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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. These are the 5 pillars of the CASEL wheel (Collaborative for Academic, Social and Emotional Learning).

How do you practise SEL at home with your child?

- Self - Awareness - take time to talk about feelings with your children everyday. Name your own feelings and ask them to name theirs too
- Self - Management - teach and model positive ways to manage stress, disappointment and anger
- Social Awareness - use story to help develop what your children might do or feel in scenarios of the characters in the story
- Relationship Skills - help your children resolve conflicts by asking them to express through questioning. ie) "What do you think they might feel if you …?"
- Responsible Decision - Making - talk about consequences by asking your child to think about "what happens if you did …?"

Stay tuned… Each volume of ***Social Emotional Learning at Home*** will focus in more depth, each of the 5 pillars.

Get outside at least once a day for at least 30 minutes. If you're concerned of contact, try first thing in the morning or later in the evening, or less travelled streets. It's amazing how much fresh air can do for spirits.

Dress for the social life you want, not the social life you have. Get showered and dressed. Take the time to do a bath or facial. Put on some bright colours. It is amazing how our dress can impact our mood.

Jigsaw Puzzling...

This is a great and therapeutic activity for the whole family. Keep an age- appropriate jigsaw puzzle on a coffee table for anyone to add on as they pass through the room.

Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather that feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Emily W. King, Ph.D.

Reach out to others, you guessed it, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting– connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc–your kids miss their friends, too!

Make a Self-Care Toolkit with your Child -*adapted from Eileen Feliciano*

This can look different for every child. A lot of successful self-care strategies involve a sensory component - senses of: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). Some ideas to include: a soft blanket or stuffed animal for younger child/gravity or weighted blanket for an older child, photos of family vacations, favourite book or sketch/journalling book, candy or gum, and comforting music, etc.

It's great to help your child create their self-care comfort box, which can often be a shoe-box or bin they can decorate. This is evolving so items can be taken out or added anytime.