

# Supporting Your Child's Social and Emotional Wellbeing at Home



# Introductions

## Middle School

- Brent Hawkins - School Counselor
- April Geiger - School Counselor
- Amanda McColl - School Social Worker

## High School

- Michelle Breun - School Counselor
- Dawn Peanasky - School Counselor
- Emma Balow - School Counselor
- Faith Ahmed - School Counselor
- Jim Phillips - School Social Worker



# What is Social Emotional Learning?

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

These are skills necessary to:

- Understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions



# General Considerations

First, make sure that *YOU* are ready to support your child's academic, social, and emotional learning -- practice self-care!

Supporting your student:

- Listen - check in and listen with empathy. Validate feelings.
- Help your student stay connected to peers
- Provide consistency in daily routines
- Reach out to the school for support



# Listen

- Check in with your child daily
- Set aside time where you can give them your undivided attention
- Listen empathically, try to understand your child's feelings
- Ask questions
- Reaffirm with your child that you care and are there to help them



# Help your Student Stay Connected

- Social interactions are vital to youth
- Encourage safe connections for your child
- Help your child get involved with sports or other after school activities
- Utilize technology; FaceTime/Google Meets
- Monitor their social media accounts



# Creating a Schedule

- Helps to keep your child on track academically
- Establishes expectations and healthy habits
- Gives your child some independence
- Helps develop self-discipline
- Maintains consistency in the household
- "Fosters a sense of safety and predictability" (CASEL)



# Sample Schedule for Distance Learning Days

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00-9:50</b>	1st Hour	2nd Hour	9:00-3:00 Meet with teachers during office hours, Work on homework	1st Hour	2nd Hour
<b>10:00-10:50</b>	3rd Hour	4th Hour		3rd Hour	4th Hour
<b>1:00-1:50</b>	5th Hour	6th Hour		5th Hour	6th Hour
<b>2:00-2:50</b>	7th Hour			7th Hour	



# Problem Solving

- Learning Problem-Solving Skills
- Teenagers want to make their own decisions
- Resist helping but check-in on their progress
- If they can't solve their problem, offer help



# Mood Concerns

- Feeling Overwhelmed from Schoolwork
- Feeling Isolated
- Reach Out



# More Strategies to Enhance Social Emotional Learning

- Journal
- Incorporate art activities
- Read
- Give responsibilities
- Practice problem solving skills
- Encourage positive self talk
- Provide a daily check in
- Encourage reflection
- Talk about managing emotions/feelings
- Play games
- Exercise
- Volunteer



# Middle School Supports

- School Counselors
  - Mr. Hawkins- [bhawkins@faribault.k12.mn.us](mailto:bhawkins@faribault.k12.mn.us)
  - Mrs. Geiger- [ageiger@faribault.k12.mn.us](mailto:ageiger@faribault.k12.mn.us)
- School Social Worker
  - Mrs. McColl- [amcmoll@faribault.k12.mn.us](mailto:amcmoll@faribault.k12.mn.us)
- RISE Coordinator
  - Ms. Ramirez- [aramirez@faribault.k12.mn.us](mailto:aramirez@faribault.k12.mn.us)
- Falcons After School
  - Ms. Geary- [kgeary@faribault.k12.mn.us](mailto:kgeary@faribault.k12.mn.us)
- Falcons For Change



# High School Supports

- Counselors
  - Mrs. Peanasky (A-D) [dpeanasky@faribault.k12.mn.us](mailto:dpeanasky@faribault.k12.mn.us)
  - Mrs. Balow (E-K) [ebalow@faribault.k12.mn.us](mailto:ebalow@faribault.k12.mn.us)
  - Mrs. Ahmed (L-Q) [fahmed@faribault.k12.mn.us](mailto:fahmed@faribault.k12.mn.us)
  - Mrs. Breun (R-Z) [mbreun@faribault.k12.mn.us](mailto:mbreun@faribault.k12.mn.us)
- Social Worker
  - Mr. Phillips (Special Education) [jphillips@faribault.k12.mn.us](mailto:jphillips@faribault.k12.mn.us)
- Chemical Health Specialist
  - Mrs. Fuchs [mfuchs@faribault.k12.mn.us](mailto:mfuchs@faribault.k12.mn.us)
- RISE
- Academic Support Specialists



# Presentation Sources

<https://www.cfchildren.org/what-is-social-emotional-learning/>

<https://casel.org/resources-covid/>



# Q & A

ANY  
QUESTIONS  
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[www.rekruitIn.com](http://www.rekruitIn.com)

ReKruITn.com

