
Social Emotional Learning (SEL) For Caregivers

What is Social Emotional Learning?

“Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions” ([CASEL](#)).

“Research shows that it’s important for students to see and hear **consistent messages** from all the adults they encounter at school, and **beyond the school day**” ([Belmont Public Schools](#)).

What is CASEL?

Collaborative for Academic, Social, and Emotional Learning (CASEL) is the framework being used by [Belmont Public Schools](#).

- ★ An evidence-based framework used in schools to promote social and emotional learning (SEL) in grades k-12 through various modalities.
- ★ Data taken from [CASEL](#) indicates there is a relationship between SEL and a decrease in behavioral problems.

CASEL Pedagogical Strategy

- ★ Teaching practices that emphasize cooperative learning and project-based learning.
- ★ Making sure classroom lessons are broadened and expanded into overall school culture.
- ★ Children are taught through modeling, coaching, and reflective listening how to respond compassionately and empathetically.

→ Learn more about [SEL Approaches](#) with CASEL

Goals of SEL

“Intention is to bolster student skills in communication, cooperation, conflict resolution, resiliency, decision making, compassion, and social responsibility through classroom and home community building exercises” ([CASEL](#)).

5 Competencies in SEL

1. **Self-awareness:** The ability to recognize your emotions, values, strengths, and limitations.
2. **Self-management:** The ability to manage emotions and behaviors in order to achieve your goals.
3. **Social awareness:** The ability to show understanding and empathy for others.
4. **Responsible decision making:** The ability to make personal and social choices that are ethical and constructive.
5. **Relationship skills:** The ability to form positive relationships, works as part of a team, and effectively deal with conflict.

(Rachel Poliner, [Leaders & Learners Consulting](#), 2015)

→ Learn more about [Core Competencies](#) with CASEL

Glossary of Terms

Conflict resolution: Being able to find a peaceful agreement. Children may need help reaching this from parents, but through developing social and emotional skills they can build up to conflict resolution on their own.

Resiliency: The ability to cope with stress.

Social responsibility: Acting in the best interests of others.

Modeling: Demonstrating social and emotional competencies in yourself in order for your child to see how it is done and be able to do it on their own.

Reflective listening: First, listening to your child in order to understand how they feel, instead of listening to respond. Then, repeating what they said back to them to confirm you understand and show them that you empathize.

Fixed mindset: The belief that a child is born the way they are, and there is no room for growth.

Growth mindset: The belief that as a child tries hard, they become smarter.

Home Practices

Choose an activity or two from each of the competencies to get started bringing Social Emotional Learning to your home.

1. Self-Awareness

Teach your child self-awareness by encouraging them to talk about their feelings. Model this by talking about your own feelings. Normalize the feelings they are having, and listen to them without judgement. Praise them when they express their feelings and when they are able to use their strengths to manage them. Help them understand that they have control over the way they behave or react to their feelings.





Check-ins at the beginning of the day or at family dinner:

- ★ What color are you today?
- ★ What weather pattern are you today?

The Zones of Regulation: Identify what zone you are in. Hang this picture on your fridge to refer to when your child is having trouble expressing how they are feeling. Talk about what coping skills they can use for each zone, and remind them to use these skills when they need to.

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

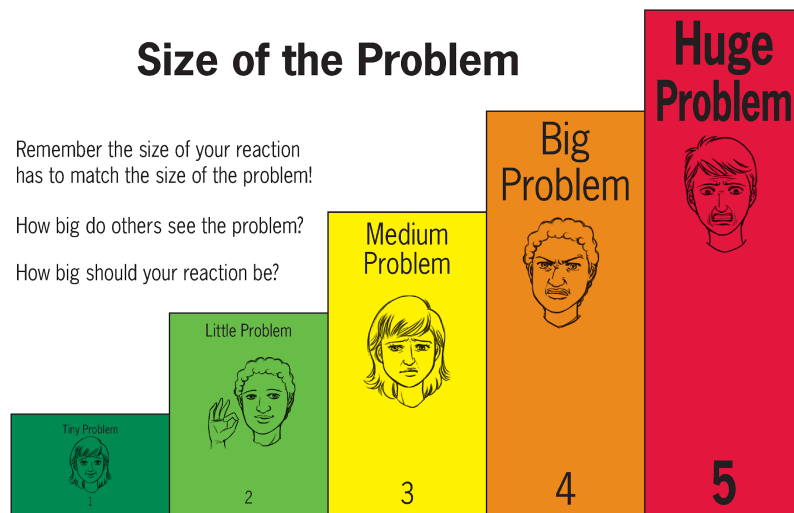
The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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From *The Zones of Regulation*® by Leah M. Kuypers • Available at www.socialthinking.com

Size of the Problem: Help your child express how they are feeling by identifying the size of their problem and what the appropriate reaction to the problem is with this visual. [Watch an example.](#)

The ZONES of Regulation® Reproducible W



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's Think Social! (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com

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Self-Awareness Tips for High-Schoolers:

1. Encourage them to express their feelings and self-reflect, such as writing in a journal
2. Talk about your own feelings to model to them how it is done
3. Talk about plans for the future by asking them about their interests, strengths, mentors, and goals
4. Talk about labels and stereotypes, and how they can be limiting and fail to represent the whole person

2. Self-Management

Teach your child how to manage their emotions by modeling how you control your own. Talk to them about thinking before acting, and using their strengths and skills to cope with their emotions. Help them set goals, choose a routine that's right for them, and learn organizational skills.

4 Strategies to Help Students Feel Calm During Distance Learning: use these creative ways of expressing your emotions with your children. These can be done in person or over video call.

- ★ Express yourself
- ★ Dual Drawings
- ★ Dual Story Writing
- ★ Brain Scavenger Hunt

Helping Students Process their Feelings During Remote Learning:

- ★ Help them identify the feeling and what it feels like in their body
- ★ Validate their feelings
- ★ Provide accurate information in a way they can understand
- ★ Offer reassurance by highlighting the good
- ★ Maintain regular routines as closely as possible
- ★ Encourage positive media habits
- ★ Be a role model for healthy habits

Self-Management Tips for High-Schoolers:

- ★ Show and tell them how you are controlling your own emotions and behavior
- ★ Talk about ways to manage stress and remind them to use those techniques
- ★ Create an “affirmation jar”

De-Escalation Exercise: Learn what happens in your child’s brain when they aren’t regulated with this article. It suggests an activity to help your child take a break and breathe, and offers suggestions of what to say to them to facilitate this. The scenario is set in a classroom, but can work from home during remote learning.

Guided Meditation: This can be facilitated by reading a guided meditation or playing a meditation video you like from Youtube.

3. Social Awareness

Teach your child social awareness by talking about different perspectives and ideas. Model empathy for other people, and encourage and praise your child when they show empathy.

Dinner Games:

Trade places, roles, and personalities with all family members at dinnertime. For example, daughter plays mom. Play out your typical conversations acting as one another.

Of play “If a new person came to dinner, what would he or she say?” You can use anyone, real or imagined. “If Darth Vader came to dinner, he would say ‘Join me on the dark side.’”

Promoting Sibling Kindness: use these parenting skills to encourage your children to be kind with one another

- ★ Conduct an “attention audit” for yourself
- ★ Model sibling kindness
- ★ Notice and reinforce sibling kindness
- ★ Set a positive goal
- ★ Support siblings in repairing harm

Social Awareness Tips for High-Schoolers:

- ★ Spend quality time together, talk frequently, and listen non-judgmentally
- ★ Collaboratively establish rules for their social life
- ★ Encourage their interests and career goals
- ★ Talk about bullying, and how they and others feel about it
- ★ Help them practice being respectfully assertive with their peers when there is confrontation
- ★ Discuss cyberbullying

Promoting Empathy:

- ★ Talk about current events and social issues. Highlight the feelings of those involved and different perspectives.
- ★ Talk about how empathy is useful and necessary in school, college, and career

Raising Caring, Respectful, and Courageous Children: Hear advice from Richard Weissbourd, co-director of the Making Caring Common Project at the Harvard Graduate School of Education, on how to foster kindness in your children.

Videos on Kindness, Empathy, and Connection: Remember the power of empathy with these 5 videos and find resources for fostering empathy and kindness in your children.

Raising Kind Kids: Christine Carter from the Greater Good Science Center shares advice for raising your kids to be kind.

4. Responsible Decision Making

Teach responsible decision-making skills by helping your child problem-solve. Demonstrate problem-solving by walking them through the steps you take to come to an important decision.

Responsible Decision Making Tips for High-Schoolers:

- ★ Talk about accountability and share examples of when people's actions demonstrate that they take responsibility
- ★ Talk about adult responsibilities, including finances, and help them make a budget
- ★ Reinforce their good decisions by complimenting them

Teach Problem-Solving Steps:

1. Identifying the problem
2. Analyzing the situation
3. Identifying a potential solution
4. Determining the potential consequences of the solution

5. Relationship Skills

Teach relationship skills by modeling good communication and responding to conflict without being overly emotional. Help your child learn how to express their emotions to others, and to listen to what people have to say.

Relationship Tips for Middle-Schoolers:

- ★ Talk about first impressions and practice meeting people together

- ★ Discuss peer pressure
- ★ Discuss responsible online behavior
- ★ Help them figure out their interests and skills and use them to develop friendships

Relationship Tips for High-Schoolers:

- ★ Ask them about their friendships and what makes a good friend
- ★ Talk about jealousy and envy in relationships and how to cope with the feelings
- ★ Team them the “sandwich technique” for communicating problems
- ★ Talk about their interests, skills, and qualities that they will need when they begin working or that will help them choose a career
- ★ Talk about responsible online behavior
- ★ Talk about cyberbullying

Rose and Thorn: This classroom activity of sharing one positive moment and one negative moment of the day can be adapted for the dinner table.

Additional Activities

SEL Passport Challenge: Help your kids practice their SEL skills with this Passport Challenge for kids K-5.

52 Essential Conversations: A game to play with children and family to start conversations around topics related to social emotional learning.

Pandemic Planning

My Kid's School is Closed. So Now What?

Second Step COVID-19 Support: Resources and webinars for educators and parents in supporting SEL during the pandemic and remotely.

Social Emotional Learning Supports around COVID-19: Learn how to apply the 5 competencies of SEL to support your child through the pandemic.

Additional Resources

[CASEL](#): Learn more about CASEL and SEL, and how to implement it in school and at home. Learn how SEL is used in schools and how it can be used in your own parenting in this short [video](#).

[Belmont Public Schools](#): Learn what Belmont Public Schools is implementing for Social Emotional Learning. See below two programs for K-5 students that Belmont utilizes.

- ★ [Open Circle](#)
- ★ [Second Step](#)

[Edutopia](#): Find resources for Social and Emotional Learning topics and activities at home and in school.

[Today Parenting Guides](#): Parenting guides by grade to support children in school and with social skills, including the 5 competencies of Social Emotional Learning.

[Parent Teen Connect](#): Hear from real parents and teens, and get expert advice on topics, including screen time, independence, responsibility, and communication.

[Grow Kinder Podcast](#): Podcast exploring SEL competencies for parents and educators.

[Confident Parents Confident Kids](#): Book and blog to help parents support the social and emotional development of their kids. Provides resources for parents and kids and timely blog posts with additional ideas.

[Info About Kids](#): Provides research on the mind, body, emotions, and relationships of children as well as information and resources for parents to support the developmental milestones of their children.

