Fostering Social Emotional Development 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 home?
What is Social Emotional Learning?
Why is SEL important?
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?
Social Emotional Learning In The Home
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
I am Smart
I am Blessed
I can do ANYTHING!!
2

Self-Management

❖ Practice *grounding techniques*/ *Spanish*
❖ Wait for the waters to calm down-then engage in conversations
❖ Teaching *delayed gratification* by following through on promises
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
Social Awareness

❖ Show kindness to a neighbor
❖ Read books together / The Conscious Kid
❖ Discuss the power of multiple perspectives
What do you see?
4 Relationship Skills

❖ Practice active listening skills / Spanish
❖ Cook together
❖ Board games
Responsible Decision Making

- The power of 2 choices
- Timeouts that end in restorative conversations
- 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.
Questions

Survey [HERE]