The growing acceptance of Social Emotional Learning as a key support to student success has been responded to by state and local administrators in the implementation of SEL standards within the school system. However, the absence of networked organizations from which families receive SEL support has further complicated their access to tools and materials for home-based instruction and modeling of these formative skills.

This issue of Capture the Core shares specific ways teachers can support families in their capacity around Self-Awareness, Self-Management, Social Awareness, and Relationship building, and Responsible Decision-Making.

Note that this not an exhaustive list of resources, however, these are a few activities for families to practice building developmentally appropriate skills.

Tips and Activities were retrieved from:

www.parenttoolkit.com

Resource to Share

SEL Standards 3-5

Teachers Supporting Families Supporting Social Emotional Development

- When family members share reasons behind their own emotions, they model awareness.
- Use characters in books to discuss emotions.
- Assign yourself a time out when needed.
- Ask your child(ren) to help the family through small and ‘partnering’ chores.
- Identify and discuss what your family values are. What do they look like and/or sound like?
- Take time to talk about how a story could be told through a different character's life.
- Model active listening with your child(ren) and then explain what behaviors helped you truly hear and understand what they were sharing.
- Offer discussions regarding ‘Put-ups’ - ways to share confidence and positive viewpoints regarding themselves and others.
- Teach your child about saving money. Earn, save, spend, and give with intention.
- Celebrate your child’s good choices - even after instruction (‘I noticed you put all your toys away.’)

Parents’ Guide to Social Emotional Checklist (sample items)

- Model good behavior.
- Follow through on your promises.
- Have meaningful conversations with your child.
- Take a moment to reflect and breathe when you are stressed or overwhelmed.