

Social Emotional Learning for Families



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Consistent Routine

Support your child's learning at home by have a consistent routine. Have your child be part of developing their "school day" at home by letting you know the order they usually have certain subjects! Writing the schedule on paper and putting it up can help younger children follow the day's expectations. If older children have items due on certain days, help them plan for when to get those assignments complete by building a calendar or discussing with them their plan for completing the work.

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Self control and coping skills

Have a peace corner/zen den/calm down kit available at home when children are having strong emotions. They may be experiencing a variety of emotions given the current environment (anxiety, worry, fear, confusion). Having a space or "tool kit" with relaxing music, paper/crayons, comfortable pillow, favorite stuffed animal can help children calm down. Include a feelings wheel or emotion cards to help them identify what feeling they are having. They may need a daily reminder of these tools but it helps them build self-control and coping skills.



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Brain Break

Before each new lesson/subject practice a few calming deep breathes, stretches or yoga poses to reduce stress and recharge the brain. Sometimes children need a brain break to help them focus! You can use [gonoodle.com](https://www.gonoodle.com) for free brain breaks and activities.

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All behavior has meaning

All behavior has meaning. Usually a child's behavior is their way of communicating a feeling or need that they aren't able to express with words. Remember to ask yourself what the underlying feeling may actually be driving the behavior.



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Self-reflection

Parents: notice when your own stress is rising. Children watch us & take their cues from us! If you feel yourself getting stressed or worried notice the signs & find ways to calm yourself down. This is a great way to show our children ways to cope and be resilient. You can also do some self-talk: "This line is very long and I am in a hurry. I am feeling really frustrated and annoyed. But, it is not in my control so I need to let it go". Kids watch how we handle things!

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Growth Mindset

The power of YET: when children feel overwhelmed they may say they cannot do something & give up. One way we can encourage a growth mindset is to say: "you do not understand this part of math YET but with practice you will."

Mistakes help us learn & challenges help us grow.



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Identify Emotions

Help your child learn the different emotions. Introduce this when you are both in a calm state of mind. You can create a wheel of emotions or emotion cards.

- Ask your child when they feel this emotion
 - Explain to your child times you feel this emotion too
 - Brainstorm ways to help work through emotions in a positive way and write them in the wheel or on the card
- Sample link: <https://childhood101.com/helping-children-manage-big-emotions-my-emotions-wheel-printable/>

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Build self-esteem

Catch the positive! When you see your child doing something you want to see MORE of offer them encouragement and comment on that action. (ie You set up your work area for homework so nicely. When you do that is helps you feel prepared and ready to learn!).



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Listen

Be a good listener for your child. We often expect our children to "be good listeners" yet in this fast paced world we struggle to fully listen to our children. Try intentionally listening to your child by facing them, looking in their eyes, asking them questions and stating back to them what you heard to let them know you are present and hear them! Avoid being on your phone/computer while doing this!



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Choices and Expectations

Allow for choices and set expectations.

Before establishing a homework routine, ask your child's preferences. You may want to ask the following:

What subject should we do first?

How much help will you need?

Which brain break should we use today?

Give a choice: would you like to do math or reading first?

Allowing your child to be part of decision-making can help them feel more in control of their day.



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Promote Kindness

There are many ways to support kindness. Weave lessons of kindness into your daily routine. Ask your child to list two ways they saw kindness being displayed in school, in your neighborhood or at home.

- a. Ask them how they displayed kindness on that particular day or
- b. Ask two ways others were kind to them.

If they have trouble finding examples, start pointing out examples around the house, in TV shows and videos, and when you are out together as a family. An example might be when a sibling shares their toys or helps a younger child cross the street. You can encourage your child to be on the lookout for kindness so you can discuss it.



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Problem Solve

Have your children learn to problem solve on their own by asking questions that have them think. Often we want to quickly solve the issues for them and give them the answers.

Think about the difference:

"Just tell your friend that they hurt your feelings"

"You need to complete that assignment by today"

"Ask your teacher for help"

While helpful, when we give the answers our children will not have the chance to figure it out when we are not around!

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Build Up Your Child

Social-emotional learning is about helping your child learn and apply the skills and understanding needed to manage their feelings. When your child is struggling with something new, remind them of a time they worked hard to overcome obstacles. By highlighting your child's past successes, they can remember how strong they were and that they have the ability to do hard things!



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Build Empathy

Empathy is the ability to identify and respect the feelings of others. At all ages, we can talk to our children about another person's feelings or point of view. Even if you are watching a TV show or a sporting event you can ask you child how each person feels during certain moments. Having children explore different "points of views" is valuable throughout life!

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