



# SEL AT HOME



## WHAT IS SEL?

Social-emotional learning describes the mindsets, skills, attitudes, and feelings that help students succeed in school, career, and life.

### SELF-AWARENESS

Understanding emotions, thoughts, and values, and how they influence behavior across context.


### SKILLS & QUESTIONS



Identifying emotions  
Developing confidence  
Recognizing strengths

- How are you feeling?
- What is your body telling you?
- What are you proud of today?

### SELF-AWARENESS AT HOME

- Emotion Check-Ins
- Affirmations
- Guess My Emotion Game
- Roses & Thorns
- Gratitude Jar 
- Journals
- Celebrating Mistakes
- Trying New Things
- Worry Box
- Brain Dumps



- Positively impacts behavior, well-being, and academics
- Learning from mistakes leads to higher achievement
- Increases confidence
- Builds resilience
- Helps with managing emotions
- Supports career, college and community readiness
- Supports positive self talk and thoughts
- Supports healthy relationships
- Builds empathy

### WHY SEL?





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## SELF MANAGEMENT SKILLS

The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

### SKILLS

- Managing emotions
- Stress management
- Motivation
- Goal Setting
- Planning & organization
- Courage
- Agency for self & others



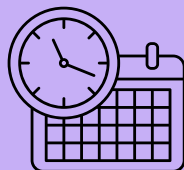
### QUESTIONS TO ASK

- What do you need?
- Do you need a break?
- What strategy does your body need to feel regulated?
- What is your goal?



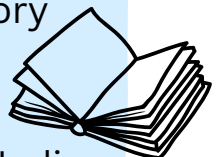
### HOW TO PRACTICE AT HOME

- Mindful breathing (co-regulate)
- Games that require focus
- Brake space
- Yoga & meditation
- Body Movements
- Journal
- Make a schedule



### BOOKS

- Even Superheroes Have Bad Days by Shelly Becker
- Bug in a Vacuum by Melanie Watt
- The Good Egg by John Jory
- Grumpy Pants by Claire Messer
- My Monster and Me by Nadiya Hussain





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## SOCIAL AWARENESS SKILLS

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.



### SKILLS

- Perspective taking
- Recognizing strengths in others
- Empathy & compassion
- Attitude of gratitude
- Appreciation of diversity

### QUESTIONS TO ASK

- How do you show respect/politeness to others?
- What can you learn from others?
- What strategies can you use in unexpected situations?



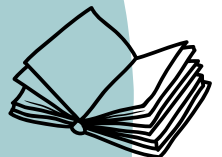
### HOW TO PRACTICE AT HOME

- Play Guess My Emotion (charades)
- Use empathetic language
- Talk about feelings & acknowledge other's feelings
- Talk about perspectives in books and movies



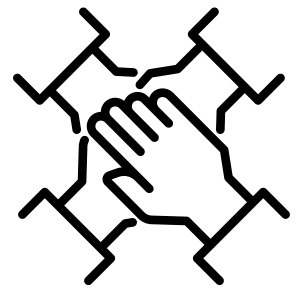
### BOOKS

- All Are Welcome by Alexandra Penfold
- I Am You: A Book About Ubuntu by Refiloe Moahloli
- The Bad Seed by Jory John
- Be Kind by Pat Zietlow Miller
- A Dog Wearing Shoes by Sangmi Ko





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## RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

### SKILLS

- Communication
- Collaboration
- Teamwork
- Conflict resolution
- Act as an upstander



### QUESTIONS TO ASK

- What qualities do you look for in a friend?
- What qualities do you bring to friendships?
- How do you work with teams or groups?
- How do you discuss conflict with people you care about?



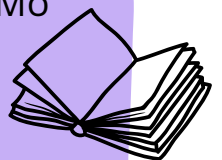
### HOW TO PRACTICE AT HOME

- Playdates
- Limit screen time
- Collaborate & problem solve
- Talk about friendships (the good and the bad)



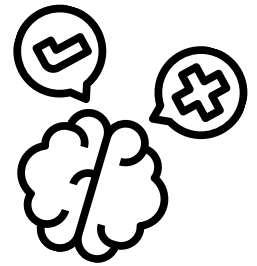
### BOOKS

- City Dog, Country Frog by Mo Willems
- Dear Juno by Soyoung Pak
- Evelyn Del Rey Is Moving Away by Meg Medina
- First Come the Zebra by Lynn Fulton





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## RESPONSIBLE DECISION MAKING SKILLS

The ability to make constructive choices about personal behavior and social interactions, based on safety and social norms.



### SKILLS

- Curiosity
- Open mindedness
- Critical thinking
- Identifying & analyzing problems & solutions
- Reflecting & evaluating impact of choices

### QUESTIONS TO ASK

- What are your choices?
- How big is this problem?
- What are possible solutions?
- How does your choice make you feel?
- How does your choice make others feel?



### HOW TO PRACTICE AT HOME

- Give options/choices
- Ask Would You Rather questions
- Discuss social scenarios
- Play dominoes
- Board games
- Book talks
- Movie/TV talks



### BOOKS

- A Chair For My Mother by Vera B. Williams
- Claire Malone Changes the World by Nadia L. King
- The Cloud Spinner by Michael Catchpool
- Edward Fudwupper Fibbed Big by Berkeley Breathed