

## Teachers Supporting Families Supporting Social Emotional Development

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

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](http://www.parenttoolkit.com)

Resource to Share  
[SEL Standards 3-5](#)

Social Emotional Learning Standards (SEL)	
Grade 3: Develop self-awareness and self-management skills	
1. Identify and label emotions	Describe the range of emotions and the reasons for these feelings
2. Recognize personal strengths and limitations	Identify and demonstrate ways to improve weaknesses in a socially appropriate manner
3. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
4. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
5. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
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10. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
Grade 4: Develop self-awareness and self-management skills	
1. Identify and label emotions	Describe the range of emotions and the reasons for these feelings
2. Recognize personal strengths and limitations	Identify and demonstrate ways to improve weaknesses in a socially appropriate manner
3. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
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10. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
Grade 5: Develop self-awareness and self-management skills	
1. Identify and label emotions	Describe the range of emotions and the reasons for these feelings
2. Recognize personal strengths and limitations	Identify and demonstrate ways to improve weaknesses in a socially appropriate manner
3. Recognize personal learning and development needs	Identify personal skills and emotions that are assets to learning
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Grades 3-5

Check us out on the web:  
**Illinois Classrooms in Action**  
**Climate & Culture**



Climate & Culture  
Action Network

2017-2018

Educator  
Community  
of Practice

[Details and  
Registration](#)

[http://bit.ly/  
CCAN\\_CofP\\_17\\_18](http://bit.ly/CCAN_CofP_17_18)



### Self-Awareness

### Self-Management

### Social Awareness

### Relationship Building

### Responsible Decision-Making

- ◆ 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 characters 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.