

# Social and Emotional Learning



# Questions for our session

- What is social emotional learning (SEL)?
- What are the benefits of SEL?
- What can you do as a parent at home?
- What can you do as a parent with school?
- How does Pembroke use SEL?
- Parent resources



# *What is SEL?*

Social emotional learning is the process through which children acquire and apply the knowledge, attitudes, and skills necessary

- to understand and manage **emotions**
- set and achieve **positive goals**
- feel and show **empathy** for others
- establish and maintain **positive relationships**
- make **responsible decisions**.





# *What are the benefits?*

- Improve student beliefs about self, others, and school.
- Better self-esteem
- Increased academic performance & commitment to school.
- Less aggressive behavior & classroom disruptions.
- Less anxiety and stress.
- Improved grades and test scores.



# *Things You Can Do at Home*

- Focus on strengths
- Ask children how they feel
- Find ways to stay calm when angry-teach them
- Be willing to apologize
- Give children choices and respect their wishes
- Ask questions to help children solve problems on their own
- Encourage sharing and helping
- Have set family time, routines and schedules
- Take care of you!



# Things You Can Do with School

- Focus on the value of learning in all areas
- Focus on creating a learning environment at home
- Listen when your child talks about school
- Help your child with homework
- Volunteer
- Attend school activities
- Communicate with school
- Encourage kids to participate in school activities
- Make school life important

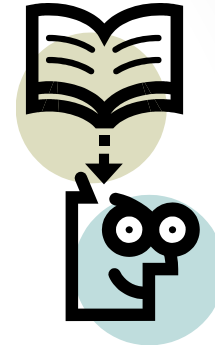


# Pembroke reaches SEL by:

- Teaching SEL units in Health
- Morning or afternoon meetings
- Collaboration with teacher and counselor
- Leading Ladies
- Book buddies
- *ICT* team
- Assemblies
- Student groups
- Student Leadership team
- Character Education



# Resources For Parents



## Books

***Unselfie***; Dr.Michele Borba

***No Drama Discipline***; Daniel J Siegel

***Emotionally Intelligent Parenting*** ; Maurice Elias, Steven Tobias,  
and Brian Friedlander

## Websites

<http://www.edutopia.org/SEL-parents-resources>

<http://www.parenttoolkit.com/index.cfm?objectid=3544A980-3375-11E4-8B640050569A5318>



# “Family Life is Our First School for Emotional Learning”



[https://www.facebook.com/EmmaLizs.Salon/videos/1155195001react to 172121/](https://www.facebook.com/EmmaLizs.Salon/videos/1155195001react%20to%20172121/)

## ***Family Dinner***

**Rose:** Everyone tell something good about your day

**Bud:** Is there anything you are looking forward to?

**Thorn:** Did something unpleasant happen today?