

SEL

Parent Presentation
January 26, 2021

Ideas page:

https://casel.org/wp-content/uploads/2017/11/CASEL_CaregiverGuide_English.pdf

What is SEL

All elementary schools are teaching social emotional skills through our Second Step program. Social-emotional learning is how children learn to manage their emotions, show self-control, set goals and work hard, bounce back from setbacks, make good choices, and resolve conflicts. Learning these skills has a great impact on children's success in life.

Things to watch for:

The main warning signs to watch for in children are:

- Excessive worry or anxiety.
- Long-lasting sadness or irritability.
- Extreme changes in moods.
- Social withdrawal or withdrawal from favorite activities.
- Changes in eating or sleeping patterns.

If you notice these changes you can reach out to your building social worker or counselor. We will continue to be available for all students and families during distance learning

Things Parents can do

Things that can help children cope include:

- Keeping a routine - Mealtime, learning time, and bedtime routines can create structure and predictability allowing them to feel a sense of security and control.
- Limit news and social media-exposing them to too much information can cause anxiety and excessive worrying.
- Encourage family activities like coloring, puzzles, walks, art projects, cooking and/or games.
- Setting limits on video games and other electronic devices are very important. Spending too much time on electronics can cause mental health issues as well and adversely turn into an addiction. It can also cause weight gain and poor physical health, and risk developing other illnesses.
- Caring for yourself during this time is important. Pay attention to your feelings, get enough sleep, eat well and stay active. This will help you to care for your children and be a good role model to demonstrate positive coping skills.

Other things to encourage positive mental and emotional wellness:

- Set your child up for educational success by promoting participation in their learning. This is crucial. When children are participating daily in school they will gain skills to help them be successful. Also, working as a team with your child's teacher will help them see that you value their education. This will improve their self esteem and foster their development.
- Encourage growth mindset, teach them if things are hard to keep trying. If they do not understand right away it is okay, with practice it will become easier.
- Reading books together helps them improve reading skills and parental connection.
- Gratitude activities can have a positive impact on social and emotional well being. Examples of this are having a journal, jar, or just stating things out loud that make you feel grateful.

Dealing with Stress

Virtual calming space - <https://sites.google.com/view/fps-calming-space>

Handling Fear

Set up a routine

Manage your own anxieties

Limit social media and news exposure

Make plans

Keep kids in the loop but keep it simple

Check in with your children-pick a calm undistracted time to ask how they are feeling

Ask and accept help

Gaining Confidence

Point out successes

Praise effort

Encourage independence

Teach problem solving

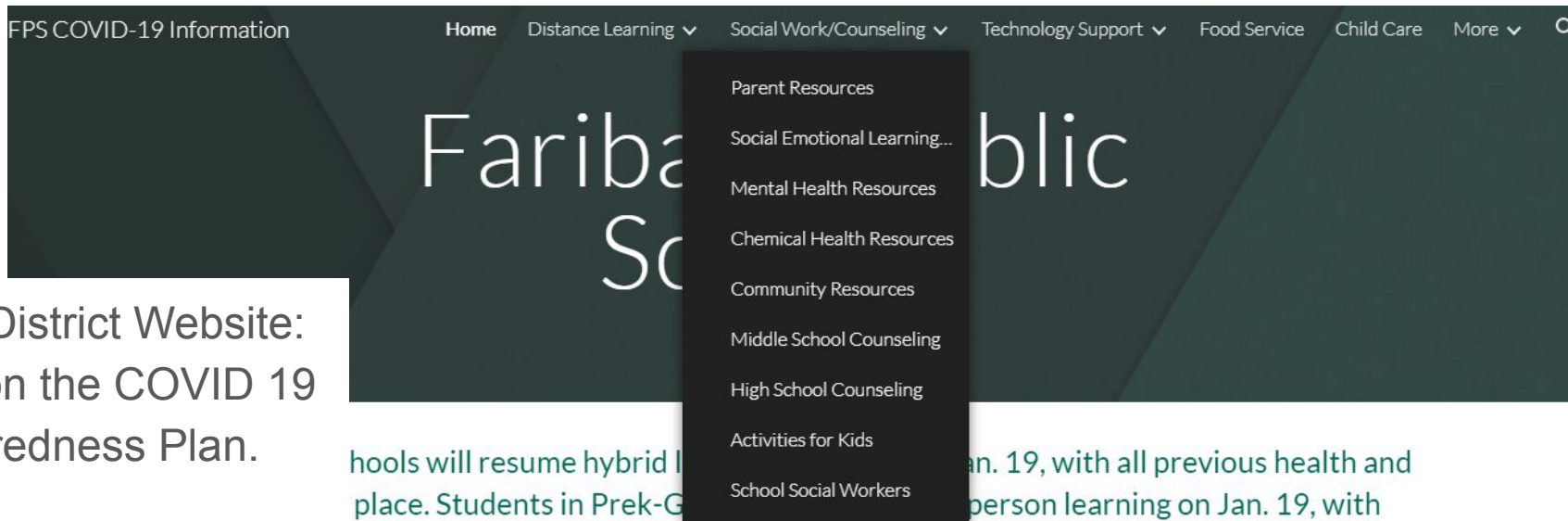
Supporting Independence

Allow kids to make mistake and let them know it is ok and that is how we learn

Let children do it on their own and be their cheerleader

Explain the purpose of education and the building blocks of learning

Parent resources on the school website.



From District Website:
Click on the COVID 19
Preparedness Plan.

Then click on “Click
here to view our
Covid-10 website”

schools will resume hybrid learning on Jan. 19, with all previous health and
place. Students in Prek-G
ng as a distance learning day. Students in Grades 3-5 will operate in the same learning
uesday, Feb. 2.

ult High School and the ALC will transition to the AA/BB hybrid model beginning

Link straight to the page

<https://sites.google.com/faribault.k12.mn.us/fpscovid-19/home?authuser=0>

