

5 Ways to Support Your Child's Social Emotional Learning

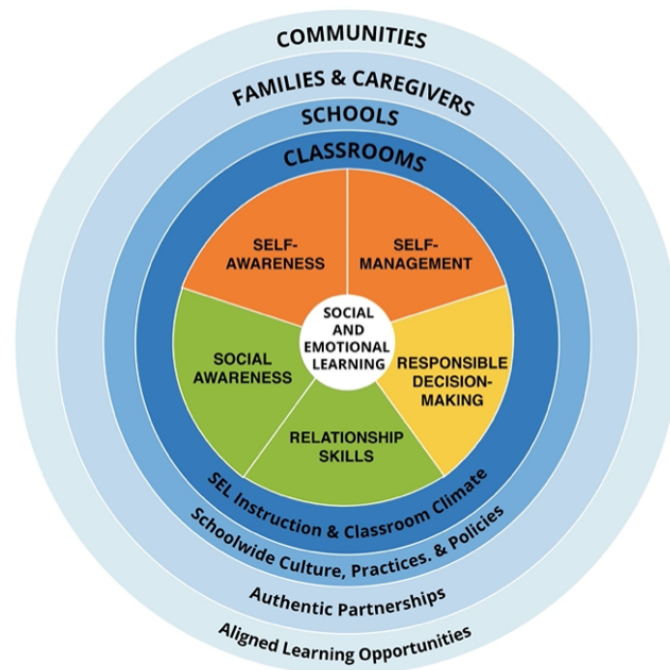
MRS. MORENO & MRS. REVILLA

WHAT IS SOCIAL EMOTIONAL LEARNING (SEL)?

"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." (CASEL)

The 5 Competencies of SEL

1. **Self-awareness** refers to an individual's ability to recognize one's emotions and know one's strengths and limitations.
2. **Self-management** refers to an individual's ability to regulate and control one's emotions and behaviors, particularly in stressful situations.
3. **Social awareness** refers to one's ability to take the perspective of others, demonstrate empathy, acknowledge and appreciate similarities and differences, and understand how one's actions influence and are influenced by others.
4. **Relationship skills** refer to individuals exhibiting prosocial skills and behaviors in order to develop meaningful relationships and resolve interpersonal conflicts.
5. **Responsible decision making** refers to one's use of multiple pieces of information in order to make ethical decisions and make responsible decisions.



1. KEEP THEIR BODY BUSY

BALANCED DIET

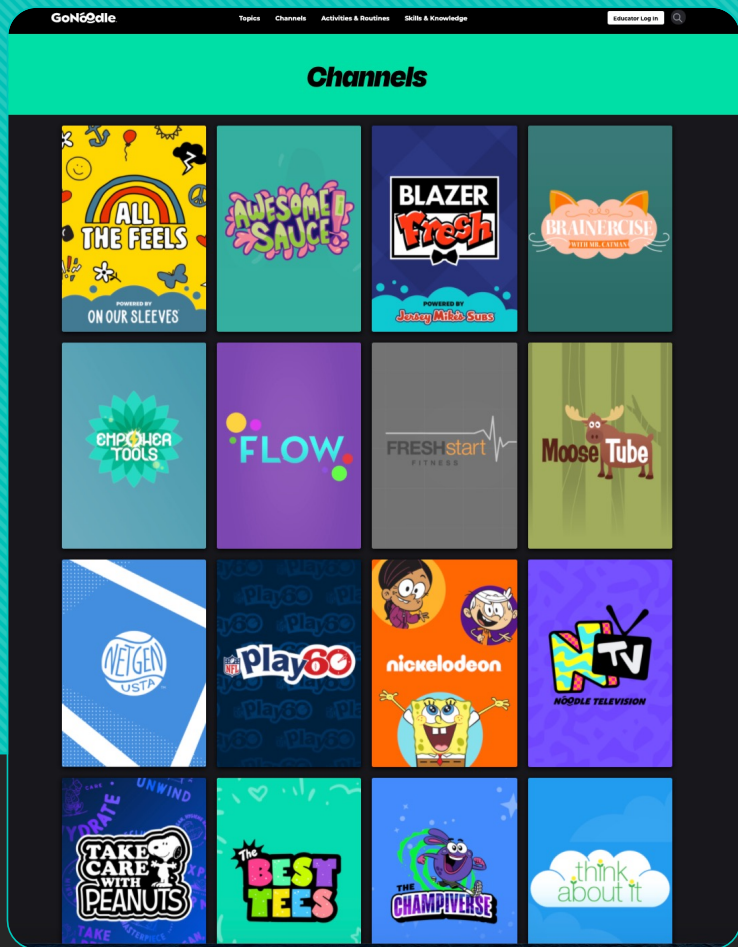
- Adding fruits, vegetables, and rich nutrient foods in their meals
- Keep a consistent eating schedule



ACTIVE BODY

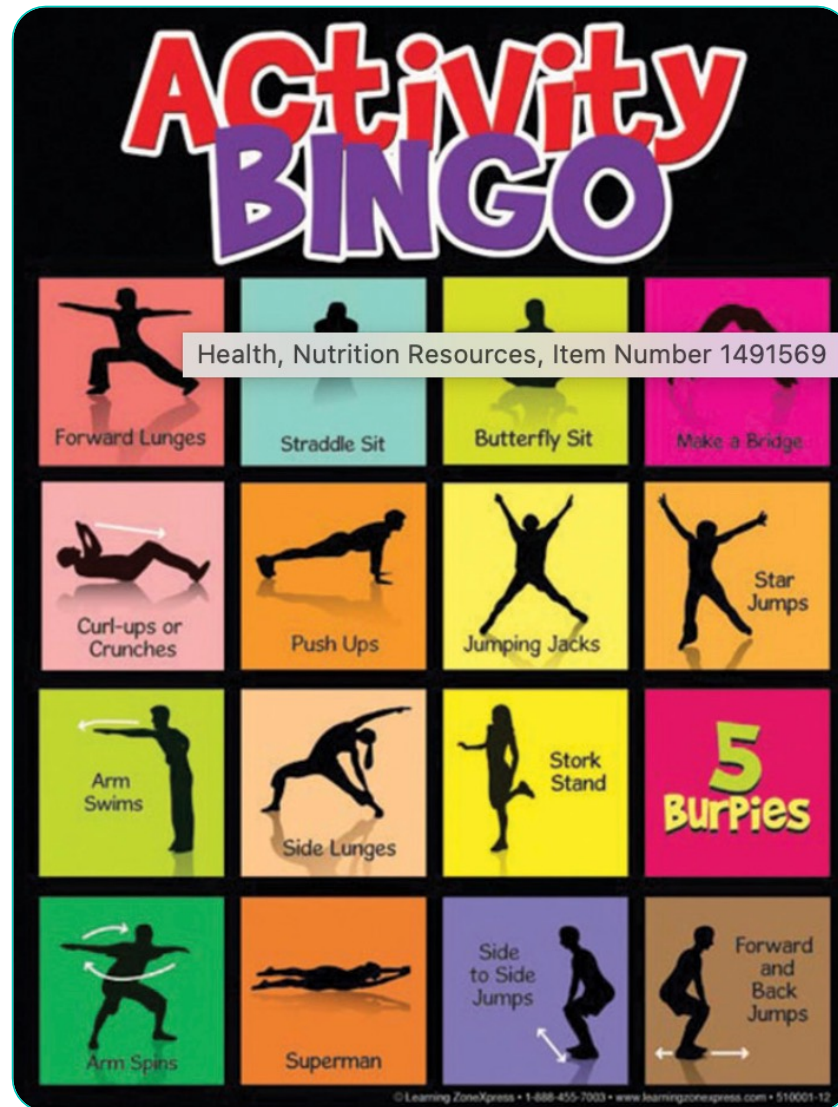
- 60 minutes of physical activity each day – activities including aerobics and exercises that build muscle
- Playing sports, going on walks, riding a bike, going for a swim





MORE IDEAS

More
ideas...



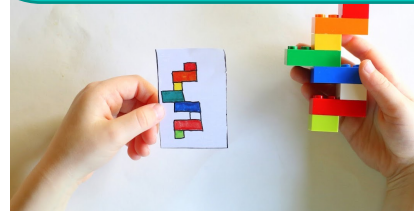
2. KEEP THEIR MINDS WORKING

CHALLENGE THEIR MINDS

Play board games or card games with them



Learn or practice a new skill



3. CALM THEIR MINDS (MINDFULNESS)

MINDFULNESS: Being aware of one's thoughts, feelings, and body

- Practice mindfulness with them (being aware of how they're feeling and how their body reacts to those feelings)
- Have some down time to relax, this can be through reading a book, drawing, practicing yoga or stretches



HOW TO PRACTICE MINDFULNESS

MINDFULNESS: Being aware of one's thoughts, feelings, and body

TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



Relax

"JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



Breath

MORE IDEAS



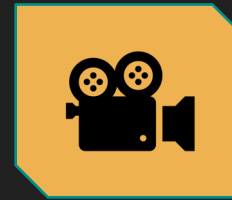
4. QUALITY TIME



Turn off technology
when you spend
time with your child



Make and eat
meals together



Family movie/ game
night



Do chores together

5. ROUTINE



A photograph of a 'DAILY ROUTINE' chart. The chart is a table with 10 rows, each representing a time slot and an activity. The title 'DAILY ROUTINE' is at the top in colorful letters. A black pen is placed vertically to the right of the chart.

Time	Activity	
8:00	Breakfast	
8:30	Get ready	
9:00	Chores	
10:00	School Work	
11:00	Free Time	
12:00	Lunch	
1:00	Reading	
1:30	School Work	
2:00	Snack	
3:00	Free Time	

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**THANK YOU
FOR
JOINING US!**