



SOCIAL EMOTIONAL LEARNING

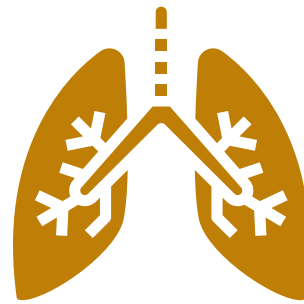
at home

At school, our goal is that every child feels **safe** and **connected**. Here are some tools and strategies we practice to support a student's **Social Emotional Learning** that you can use at home.



CONNECTION & COMMUNICATION

When we connect with another person, it releases **oxytocin** in our brains promoting **safety**, **openness**, and **resilience**. A powerful way to create connection with your child is to simply **be "with" them**. By **validating** their feelings, **asking** questions, and giving **encouragement**, we help strengthen our bond with them.



REGULATION

When we experience **stress**, our ability to think clearly and manage our feelings and emotions is limited. **Dysregulation** can look like a tantrum, refusal, or silence. Through **mindful practices**, children (and adults!) can learn to **regulate** themselves. Keeping calm in the face of on-going stress may be the **most important skill** we teach our children.



REGULATION



BRAIN IN THE HAND

Sometimes we get sad, mad, or excited and can't think as clearly. We call this "flipping our lid." Teaching Dr. Dan Siegel's Brain in the Hand helps kids understand their brains and bodies.



CALMING STRATEGIES (for adults & youth)

Once we understand the importance to care for our nervous systems, it's helpful to find out what works for you and your children to return to your "best self".

- Learn and practice self-regulation activities (breathing, movement, visualizations, etc.)
- Find opportunities to reflect on and share gratitude and about what makes you happy



CALM DOWN SPACE

Instead of "time out", create a space where your child can consistently go to calm down when they need some "time in."



CO-CREATING ROUTINES

Invite ideas from your kid(s) to co-create everyday family routines (bedtime, cleanup, etc.) Practice the routine together. Knowing and sticking to the routine is regulating and so is having say in how it goes!



CONNECTION & COMMUNICATION



TALK ABOUT AND VALIDATE FEELINGS

Convey empathy:

"It seems like you feel _____ because _____ and you wish _____."

Calmly share your feelings using:

"I feel _____ because _____."



CONNECT BEFORE CORRECT

Speaking to the heart and the head is more effective:

"I love hanging out with you! And will have time to play when I'm off the phone."

"I can see you're upset. My answer is still no."



ENCOURAGING STATEMENTS

Use appreciative & descriptive encouraging statements that avoid judgement (good or bad). We're helping to develop their intrinsic value of self:

"I notice..."

"I appreciate that.../Thank you for..."

"I have faith you can do.... because I've seen..."



ASK QUESTIONS WITH CURIOSITY

"What happened?" • "What do you need to stay warm outside?" •
"What's the first thing we do during our bedtime routine?"



BELONG
partners