

# Fostering Social Emotional Learning at Home

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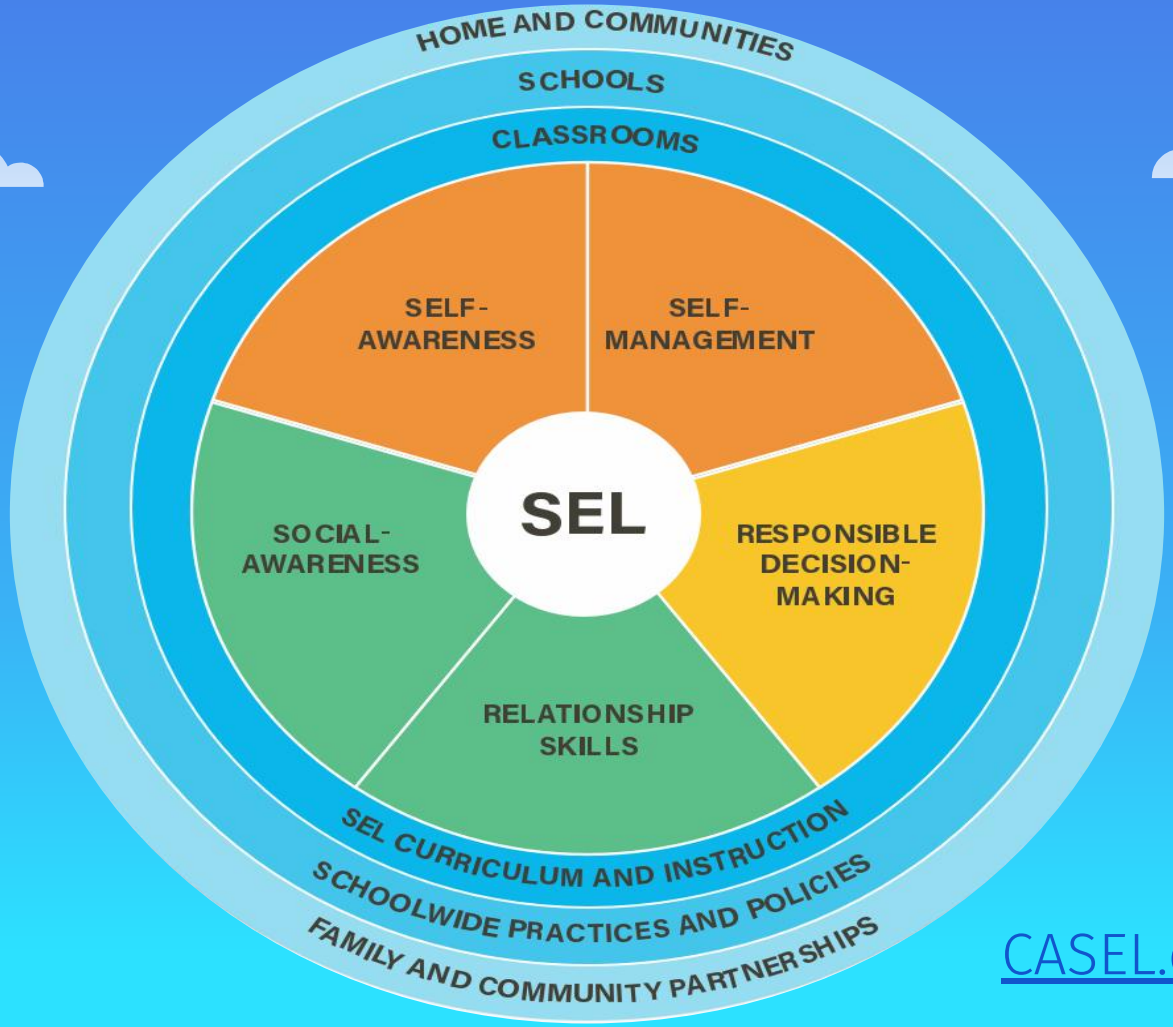
# Norms

- **Be present and prepared to participate**
- **Be an active listener**
- **Be respectful to all participants**

# Outcomes

- **Define social emotional learning**
- **Why is SEL important?**
- **What does SEL look like in the classroom?**
- **What does SEL look like in the home?**

# What is Social Emotional Learning?



[CASEL.org](http://CASEL.org)





**Identify  
Emotions**



**Self-perception**



**Self  
Confidence**

**1**

# Self-Awareness

**Recognizing one's emotions and thoughts and their influence on behavior.**

**Stress  
Management**

**Self-  
Motivation**

**Organized**

**2**

# Self-Management

**Regulating one's emotions, thoughts,  
and behaviors effectively in different  
situations.**



**Empathy**



**Diversity**



**Respect**

**3**

# **Social Awareness**

**Taking the perspective of and  
empathizing with others from diverse  
backgrounds and cultures**



**Relationship  
Building**

**Communicate**

**Teamwork**

**4**

# Relationship Skills

**Establishing and maintaining healthy  
and rewarding relationships with  
diverse individuals and groups**



**Ethical**



**Analyze**

**5**



**Reflect**

# Responsible Decision Making

**Making constructive and respectful choices about personal behavior and social interactions**

# Why is SEL important?

## SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ⇒ IDENTIFYING EMOTIONS
- ⇒ ACCURATE SELF-PERCEPTION
- ⇒ RECOGNIZING STRENGTHS
- ⇒ SELF-CONFIDENCE
- ⇒ SELF-EFFICACY

## SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ⇒ IMPULSE CONTROL
- ⇒ STRESS MANAGEMENT
- ⇒ SELF-DISCIPLINE
- ⇒ SELF-MOTIVATION
- ⇒ GOAL SETTING
- ⇒ ORGANIZATIONAL SKILLS

## SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ⇒ PERSPECTIVE-TAKING
- ⇒ EMPATHY
- ⇒ APPRECIATING DIVERSITY
- ⇒ RESPECT FOR OTHERS

## RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- ⇒ COMMUNICATION
- ⇒ SOCIAL ENGAGEMENT
- ⇒ RELATIONSHIP BUILDING
- ⇒ TEAMWORK

## RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- ⇒ IDENTIFYING PROBLEMS
- ⇒ ANALYZING SITUATIONS
- ⇒ SOLVING PROBLEMS
- ⇒ EVALUATING
- ⇒ REFLECTING
- ⇒ ETHICAL RESPONSIBILITY



- **What hopes and dreams do you have for your child/children?**
- **In order for your children to achieve those hopes and dreams, what will they need to learn from you?**



# In The Classroom



**Self Awareness**



**Reflective writing, practicing mindfulness**

**Self-Management**



**Grounding techniques**

**Social Awareness**



**Peace circles, service projects, read books with characters that are diverse**

**Relationship Skills**



**Make new friend activity, conflict resolution read alongs**

**Responsible Decision Making**



**Student Council, “What would you do?” activities**

# Grounding Techniques

1. Name five different things you can see around the room
2. Listen to energetic or relaxing music for one minute
3. Hold an object in your hands and focus on the color or texture
4. Take ten deep breaths, counting each one as your chest rises
5. Eat a piece of candy and choose three words that describe its taste



# In The Home

Identify  
Emotions

Self-perception

Self  
Confidence

1

# Self-Awareness

- ❖ Praise the process, not the result.
- ❖ Take note of your child's interests and strengths and provide access to more of the same.
- ❖ Positive affirmations/ Spanish





Stress  
Management

Self-  
Motivation

Organized

2

# Self-Management

- ❖ Practice grounding techniques/Spanish at home
- ❖ Give gentle reminders
- ❖ Teaching delayed gratification with schedules





Empathy



Diversity



Respect

3

# Social Awareness

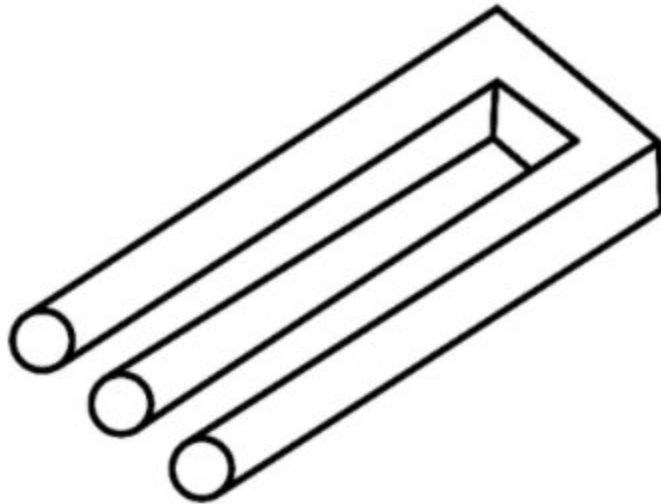
- ❖ Show kindness to a neighbor
- ❖ Read books together
- ❖ Discuss the power of multiple perspectives

**#1 What do  
you see?**





**#2 How many poles does the object have?**



Relationship  
Building

Communicate

Teamwork

4

# Relationship Skills

- ❖ Practice active listening skills/ Spanish
- ❖ Cook together
- ❖ Board games



Ethical



Analyze

5



Reflect

# Responsible Decision Making

- ❖ The power of 2 choices
- ❖ Allowances

# The Most Important Tips

- ❖ **Model all the skills you hope to see if your children.**
- ❖ **Take care of yourself**

# How to Help Yourself?

**You work tirelessly, in order to help your child you must also help yourself.**

- 1. Try not to bring stress home from work.**
- 2. Seek opportunities for fun.**
- 3. Remember to relax and recharge.**
- 4. Ask for backup when you need it.**
- 5. Connect with fellow parents.**
- 6. Take a break from “eat all.”**
- 7. Keep your life well balanced.**

**Shout out to Ms. Flor Delfin for finding this resource!**



# Questions