

TIPS for Social and Emotional Learning at Home

"Social and emotional learning (SEL) is the process through which children and adults 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.org

Connect Every Day

Find a time each day to connect with your child as an individual. Make these moments unconditional and intentional, even if you only have 2 minutes. Talk, dance, play or just be present. These little moments are the foundation to a strong and resilient relationship.







Use Regulation Language

Developing a language to communicate frustration and feelings of overwhelm can support your child in expressing emotions verbally instead of physically. Check out these resources for the "Flip Your Lid" hand model and Zones of Regulation emotion identification model.

Pro Tip: Ask your child, they may be able to teach you!

Video Tutorial Links Flip your Lid Elementary

Zones of Regulation

Flip your Lid Adolescent



crisis is important for children of all ages. Click here for some tips on how to approach the conversation and support your child https://www.cdc.gov/coronavirus/2019ncov/daily-life-coping/talking-with



Encourage your child to talk about their emotions.

This could include feelings of loss, loneliness, anger or fear related to the transition from in person to remote learning. Validate your child's emotions and reach out to your school counselor or support@cdaschools.org if your child needs additional emotional support.





If you are finding some interactions difficult with your child, try role playing

the situation when you are both calm and there are no expectations. For example, practice getting out school work on a Saturday when your child can practice initiation without expectation to complete the task. This prepares their brain and emotional regulation for the "real task" on Monday.





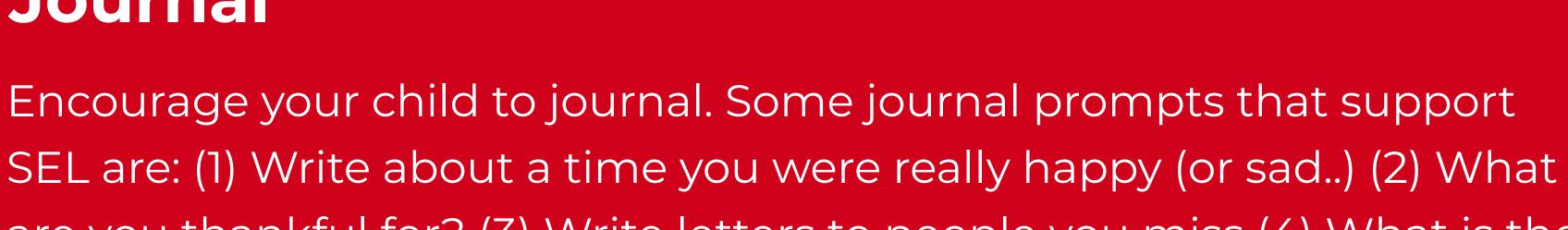




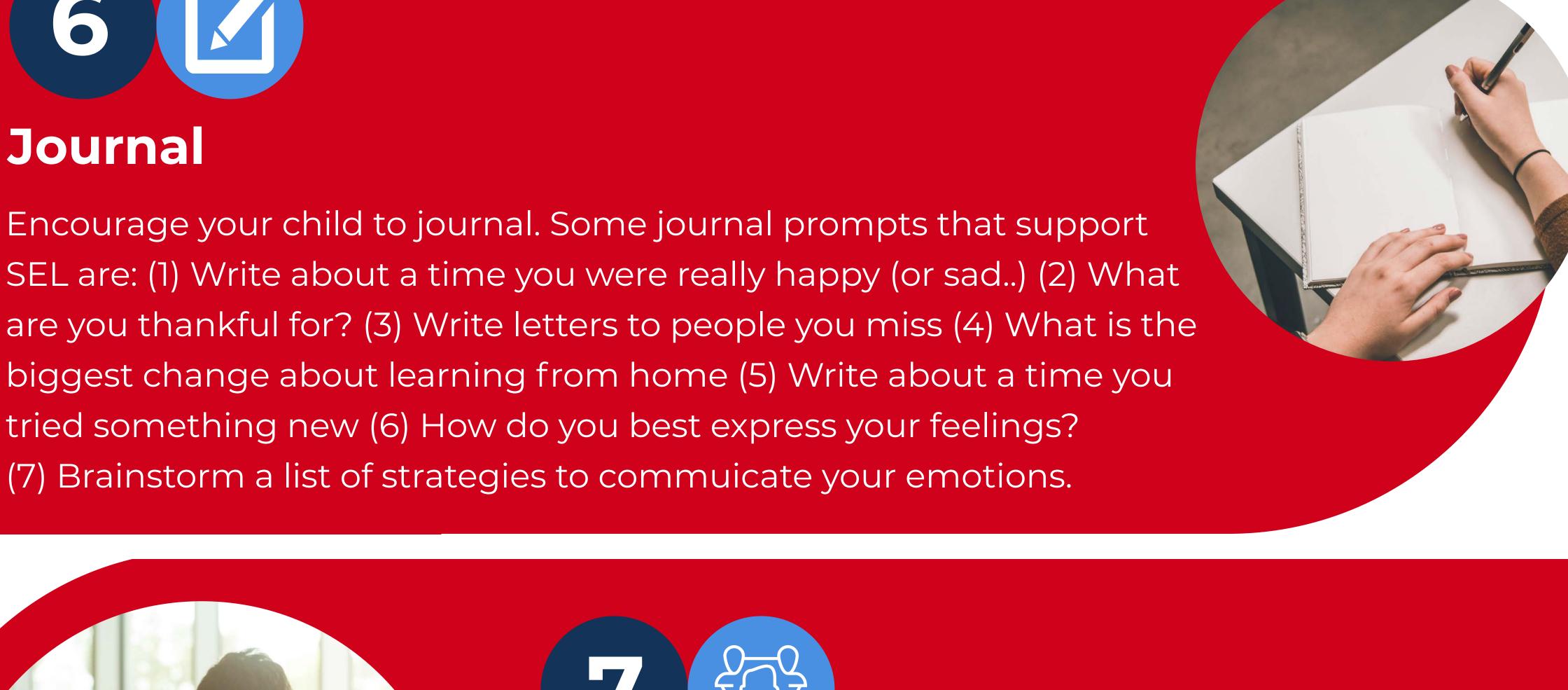
Designate a space that your child can retreat to when feeling overwhelmed. This can be your child's

bedroom, or a comfy corner created in the main living space. Collaborate with your child to choose and design the space and co-create the guidelines on when they can use it.





biggest change about learning from home (5) Write about a time you tried something new (6) How do you best express your feelings? (7) Brainstorm a list of strategies to commuicate your emotions.







emotional or physical needs and creative ideas to meet those needs. Listen and negotiate with your child. Try their

suggestions and work toward mutual problem solving.





sentence is a great start ("I can't do multiplication...

yet"). Congratulate hard work and perseverance, highlighting when your child overcomes a challenge or bounces back from failure.

be developed," (Dweck, 2014).

"A growth mindset

is when students

understand that

their abilities can





Cut yourself some slack Supporting your child during this time of global crisis and remote learning is a big transition and you may find yourself overwhelmed and exhausted. Go easy on yourself and please reach out if you need



