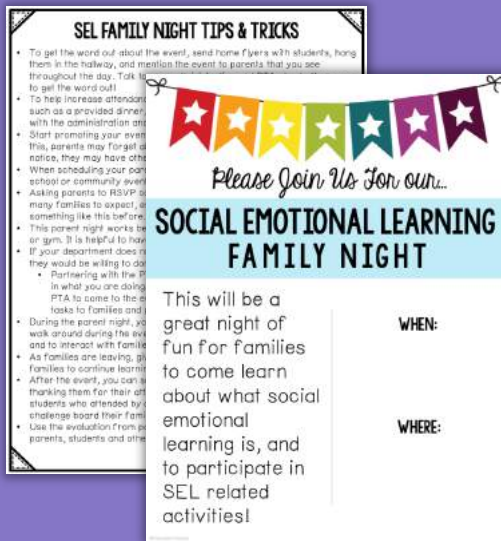


# This resource includes materials to host a family learning night focused on social emotional learning!

## It Includes...



**SEL FAMILY NIGHT TIPS & TRICKS**

- To get the word out about the event, send home flyers with students, hang them in the hallway, and mention the event to parents that you see throughout the day. Talk to the principal to get the word out!
- To help increase attendance, such as a provided dinner with the administration staff.
- Start promoting your event this year. Parents may forget to attend, they may have other commitments.
- When scheduling your parent night or community event, ask parents to RSVP so many families to expect, it's something like this before.
- This parent night works best on a gym. It is helpful to have a table for parents to sign up. If your department does not, they would be willing to do so.
- Partnering with the PTA to come to the event to help with the tasks to families and to walk around during the event and to interact with families.
- As families are leaving, give them a small gift or a certificate to continue learning.
- After the event, you can thank them for their attendance and for the challenge board their families.
- Use the evaluation from parents, students and other staff.

Please Join Us For our...  
**SOCIAL EMOTIONAL LEARNING FAMILY NIGHT**

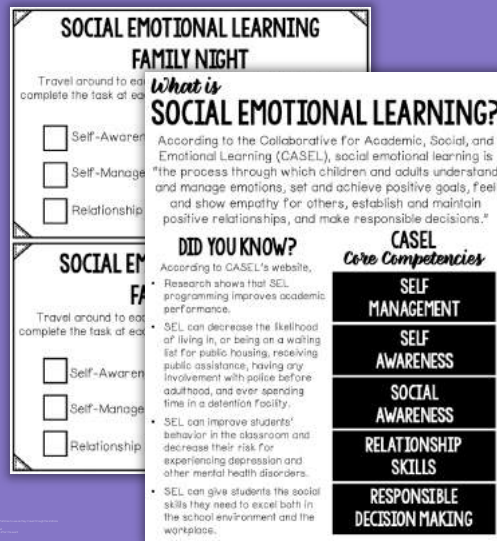
This will be a great night of fun for families to come learn about what social emotional learning is, and to participate in SEL related activities!

**WHEN:**

**WHERE:**

Materials to help you plan:

- A list of tips & tricks
- A flyer / advertisement
- A materials checklist



**SOCIAL EMOTIONAL LEARNING FAMILY NIGHT**

Travel around to each station to complete the task at each station.

**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 decrease their risk for experiencing depression and other mental health disorders.
- SEL can give students the social skills they need to excel both in the school environment and the workplace.

**CASEL Core Competencies**

- SELF MANAGEMENT
- SELF AWARENESS
- SOCIAL AWARENESS
- RELATIONSHIP SKILLS
- RESPONSIBLE DECISION MAKING

**SOCIAL EMOTIONAL LEARNING FAMILY NIGHT**

Travel around to each station to complete the task at each station.

Self-Awareness

Self-Management

Relationship Skills

Materials for families:

- A "passport" for families to use as they travel through the stations
- A handout
- A note-taking sheet
- An evaluation for after the event



**WHEN WE FEEL UPSET, WE CAN...**

Give how many coping skills your family can come up with! Can you name 20? When you are finished, talk about which coping skills are your favorite. Write your top 3 in the boxes at the bottom.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**Self-Management**

**WHAT IS IT?**

Self-management is the ability to manage your thoughts, behavior and emotions in a way that is healthy and that helps you reach your goals.

**ACTIVITY DIRECTIONS:**

Coping skills are things that you can do to help your body and brain feel more calm. As a family, try to think of different coping skills you can use when you are starting to have strong feelings. Make a list and then take it home and hang it in a place where everyone can see it.



Activities for your event:

- A sign-in sheet
- A short PowerPoint presentation
- Instructions and activities for 6 SEL-themed stations

# Use the PowerPoint to help families understand what SEL is and why it's important!

**WHAT IS IT?**

SEL is how we understand and apply skills that will help us develop positive identities and relationships, set and reach goals, and care for ourselves and others.

CASEL (The Collaborative for Academic, Social and Emotional Learning) explains social emotional learning through 5 competencies:

SELF-AWARENESS	SELF-MANAGEMENT	RELATIONSHIP SKILLS	SOCIAL AWARENESS	RESPONSIBLE DECISION MAKING
Understanding your thoughts, feelings, values, etc.	Staying in control of your feelings and choices	Creating and maintaining positive relationships	Understanding the perspectives, feelings and needs of others	Being able to think through things and make positive choices
Related Topics: • Self Esteem • Feelings • Growth Mindset	Related Topics: • Self Control • Coping Skills • Goal Setting • Organization	Related Topics: • Friendships • Conflict Resolution • Inclusion	Related Topics: • Empathy • Social Skills • Expected Behavior	Related Topics: • Social Problem Solving • Self Control

**WHY DOES IT MATTER?**

According to research provided by CASEL and other organizations, SEL can lead to...

A more positive attitude about self and others

A decrease in disruptive and violent behavior

Better mental health – less depression, anxiety and chronic stress

Improved academic performance

The presentation includes the following 4 slides:

- A cover slide
- What Is SEL?
- Why does SEL matter?
- What can families do?

# Families will travel through 6 stations to learn more about each CASEL competency.

## SELF-AWARENESS

**DICE ONE**  
Tell about a time when you have felt...

**DICE TWO**  
What does your body look like when you feel...?

**Self-Awareness**  
**WHAT IS IT?**  
Self-awareness is the ability to understand your own thoughts, feelings and values, and to think about how these affect your behavior.

**ACTIVITY DIRECTIONS:**  
Learn more about your feelings and emotions with this dice game. Family members will take turns rolling 2 dice. Look at the prompt sheet and answer the prompt that matches the dice that you rolled.



Families will play a dice game to help them better understand the way that they experience different emotions.

## SELF-MANAGEMENT

**OUR CALM DOWN ALPHABET**  
Work together to come up with a coping skill for every letter of the alphabet. Take it home with you and put it in a place where everyone can see it. When you need to calm down, look at the list and try one!

A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
K  
L  
M

**Self-Management**  
**WHAT IS IT?**  
Self-management is the ability to manage your thoughts, behavior and emotions in a way that is healthy and that helps you reach your goals.

**ACTIVITY DIRECTIONS:**  
Coping skills are things that you can do to help your body and brain feel more calm. As a family, try to think of different coping skills you can use when you are starting to have strong feelings. Make a list and then take it home and hang it in a place where everyone can see it.



Families will think about coping strategies they can use when their feelings start to get too intense. They will work together to create a list of coping skills that they can display in their home, and refer back to as needed.



## SOCIAL AWARENESS

**You see someone outside looking for their cat. What does this person need? How can you help them?**

**A family just had a baby. What do you think the person needs? How can you help them?**

**Social Awareness**  
**WHAT IS IT?**  
Social awareness is the ability to understand different perspectives and empathize with the backgrounds, culture and contexts of others.

**ACTIVITY DIRECTIONS:**  
Practice thinking about and responding to the needs of others by looking at the scenario cards as a family. Talk about what the person in each scenario would need, and how each member of your family can help them.



Families will practice identifying the needs of others and considering how they can help. They will look at scenario cards and decide how they could help the person in that situation.

# Families will travel through 6 stations to learn more about each CASEL competency.

## RELATIONSHIP SKILLS


Directions: Before the event, cut out the 16 cards and mix them up. Families will come through and work together to place the cards on the appropriate mats.

Tells lies  
Cares about what you want to do  
Is a good sport  
Laughs at your mistakes

**Relationship Skills**

**WHAT ARE THEY?**  
Relationship skills include being able to make and keep healthy friendships with others, having positive interactions, and being able to work through conflict or disagreements.

**ACTIVITY DIRECTIONS:**  
Look at each of the 16 cards.  
Decide as a family whether or not they describe a healthy friendship.  
Place the card on the appropriate mat. When you are finished, mix the cards up for the next family.



Families will learn more about what it means to be a good friend. They will look at various cards and decide whether or not it's an example of something a good friend does.

## RESPONSIBLE DECISION MAKING

**WOULD YOU RATHER**  
Be able to play video games at school or have unlimited recess?


**WOULD YOU RATHER**  
Have no homework or no tests?

**WOULD YOU RATHER**  
Only eat dinner or only eat breakfast?

**Responsible Decision Making**

**WHAT IS IT?**  
Responsible decision making is the ability to make positive choices regarding personal behavior and social interactions.

**ACTIVITY DIRECTIONS:**  
Practice thinking through your decisions by playing "Would You Rather" as a family. Look at the prompt card, or come up with your own ideas.  
Think about the consequences (negative and positive) of each option, then decide which one you'd choose!



Families will practice thinking through their decisions by playing "Would You Rather?"

## SEL OVERVIEW

**SEL Challenge Board Ideas**

**SELF-AWARENESS**

- Do a feelings check-in.
- Have each family member list 10 things they love about themselves. Then, share your list with each other.
- Write down the goals you hope to reach in the next year.
- Play "Feelings Charades".
- Have a family meeting where you reflect on the highs and lows of the week.
- Do something together that is fun.

**SOCIAL AWARENESS**

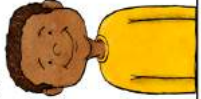
- Do something to help someone else.
- Have each person share one compliment about each family member.
- Write thank you notes for your work in your community.
- Make a snack, or a meal for someone who needs it.
- Invite someone new to play or time with you.
- Watch a movie together and talk about how you think the characters are feeling.

**RESPONSIBLE DECISION MAKING**

- Make a pros and cons list about a decision you have to make.
- Think about a choice you might have to make together to think about all of the consequences (positive and negative) of each option.
- Work together to find a way to solve a problem.

**SEL Overview**

**ACTIVITY DIRECTIONS:**  
As a family, create your own challenge board that will help you practice the 5 areas of social emotional learning. Choose 3 tasks to do from each of the 5 areas. You can use ideas from the sheet provided, or come up with your own!  
Then, decide how you will celebrate when you complete all of your challenges, and get to work!



Families will consider how they can apply social emotional learning concepts to their everyday lives. They will create a challenge board with SEL related tasks that they can complete at home.