

**Social and Emotional Learning**

- Self Awareness • Self-Management • Social Awareness
- Relationship Skills • Responsible Skills

# RISE

**UPCOMING SESSIONS:****Self- Awareness**

*Collective and Individual Grief*

April 22 @ 11:00am

**Self-Management**

*Stress Management, Motivation, and Goal Setting*

May 6 @ 11:00am

**Responsible Decision Making**

*The 3 C's: Control, Consideration & Choice*

May 20 @ 11:00am

**Relationship Skills**

*Staying Connected during Physical Distancing*

June 3 @ 11:00am

**Social Awareness**

*The Power of Positive Thinking and Perspective Taking*

June 17 @ 11:00am

**WHAT IS RISE**

RISE (Resilience in Students and Education) is Altus schools' social-emotional learning series of live, interactive, video broadcasts for students. RISE sessions are aligned to Social and Emotional Core Competencies in order to enhance students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges.

**RISE AT ALTUS**

Altus understands how important it is to attend to the social and emotional needs that arise during times of crisis and challenge. As we guide our students through the COVID-19 crisis, we are offering social- emotional learning topics that are essential to mental health and wellness at this time.