

Understanding Social Emotional Learning and Self-Care

Self-care for you and your children:

As parents, you must take care of yourself in order to care for others. Parents should also engage in self-care to model that it is important to take time to take care of ourselves. This can be done by connecting with friends, getting enough sleep, exercising, reading, or spending time outdoors. As a family, create a list of self-care activities that restore and rejuvenate the mind and body!

Feelings

“Talk to your child about feelings. What makes them happy, scared, or afraid?

“Talk to your child about how their actions could make others feel.

Explain Personal Space

“It is important to give everyone their personal space. Practice different scenarios.

Non-Verbal Communication

“There are ways to communicate without using words. Talk to your child about the importance of non-verbal communication. Review and practice:

- Tone
- Facial Expression
- Bring an active listener

Problem Solving

“Review how to collaborate, cooperate, and communicate to solve problems.

Establish rules at home

- “ Get your child involved in establishing the rules
- “ Be consistent

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Communication

Review the some of the social aspects of communication for example:

- “ Greetings: Say hello and good-bye
- “ Gratitude: Say please and thank-you
- “ Ask for help
- “ Express feelings/needs

Use Role Plays

Role plays are a great way to practice social skills. Here are some examples:

- “ You meet a new friend at school
- “ Your grandmother gives you a gift
- “ You can not open a water bottle
- “ A classmate takes a toy away from you

Play Games/ Board Games

Games are a great way to strengthen social skills. They help to:

- “ Follow the rules
- “ Cooperate with others
- “ Taking turns
- “ The importance of being a gracious winning and loser