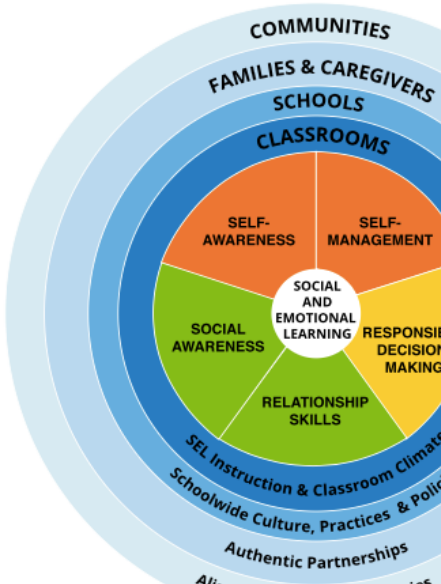


## *Supporting students with an SEL Lens...A Guide for Parents*

### How do you practise SEL at home with your child?



- Self - Awareness - take time to talk about feelings with your children everyday  
Name your own feelings and ask them to name theirs too
- Self - Management - teach and model positive ways to manage stress, disappointment and anger
- Social Awareness - use story to help develop what your children might do or feel in scenarios of the characters in the story
- Relationship Skills - help your children resolve conflicts by asking them to express through questioning. ie) "What do you think they might feel if you ...?"
- Responsible Decision - Making - talk about consequences by asking your child to think about "what happens if you did ...?"

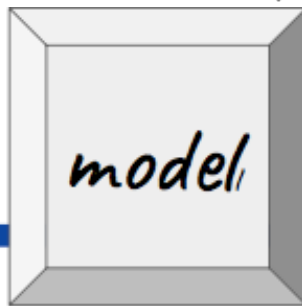
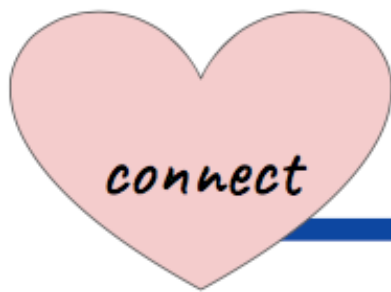
## What is Social Emotional Learning (SEL)?

SEL means learning to manage emotions, show self-control, set goals, stay disciplined and organized, bounce back from setbacks, make good choices, resolve conflicts, and much more. These are critical skills that help children to succeed in school and thrive in life.

SEL is happening in every school, whether we call it "SEL" or not. In fact, this work has occurred in schools for as long as schools have existed. What continues to evolve are the tools and approaches that we use to teach these skills to children.

**The research documenting the impact of SEL is compelling.**

**In a complex and changing world, our children need SEL tools to thrive and be successful.**



## Main SEL Components

- Name it to tame it!
- Use the **mood meter** to practice naming our feelings.

## Managing our emotions: Practice!

- Create a Self Care Kit with your child.
- Model mindfulness and self regulation strategies for your child & provide practice opportunities!
- **Cool things down**

## Relationships:

- Practice **social skills** at home
- Provide opportunities for children to connect with peers & practice friendship skills

## Social Awareness & Social Responsibility:

- Connect with your child to discuss issues in the news
- model empathy for and with your child and others
- Use **HEART language** at home with your child!



Ferris Elementary School

A COMMUNITY OF LEARNERS THAT DEMONSTRATE H.E.A.R.T. EACH DAY!