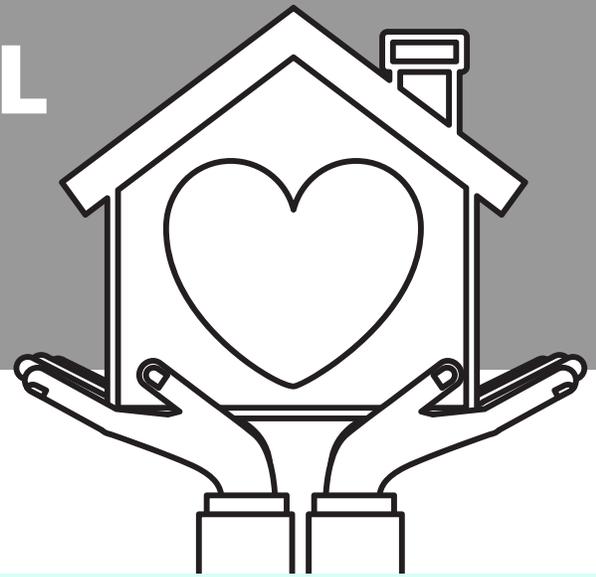
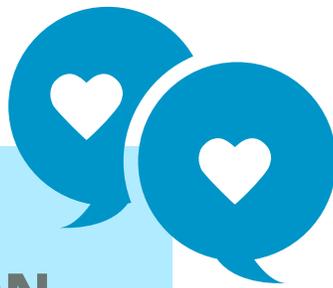


# SOCIAL EMOTIONAL LEARNING

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.

**JUMP TO TOOLS**



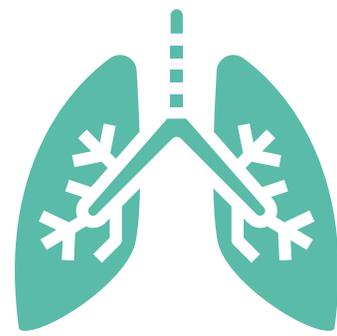
## REGULATION

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.

**JUMP TO TOOLS**



# REGULATION RESOURCES



## BRAIN IN THE HAND

Sometimes we get sad, mad, or excited and can't think as clearly. We call this "flipping our lid."



- ▶ Dr. Dan Seigel explains [Brain in the Hand](#) (2.5m)
- ▶ Sproutable's [how to teach](#) Brain in the Hand to young children (2m)

## CALMING STRATEGIES (for adults & youth)

- ▶ Practice calming your emotions by doing [this activity](#)
- ↓ Download these easy to use [self-regulation cards](#)
- ▶ Look for [little moments](#) that make you happy (3m)
- ☰ Practice [gratitude](#)



## 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."

- ☰ [How to](#) create a calm down space
- ▶ [Family testimonial](#) and how to (3m)
- ▶ Time in [for adults](#) (3m)
- ▶ [Ask for help](#) (3m)

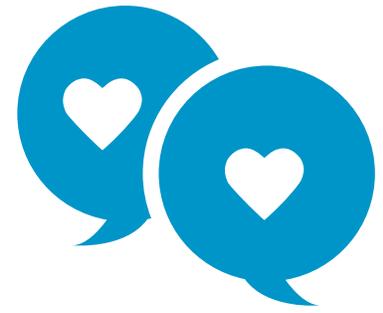


## CO-CREATING ROUTINES

- ▶ [For younger children](#) (1m)
- ▶ Co-creating [routines](#) (4m)



# CONNECTION & COMMUNICATION RESOURCES



## TALK ABOUT & VALIDATE FEELINGS



- ★ **Convey empathy:**  
"It seems like you feel \_\_\_\_\_ because \_\_\_\_\_ and you wish \_\_\_\_\_."  
**Calmly share your feelings using:**  
"I feel \_\_\_\_\_ because \_\_\_\_\_."
- ▶ Make a [feelings chart](#) (1m)
- ▶ Make a [sad, mad, glad wheel](#) (2m) - *can be adapted for older children*
- ☰ Help children communicate their feelings with [a bug & a wish](#)

## CONNECT BEFORE CORRECT

Speaking to the heart and then the head is more effective.

- ▶ This post and video explains [connect before correct](#) (30s)
- ☰ Article from [Positive Discipline](#)



## ENCOURAGING STATEMENTS



- ☰ Article from [Positive Discipline](#)
- ▶ [Encouraging statements](#) (4.5m)

## ASK QUESTIONS WITH CURIOSITY

- ☰ Article from [Positive Discipline](#)

