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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

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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.



2



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

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Flip your Lid Elementary

Zones of Regulation

Flip your Lid Adolescent

3



Talk About Emotions

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.

Talking about the COVID-19 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/2019-ncov/daily-life-coping/talking-with-children.html>

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Role Play Tricky Conversations

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.



5



Create a Calming Space

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.



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Journal

Encourage your child to journal. Some journal prompts that support SEL are: (1) Write about a time you were really happy (or sad..) (2) What are you thankful for? (3) Write letters to people you miss (4) What is the 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 communicate your emotions.



7



Model Listening: Negotiate Needs

Remote learning is a new challenge for you and your child. As you move through this process, your child may identify 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.



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Use Growth Mindset Language

Including growth mindset language in your vocabulary is a simple way to encourage your child. Adding the word "yet" to the end of an "I cant _ " 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.

"A growth mindset is when students understand that their abilities can be developed," (Dweck, 2014).



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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 help. We are here for you!

