

FAMILY ACTIVITIES

That build Social Emotional Skills (SEL)



THE FAMILY DINER

Transform mealtime into your own "restaurant"

Promotes self-management, decision making, social awareness & relationship skills



ZEN ZONE

How do you keep your emotions in check

Promotes self-management & responsible decision-making

¿En español?



DINNER DISCUSSION

Discussion starters for your family meal
Promotes self-management, decision-making, social awareness, self-awareness & relationship skills

¿En español?

SEL helps children understand their emotions, manage their behavior, and learn how to interact with others