

Social and Emotional Learning



Social Emotional Learning is...

- Self-awareness
- Self-management
- Social skills
- Relationship skills
- Responsible decision making

5 Simple Ways to Support your Child with Social Emotional Learning at Home

Here are some simple ways to support your child's continued development of skills in the five domains of social emotional learning.

1. Help your child create their very own "comfort kit." A container of items they can use to self soothe when emotionally distressed. Allow your child to pick a few items at the dollar store that appeal to different senses and then decorate the front of the container. This kit can be used when your child becomes, frustrated, irritated, sad, angry or overwhelmed. Spending a few minutes alone with their comfort kit can support children in becoming more calm and relaxed in an independent way.



2. Encourage your child to talk about their emotions and express themselves. Children are often frustrated by not being understood or able to communicate their needs. Encouraging your child to talk about how they feel and reflect on why they feel the way they do allows them to become more self-aware. When children are able to understand their own emotions they can build upon this by learning how to ask for what they need to be comforted.
3. Practice mindfulness as a family. Engaging in simple practices such as yoga and deep belly breathing as a family can be a great way to connect children's minds and bodies. Yoga is deliberate and slow, it calms the body and centers the mind. Make stretching and relaxation a part of your family routine, it only takes a few minutes and you will reap the benefits too!
4. Involve your child in the decision-making process at a level that is developmentally appropriate. This allows their brain to engage in a deeper level of thinking. It could be as simple as "which cereal should we buy?" at the grocery store and then engaging in a conversation as to why that item was chosen. The more practice students have at making decisions they more competent and confident they will feel.
5. Embrace your child exactly where they are and accept that what they need might be different than others. Holding space for your child to develop at their own speed in their own unique way can be a powerful catalyst to growth.

