

# Social Emotional Learning At Home



## What is social emotional learning?

Social emotional learning (SEL) is the process of developing students' self-awareness, self-management, relationship skills, and responsible decision making.

## Benefits of social emotional learning

- SEL fosters resiliency, problem solving skills, and interpersonal skills.
- Student's are more likely to have increased:
  - academic achievement
  - improved behavior and attitudes
  - cope better with everyday challenges

## SEL Activities:

- Journaling (self-awareness)
- Yoga (self-awareness and self-management)
- Write a letter or draw a picture for someone (relationship skills)
- Create a schedule (responsible decision making)
- Make a to do list (responsible decision making)

# Strategies to support social emotional learning at home:

- Be an active listener.
- Provide acts of kindness together.
- Help your child express their emotions by identifying their feelings.
- Check-in on emotions/feelings daily and model identifying your own emotions/feelings.
- Cultivate your child's self-esteem by providing developmentally appropriate tasks and recognizing a job well done and allowing them to make developmentally appropriate choices.
- Practice mindfulness (stretching or breathing exercises).
- Respect your child's differences and provide encouragement during challenges.
- Model managing stress, disappointment, anger and conflict, respect, and empathy.
- Connect with your child's school (attending school meetings, parent-teacher conference, and e-mail teacher).

## Conversation starters to support SEL:

Ask your child more questions rather than guide to help them develop social emotional tools.

- What qualities do you look for in a friend?
- What do you think your friend was feeling?
- How can you work to make things right?
- How was your day? What can you do to make your day better?