

Help students continue their social emotional learning at home!

SOCIAL EMOTIONAL LEARNING BOOK IDEAS

- *Writing a Promise to Myself* by Rubenstein
- *How Good It Feels to Be Grateful* by Rhonda Byrne
- *Little Miss Grief* by Karen

QUESTIONS TO HELP YOUR CHILD TALK ABOUT SOCIAL EMOTIONAL LEARNING

For Kids:

Self-Awareness: How do you feel right now? How do you know what you're feeling about your own feelings? How do you feel about your feelings?

SOCIAL EMOTIONAL LEARNING RESOURCES

Family Goal Setting Sheet

Together, we will set and meet a SMART goal!

OUR GOAL: _____

Our goal is specific! The _____

SOCIAL EMOTIONAL LEARNING BINGO CHALLENGE BOARD

SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION-MAKING
Set up a spot where you can go if you feel upset!	Do a feelings check-in with yourself. How do you feel? How do you know?	Learn something about another culture!	Write a letter or make a card for a friend!	Work with your family to create a list of consequences for negative behaviors.
Journal or talk to a family member about how you're feeling every day for a week!	Make a list of the things you love about yourself. Hang it where you can see it every day!	Notice when someone needs something; then meet their need!	Apologize for a mistake you made.	At the end of the day, take a "grumpy number" about your behavior for the day, which will tell you who you have done better!
Set a goal for the week!	Spend two minutes trying to notice your thoughts!	Help a family member without being asked!	Introduce yourself to someone new!	Go out of your way to make someone else feel good!
Come up with a list of things you can do when you feel upset!	Come up with something you can repeat to yourself that helps you feel good about yourself!	Ask a family member how their day is going. Listen to their response.	Solve a disagreement or argument peacefully!	Do something that you are asked to do!

What is SOCIAL EMOTIONAL LEARNING?

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), social emotional learning 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."

DID YOU KNOW?

According to CASEL's website, research shows that SEL programming improves academic performance.

SEL can decrease the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.

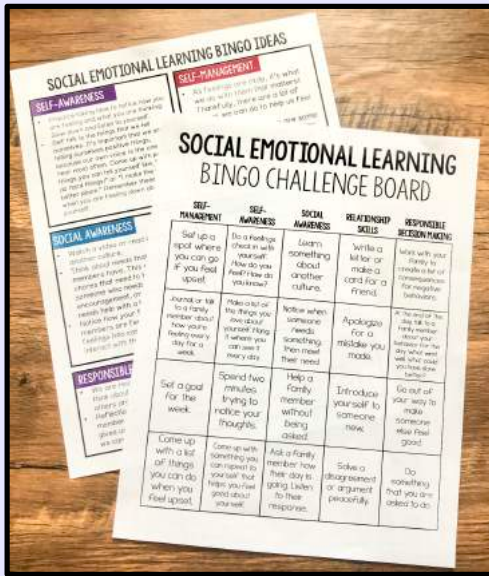
SEL can improve students' behavior in the classroom and raise their risk for missing depression and mental health disorders.

SEL can give students the social they need to excel both in school environment and the workplace.

CASEL Core Competencies

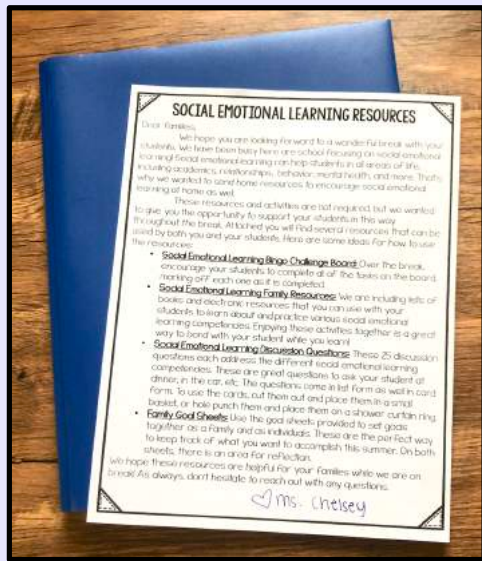
- SELF-AWARENESS**
Self-awareness, being mindful of your thoughts and feelings.
- SELF-MANAGEMENT**
Emotional regulation, goal setting, impulse control.
- SOCIAL AWARENESS**
Acceptance, empathy, perspective taking.
- RELATIONSHIP SKILLS**
Social skills, conflict resolution, communication.
- RESPONSIBLE DECISION-MAKING**
Positive behavior, good or better choices.

This resource includes activities, resources and information that families can use during summer vacation, spring break, or any other break from school! The resources are editable to best meet your needs.



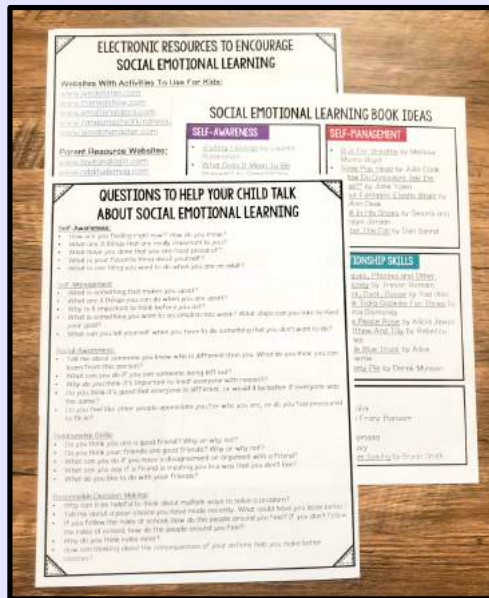
Includes a bingo challenge board.

This challenge board includes 25 activities that students can accomplish. There are 5 activities for each of the CASEL competencies. There is also a page included that gives students and families ideas for activities they can do to help them complete the board!



Includes a letter and information sheet for families.

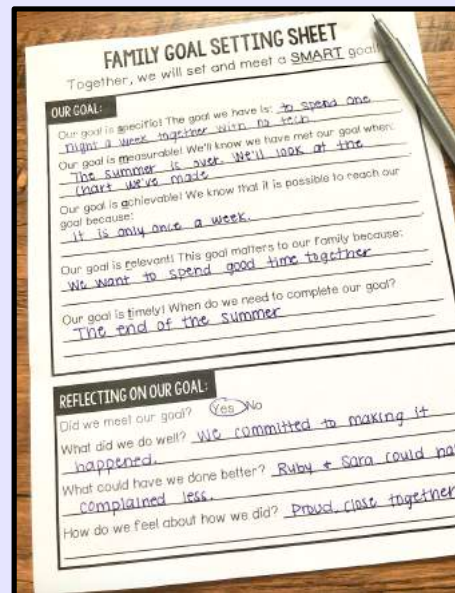
Use the letter to help families understand what you are sending them and how they can use the resources. The information sheet helps parents understand what social emotional learning is and why it's important. This resource uses the information and data from CASEL.



Includes lists of family resources.

These resources will help families further explore and talk about SEL with their children. It includes:

- 5 discussion questions, in list form and on cards, for each CASEL competency.
- A list of websites (with information for parents and information for children), apps, and YouTube channels
- A list of children's books for each CASEL competency.



Includes 2 goal sheets.

Help families stay focused during the break and practice goal setting with these sheets. There is one goal sheet included for families, and one for individuals. The prompts encourage the goals to be SMART goals!