

SEL for Parents: A Guide to Understanding Key Terms

SEL (Social-Emotional Learning) is a process that helps individuals develop the skills to understand and manage their emotions, build positive relationships, make responsible decisions, and achieve their goals. When SEL is implemented in homes, it can foster healthy family dynamics and support children's overall well-being.

Here are some key terms you may encounter in the context of SEL for parents:

Spaces and Practices

- **Calming corner:** A designated space in the school/home where children can go to relax, self-soothe, or calm down when feeling overwhelmed or upset.
- **Self-talk:** The internal dialogue a student has with themselves, often used to manage thoughts, emotions, and behaviors.

Group Dynamics

- **“In the Group”:** Refers to interactions within a classroom or social group, where individuals learn from and influence each other.
- **“The Group Plan”:** A shared agreement or strategy among classmates or a group about how to handle specific situations or challenges.

Behavior

- **Unexpected Behavior:** Actions or reactions that are surprising, undesirable, or out of character for a student.
- **Expected Behavior:** Actions or reactions that are considered appropriate, predictable, or in line with established norms or expectations.
- **Flexible Thinking-** the ability to adapt to new situations, think about problems from different angles, and consider multiple perspectives. It's a crucial skill for children's social and emotional development, as it helps them navigate the complexities of life and build strong relationships.

Understanding these terms can help parents:

- **Create a supportive environment:** By setting up a calming corner and encouraging positive self-talk, teachers/parents can provide children with tools to manage their emotions effectively and reflect spaces used in the classroom.
- **Foster healthy relationships:** SEL can help classrooms/families develop strong bonds and improve communication by emphasizing empathy, cooperation, and conflict resolution.
- **Promote responsible decision-making:** By teaching children about the consequences of their actions and encouraging them to consider different perspectives, teachers/parents can help them make informed choices.
- **Address behavioral challenges:** SEL can provide strategies for understanding and addressing unexpected behaviors in a constructive and supportive manner.

Remember, SEL is an ongoing process that involves both teachers/parents and children working together to develop essential social and emotional skills. By incorporating SEL practices, you can create a positive and nurturing environment for everyone.

****If you need more support incorporating SEL opportunities at home, please contact your child's teacher or one of the specialists.**