

# Social Emotional Learning at Home

## SEL for Parents and Families



**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](https://CASEL.org))

The SEL focus this week is **Responsible Decision-Making**

This SEL skill involves our ability to make choices for how we behave both personally which affect our own well-being and socially which affect the well-being of other people; and our ability to know that our choices and actions have consequences. Embedded in the decision-making process are also factors that consider ethical, social and safety norms.

According to Dr. Herbert Simon (American Nobel Laureate), emotions influence many of the decisions we are confronted with everyday. Therefore, if we want to understand the best decision-making skills, we need to be aware of how emotions that are connected to those decisions, make us feel. In short, being self-aware of our feelings, is essential to sound decision-making. As well, it is that mindfulness that helps us avoid making decisions based on impulsivity or reactivity.

Here is what a working awareness of the decision-making process looks like:

1

### NAME WHAT YOU'RE DECIDING

Consider exactly what the problem is and the ramifications of the proposed solution

2

### RECOGNIZE & NAME ALL FEELINGS

Consider all the feelings you are experiencing in connection with the decision

3

### PROCESS THAT EMOTION

Ask whether you want to make a decision from this specific emotion or if you want to adjust the course

Find lightness and humour in each day to counterbalance your worry. Here are some funnies to watch:



The movie "A Beautiful Day in the Neighbourhood - the Fred Rogers Story"



On YouTube, google 'Maru' cat videos and other famous cats



A stand-up comedy show on Netflix or YouTube for some comedic relief (google 'family-friendly comedians')

## How does Sleep affect our Decision-Making?

Getting enough sleep affects both our physical as well as our mental health. As it pertains to brain function and brain development, lack of sleep compromises memory and decision-making skills. In particular, when we are sleep deprived, we are prone to engage in more riskier decisions and behaviours, and we don't even perceive our risky decision-making as risky. Therefore, the most proactive strategy to ensure that we make least risky, and most responsible decisions, as often as we can, is to practise good sleeping routines.

Some tips include:

- Stick to a sleep schedule of similar bedtimes and wake-up times each day, even on weekends
- Practise a relaxing bedtime ritual ie) breathing, meditating, or reading a book
- Avoid naps, especially if you are having trouble falling asleep or staying asleep at night
- Exercise daily or being active outside in the fresh air daily
- Avoid electronics right before bedtime as light from these devices is activating to the brain

<i>Summary of the National Sleep Foundation's Sleep Recommendations per day:</i>	
<b>Newborns (0-3 months)</b>	Sleep range 14 – 17 hours each day
<b>Infants (4-11 months)</b>	Sleep range 12 – 15 hours each day
<b>Toddlers (1-2 years)</b>	Sleep range 11 – 14 hours each day
<b>Preschoolers (3-5 years)</b>	Sleep range 10 – 13 hours each day
<b>School age Children (6-13 years)</b>	Sleep range 9 – 11 hours each day
<b>Teenagers (14-17 years)</b>	Sleep range 8 – 10 hours each day
<b>Younger Adults &amp; Adults (18-64 years)</b>	Sleep range 7 – 9 hours each day
<b>Older Adults (65+ years)</b>	Sleep range 7 – 8 hours each day



### EDUCATION ASSISTANTS (EA'S) FIND CREATIVE WAYS TO CONTINUE SUPPORTING STUDENTS

Education assistants (EA's) have been working on-site to support the children of essential service workers, as well as students with diverse abilities who benefit from being in a school setting. In some cases, the EA's are preparing and delivering nutritious food to families whose children have been a part of meal programs at school. All the while, they do this within the public health guidelines.

Other creative ways EA's are connecting with students, are through in person social emotional check-ins, online chats and online story-reading. They are tireless and have played a crucial role in making schools safe and inclusive for our most vulnerable students.

To read the full article, follow the link: <https://news.gov.bc.ca/releases/2020EDUC0031-000723>