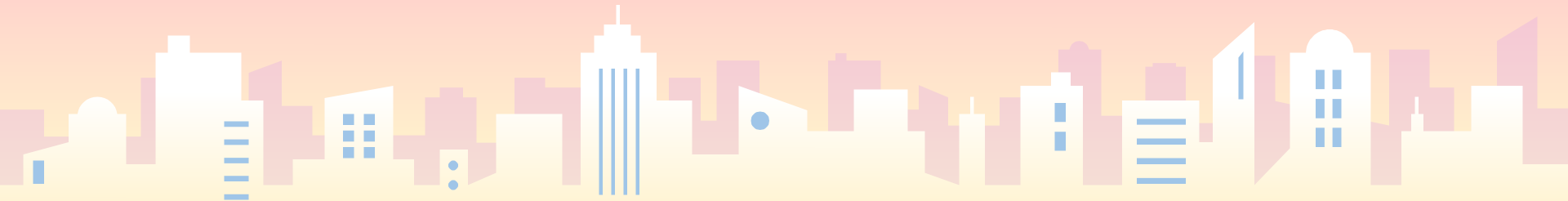


Fostering Social Emotional Development at Home

Karen Vargas
5th Grade Dual Language Teacher



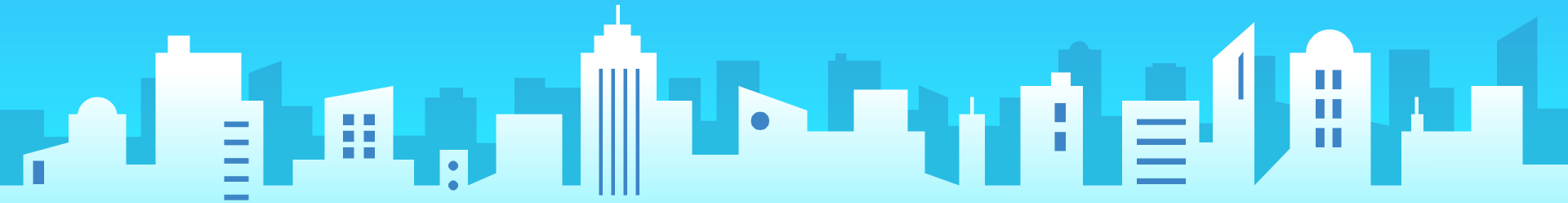
Norms

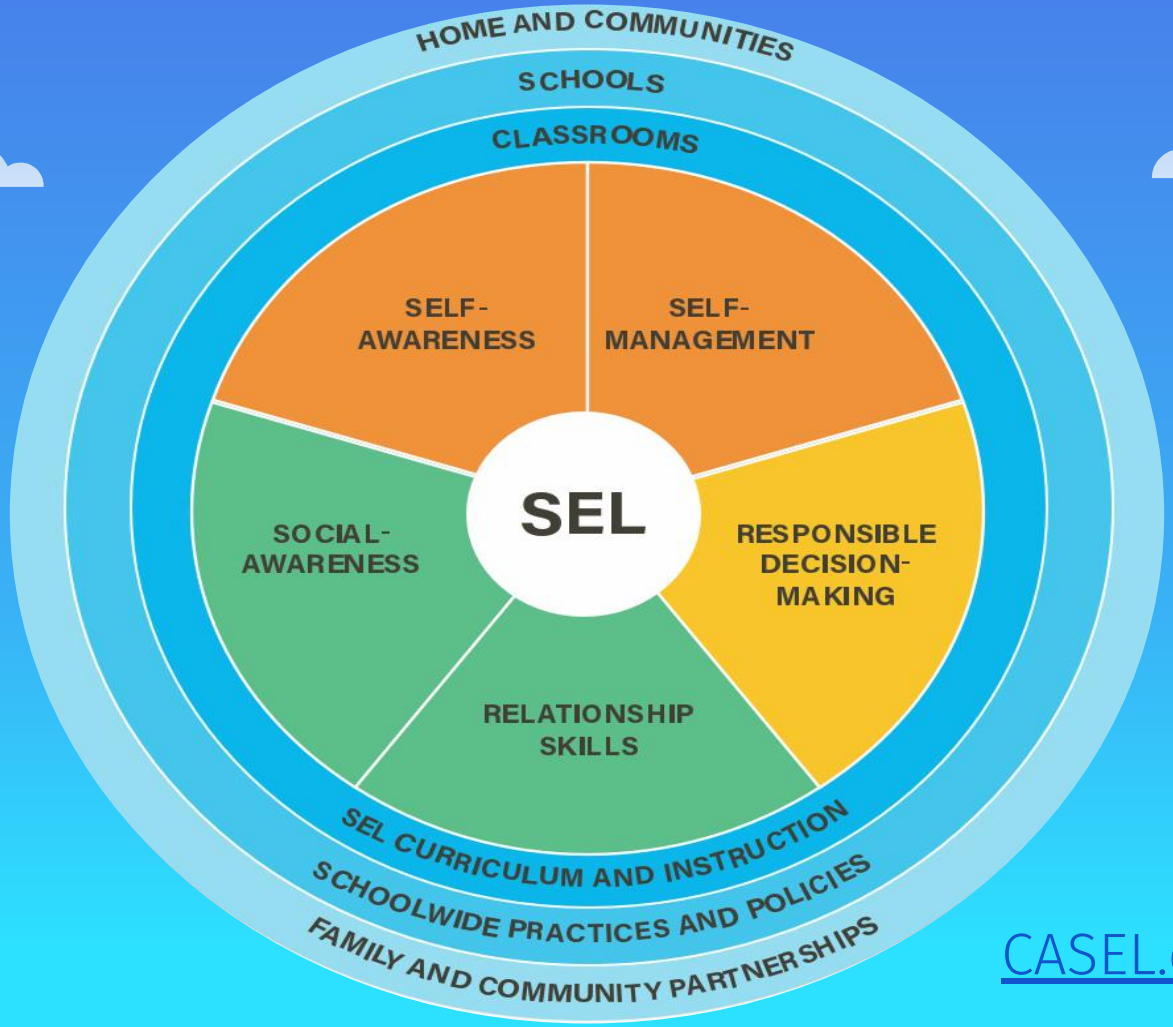
- **Be present and prepared to participate**
- **Be an active listener**
- **Be respectful to all participants**

Outcomes

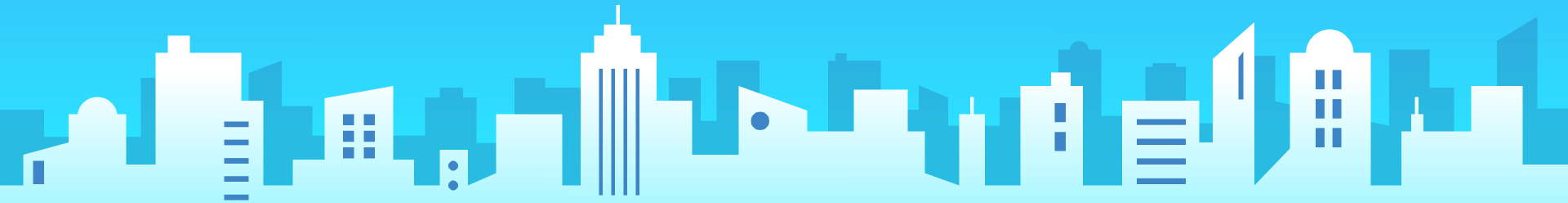
- **Define social emotional learning**
- **Why is SEL important?**
- **What does SEL look like in the home?**

What is Social Emotional Learning?





Why is SEL important?



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

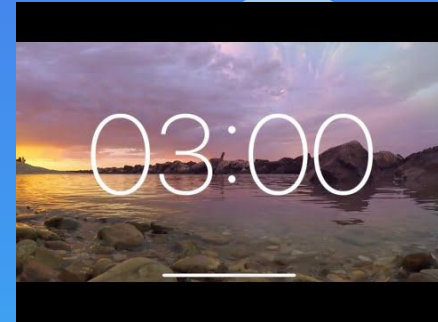
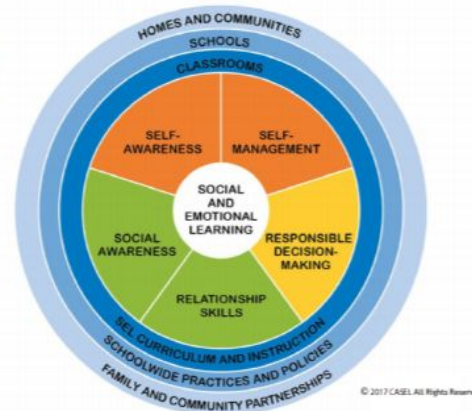
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- ⇒ 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?

The background features a blue gradient. At the top, there are several stylized white and light blue clouds. At the bottom, there is a stylized city skyline with various buildings in shades of white and light blue. The main text is centered in the middle of the page.

Social Emotional Learning In The Home

Identify
Emotions

Self-perception

Self
Confidence

1

Self-Awareness

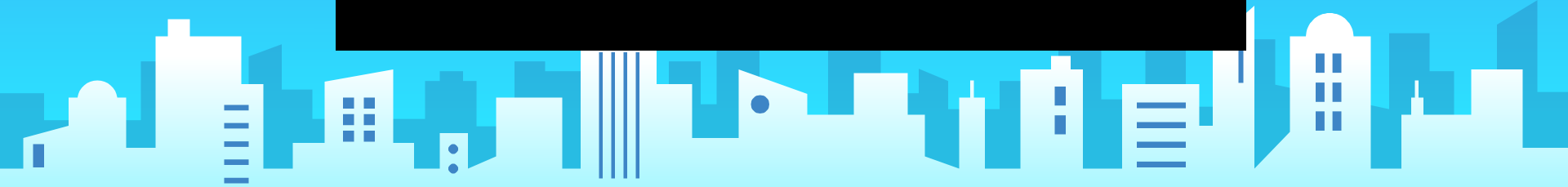
- ❖ Praise the process, not the result.
- ❖ Take note of your child's interests and strengths and provide access to more of the same.
- ❖ Positive affirmations/ Spanish

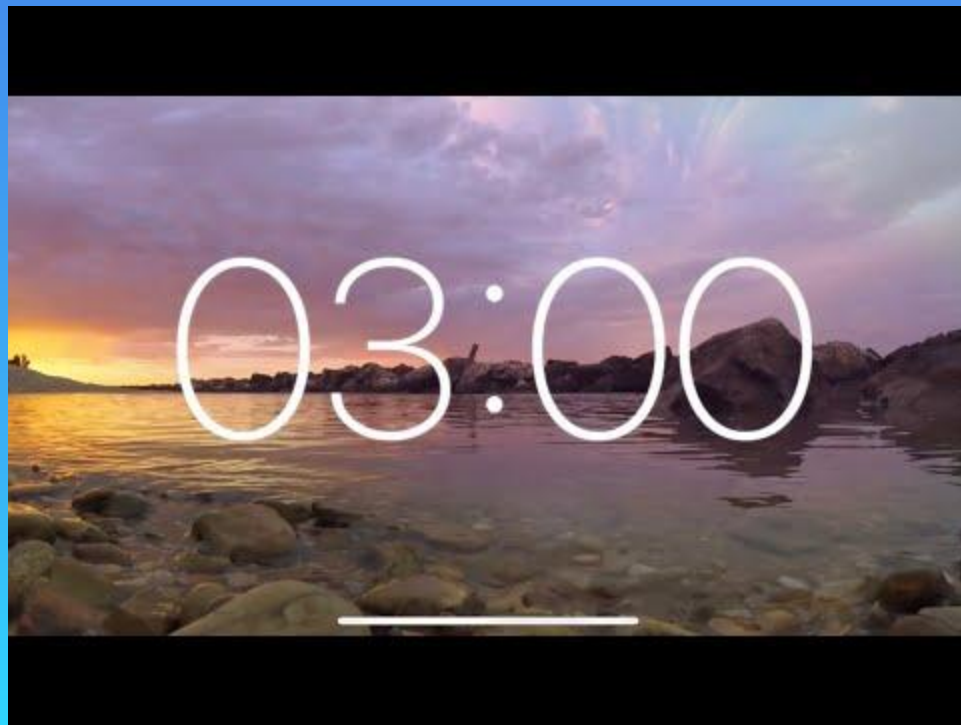


HOT TOPICS

@Alissa360Vie
I am Smart
I am Blessed
I can do ANYTHING!!
❤️

abc
#THEVIEW





Stress
Management

Self-
Motivation

Organized

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





Empathy




Diversity



Respect

3

Social Awareness

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

**#1 What do
you see?**





**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
- ❖ 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](#)