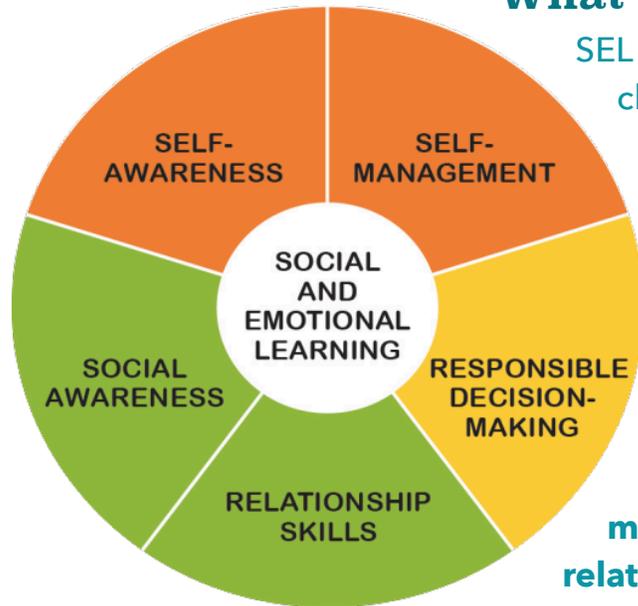


# Social Emotional Learning at Home

## SEL for Parents and Families

### What is SEL?



SEL is the process by which children and adults learn and develop knowledge, attitudes and skills to better understand and manage emotions, better set and achieve goals, better able to feel and show empathy for others, **better establish and maintain positive relationships**, and better make responsible decisions (CASEL.org).

### The SEL focus this week: ***Relationship Skills***

This is the ability to establish and maintain healthy and rewarding relationships with people from all walks of life. The skills that are needed for positive interactions include:

- being able to communicate clearly and to listen actively
- cooperating with one another
- negotiating conflicts in a constructive manner
- engaging in appropriate social pressure, and
- being able to seek as well as to offer help when needed

These skills are not all learned in one shot or within a specific time period; relationship skills are something that we work on and develop over our whole life. As well, with each new or familiar person we encounter, the exchange or situation may be different, and we find that we need new strategies and ways to interact with them.

#### Why is it important to develop good *Relationship Skills*?

As humans are social creatures, successful navigation of relationship skills is vital to a happy, good life. The key is to cultivate and maintain loving, faithful relationships with other people. One research by psychologist, George Vaillant, followed 268 Harvard graduates in a study that spanned 75 years. He looked at all aspects of their health and well-being. The summarized findings were: "*Happiness is love. Full stop. People who have loving relationships with family and friends thrive; those who don't, don't.*"

### Activities for you and your children this week...

Click on image for link



Take a virtual fieldtrip to **The Museum of Anthropology** in Vancouver



Watch **Cirque du Soleil Kurios - Cabinet of Curiosities** for free (Parents - please preview for suitability and age-appropriateness)



Do some '**Kid Yoga**' for some relaxation and calm

