

# SEL for Parents/Guardians

Social Emotional Learning at Home during Remote Learning

## What is SEL?

Social Emotional Learning or SEL is the learning children and adults do to: understand **emotions**, achieve **goals**, show **empathy**, have positive **relationships**, make responsible **decisions**.

## Take Care of Yourself First

COVID-19 added stress to all our lives, be kind to yourself. Take time to notice your feelings and do things that add to your wellness and reduce stress.

## Support SEL at Home

### Remember You're Their Model

You are a powerful model to the young people in your life. Remember that they will do what you do and say what you say.

### Set Routines

Creating routines with young people can help them with their feelings, schoolwork, chores, and relationships. Making agreements about behavior can help kids know what to expect and what you expect. Put time in schedules to connect and celebrate!

### Anticipate Challenges

You can prevent some challenges by making sure young people have what they need to be successful, but no plan is perfect. When challenges arise it's OK to adjust based on what's working and what's not.

### Set Goals

Help young people imagine what they'd like to accomplish and how they'll feel as they reach their goal. Support them to make a plan that includes celebrating their progress along the way. Encourage their effort!

### Talk about Feelings

Talking about feelings regularly helps young people say how they feel during a challenge and have empathy for others.

**Try doing a daily feelings check-in** with young people. Together you can...

Stop to notice how you feel. Notice your **body sensations**, your **thoughts**, your **emotions**. Think about how your feelings affect what you're doing. Decide what you'll do to keep or change your feeling.

### Take Breaks

Breaking up the day with movement, reflection, creative activities, or play can help brains, bodies, and spirits stay well.

Go Noodle [www.gonoodle.com](http://www.gonoodle.com) Movement and mindfulness videos for kids

Cosmic Kids [www.cosmickids.com](http://www.cosmickids.com) Yoga and mindfulness videos for kids

PBS Kids for Parents [www.pbs.org/parents](http://www.pbs.org/parents) Activities and tips for adults with kids ages 2-8

BEAM – Black Emotional and Mental Health Collective [beam.community/tool-kits-education](http://beam.community/tool-kits-education) Tools for teens

### Solve Problems with Kindness

When problems arise it's helpful for young people and adults to pause to notice how they feel and take a breath.

**Try coaching kids** as they work things out themselves. Asking simple questions can often help kids come up with solutions. You can also prompt kids to talk to each other during conflict, sticking around to help them do so respectfully.

### Show Love

Saying and showing your love for young people is a wonderful way to connect and help them feel how important they are!