

Teachers Supporting Families Supporting Social Emotional Development



Grades K-2

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

Resource to share:
[SEL Standards K-2](#)

Social Emotional Learning Standards (SEL)	
Goal 1: Self-Awareness and Self-Management Skills	
1.A. Identify and manage emotions	Recognize all emotions that emotions and how they are linked to behavior
1.B. Set personal goals	Recognize personal control of emotions
1.C. Demonstrate self-management skills	Identify and manage emotions, such as anger, stress and challenges
1.D. Demonstrate self-management skills	Identify family, peer, school, and community strengths
1.E. Demonstrate self-management skills	Identify who is related to important thinking, feeling, behavior, personal goals
1.F. Demonstrate self-management skills	Identify goals for personal and community improvement
Goal 2: Social Awareness and Relationship Skills	
2.A. Recognize the behavior and emotions of others	Recognize that others may experience situations differently from oneself
2.B. Demonstrate social skills and relationship skills	Use listening skills to identify the feelings and perceptions of others
2.C. Demonstrate social skills and relationship skills	Recognize the impact of personal actions on others
2.D. Demonstrate social skills and relationship skills	Identify positive qualities in others
2.E. Demonstrate social skills and relationship skills	Identify ways to work playfully with others
2.F. Demonstrate social skills and relationship skills	Recognize appropriate ways of expressing emotions
2.G. Demonstrate social skills and relationship skills	Identify problems and conflicts commonly encountered by peers
2.H. Demonstrate social skills and relationship skills	Identify opportunities to resolve conflicts constructively
Goal 3: Responsible Decision-Making Skills and Responsible Behaviors	
3.A. Consider ethical values and consequences	Explain why consequences exist that best reflect one's values
3.B. Demonstrate responsible decision-making skills	Identify consequences and make responsible choices that give ownership
3.C. Demonstrate responsible decision-making skills	Identify a range of solutions that address needs at school
3.D. Demonstrate responsible decision-making skills	Make positive choices when interacting with classmates
3.E. Demonstrate responsible decision-making skills	Identify and practice ways that contribute to social responsibility
3.F. Demonstrate responsible decision-making skills	Identify and practice choices that contribute to one's health

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Climate & Culture
Action Network

2017-2018

Educator
Community
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[http://bit.ly/
CCAN_CofP_17_18](http://bit.ly/CCAN_CofP_17_18)

Self-Awareness

- ◆ Draw or print emotion faces (emoticons) and ask your child to identify one of the emotions.
- ◆ Use photo albums to identify emotions.

Self-Management

- ◆ Assign yourself a time out when needed.
- ◆ Share your expectations BEFORE they are needed (candy at the store, manners at dinner)

Social Awareness

- ◆ Ask your child(ren) to share their opinion of what they say and heard about your interactions at the grocery store, the bank and other weekly outings.

Relationship Building

- ◆ Be aware that your child(ren) are watching your example of how your form and nurture relationships.
- ◆ Cook with your youth to model listening and how to work together with others on projects.

Responsible Decision-Making

- ◆ Talk about 'consequences' of real life (late bedtime = sleepy work time), and share out loud when you are making positive decisions.
- ◆ Use bedtimes stories to talk about responsible decisions (Could Snow White have said no to the stranger with an apple?)

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.

