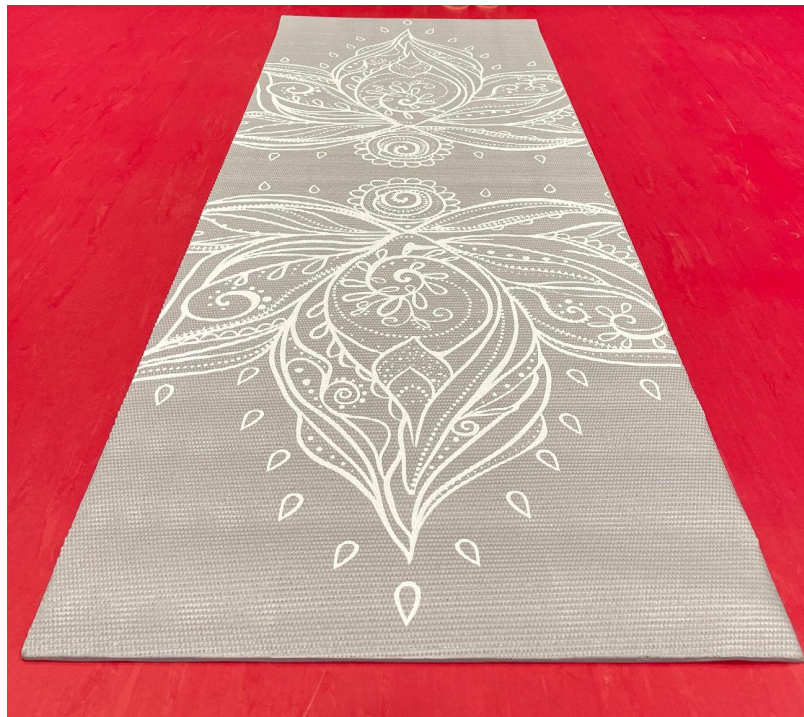
I promise to be **a Wellness Warrior**



**SEL Connection:** BECOME these qualities, all the time.

*Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making*

# SEL Skills - Personal Space & Choice



# Our Club Time Together

Movement

Sun Sequence

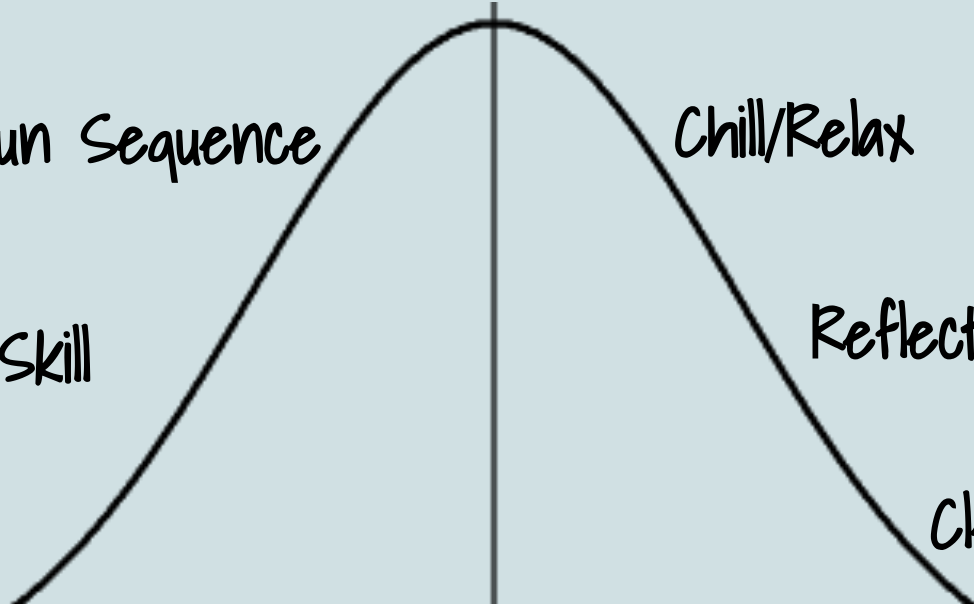
Chill/Relax

SEL Skill

Reflect

Mindful Focus

Clean + Close





# Mindful Listening

1. Leader rings the chime
2. Listen
3. When you can't hear it anymore
4. Show your warrior arms

***SEL Connection:** Learn that we can focus on one thing, even with distractions. Understand we all have different perspectives even with the same experience.*



# SEL Skill: Affirmations (Positive Self-Talk)

1. Notice your thoughts
2. **Ask?**  
*Are my thoughts helpful and kind?*
3. **Choose** a powerful affirmation
4. **Say it**

**Connection:** Families would receive this as well and how to practice at home.



Lindsey Frank @LindseyFrank88 · 2/6/23

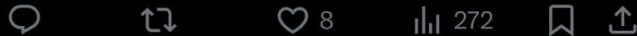
Last week's 3-5 Wellness Warriors made #affirmation stones.

💖 The words we tell ourselves and others matter

💖 Tools can help us become present

💖 We have the power to "catch the loop" 🔄 and make a change

#d59learns #d59SEL @D59Clearmont #mindful #SEL



# Family Feedback

*You may or may not know that Nichole wrestles and has wrestling meets almost every Sunday during the winter months. She is very competitive and likes to win. She does get a little upset when she loses which is completely understandable based on how much courage and hard work it takes to go out there and wrestle.*

*This weekend was her big Regional meet. She ended up losing one of her matches and I saw her using strategies and taking deep breaths to calm herself down as she was walking off the mat. I was so proud of her for using the skills that she learned at Wellness Warriors.*

***Just thought you should know that your lessons are being applied outside of the club. Thank you for offering this club and teaching her these very important skills!!***

*Lynette Gaskill*

*(LEADERSHIP) Self-Awareness, Self-Management*



**Lindsey Frank**  
@LindseyFrank88



So proud of these Wellness Warriors!

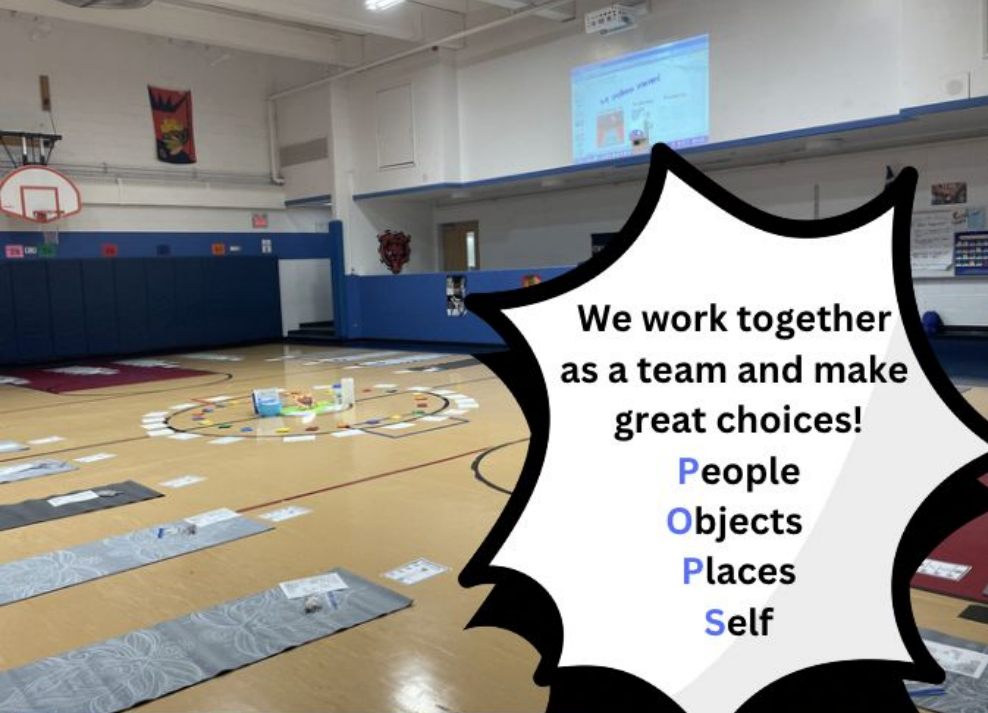
They wanted to lead the full sun sequence on their own for our last K-2 Wellness Warriors Club @D59Clearmont!



Next week = 3rd-5th grade starts!

[#d59sel](#) [#d59learns](#)





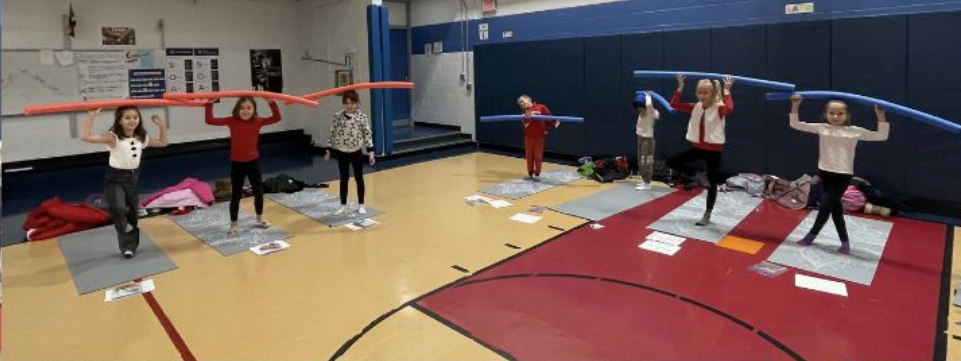
We work together  
as a team and make  
great choices!

- People
- Objects
- Places
- Self



# Change helps us to grow







**Once a Wellness Warrior,  
Always a Wellness Warrior!**  
**Teamwork**  
**Confidence**  
**Kindness & Laughter**  
**Well-Being**









# Over 70 students!

BOE Invitation to join us!

Thank you Eagles, Families, Board of Education, and  
Clearmont Leadership Team!

Questions?