The background features a light blue sky with white stars and a layer of soft, white, rounded clouds at the bottom. Several stylized grey rockets with white exhaust trails are shown ascending from the clouds towards the top of the frame.

**Parent Session**  
**Social-Emotional**  
**Learning**  
**Nov. 9**

# Session Agreements

- *Enjoy your time and be present.*
- *Make sure to keep your mic muted.*
- *I would love to see your smiling face so it would be great for you to keep your camera on. :)*
- *Post all questions to the FAQ document.*

# Hello!

I am Ms. Keyser

Assistant Principal  
&  
Virtual Academy Contact



# What is Social Emotional Learning?



# WHAT IS SOCIAL & EMOTIONAL LEARNING?



RESPECT



EMPATHY



SELF-AWARENESS



COLLABORATION



SELF-MOTIVATION



SOCIAL  
ENGAGEMENT



IDENTIFYING PROBLEMS/  
ANALYZING SITUATIONS



ETHICAL  
RESPONSIBILITY



INTERNATIONAL  
MINDEDNESS

Social and emotional learning (SEL) has become a priority for many districts. SEL education not only decreases aggression and anxiety, but also is correlated with higher academic success. Help your students develop these skills through global project-based learning with PenPal Schools!

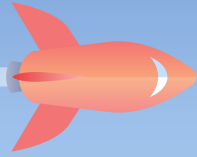
PenPal  
SCHOOLS




# Social Emotional Learning Strategies

[https://www.youtube.com/results?search\\_query=guided+meditation+for+kids](https://www.youtube.com/results?search_query=guided+meditation+for+kids)

# Mindfulness Exercise





"When students feel safe and supported, they are truly ready and able to learn."

- Laura Weaver & Mark Wilding

edutopia.org



# Skills and activities you can do at home



## 7 Important Social Skills for Kids



1. Sharing



2. Cooperating



3. Listening



4. Following directions



5. Respecting personal space



6. Making eye contact



7. Using manners

# 12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway  
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list

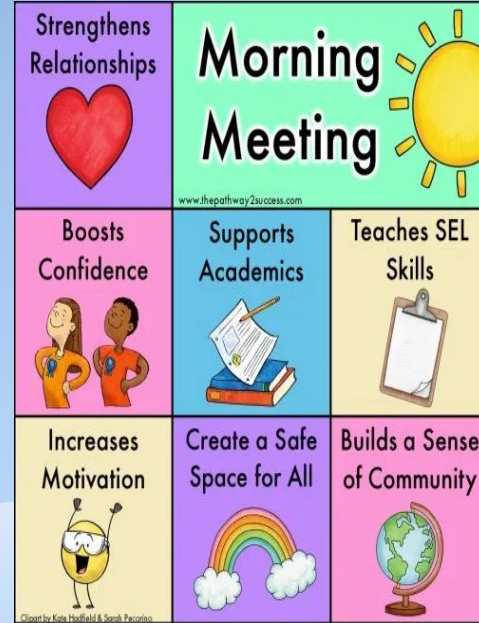


Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"

# At school:



Ways to positively  
phrase  
communication  
with your child.



# Alternatives to "No"

## AND NEGATIVE PARENTING LANGUAGE



"Stop hitting"



"Please keep your hands to yourself"

"Don't say that"



"Please choose another word"

"Quit whining & crying"



"Please use your words"

"I can't hear you"



"Please speak louder/  
more clearly"

"I won't buy you that"



"Instead of that, what if  
we \_\_\_\_\_"

"Don't get upset"



"It's ok to feel that way,  
but \_\_\_\_\_"

"That's not for you"



"That's \_\_\_\_\_'s, can I  
offer you \_\_\_\_\_?"







"We can't play"/"Have  
to stop playing"



"Maybe we can play  
later after \_\_\_\_\_"/"We  
have to go"

# YOUR WORDS

# MATTER

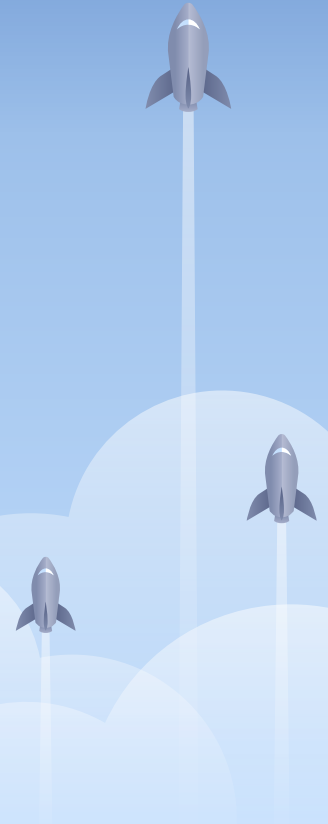
	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

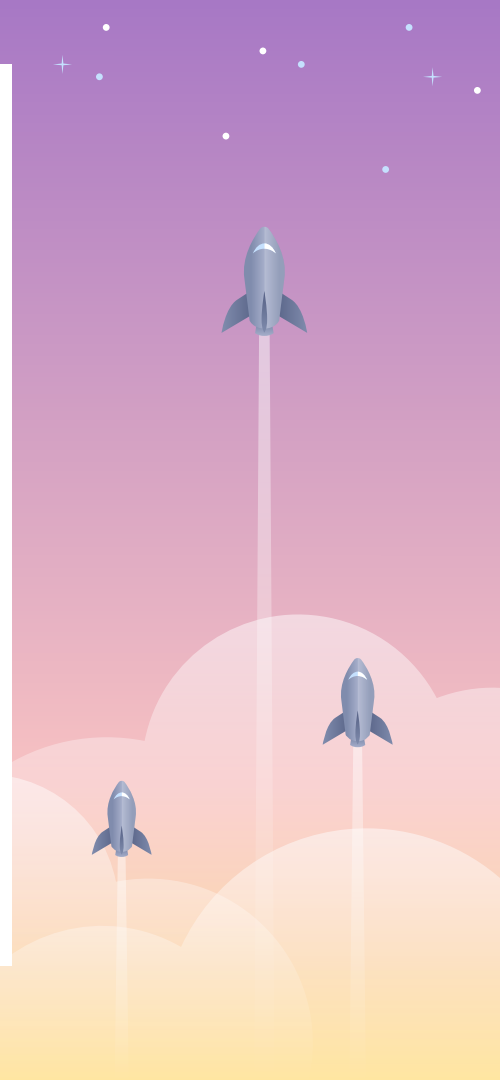
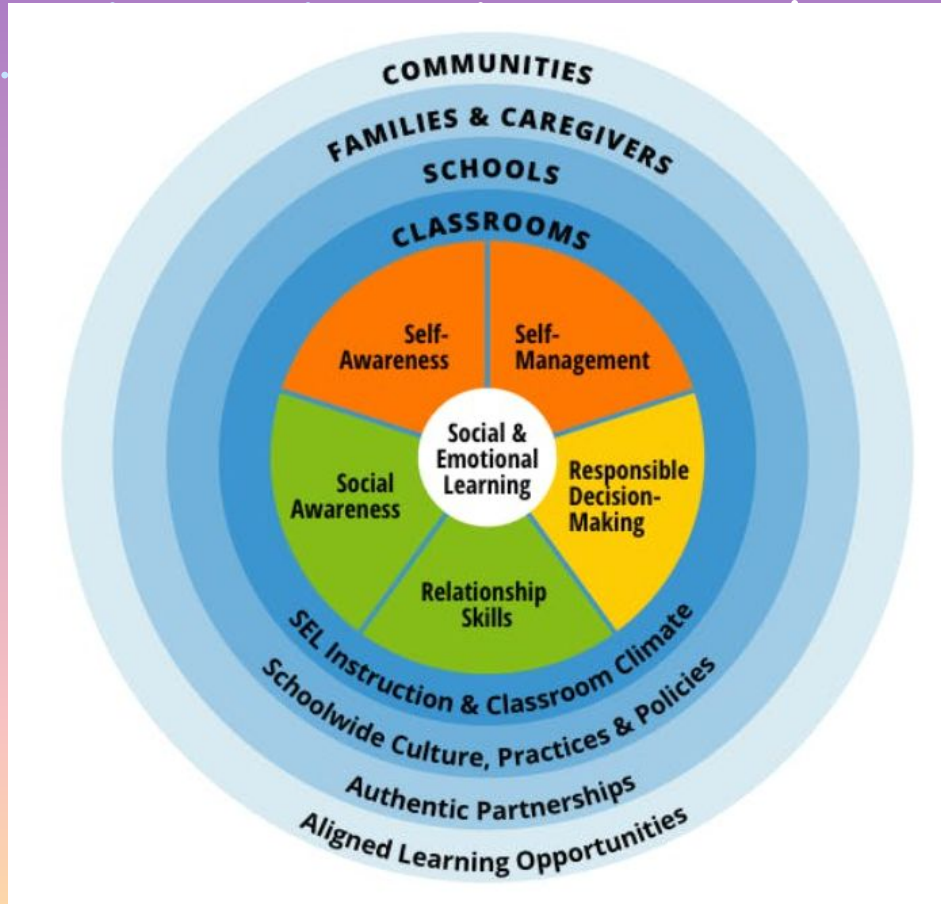
WE ARE  
TEACHERS

Survey:



<https://bit.ly/3CEIrg4>







# Thanks!

Please reach out if you have any additional questions.

[dkeyser@wcpss.net](mailto:dkeyser@wcpss.net)

