



PREVENTION • EMPOWERMENT • TRANSFORMATION

8 TIPS TO FOSTER SEL AT HOME

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

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SELF-AWARENESS

- Pay attention to your thoughts & emotions
- Pay attention to your body
- Pay attention to your triggers

SELF-MANAGEMENT

- Carve out time to be alone
- Practice mindfulness
- Spend time in nature

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SOCIAL AWARENESS

- Talk with your child(ren) about real life
- Role play scenarios with your child(ren)
- Model appropriate social behaviours

RELATIONSHIP SKILLS

- Create spaces for healthy communication
- Listen to your child(ren)
- Apologize

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GOAL DIRECTED BEHAVIOUR

- Talk often about your goals and your child(ren)'s goals
- Talk about how it feels to accomplish a goal
- Talk about resilience & perseverance

PERSONAL RESPONSIBILITY

- Allow your child(ren) to help
- Avoid the "blame game"
- Model responsibility & accountability

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DECISION MAKING


- Give your child(ren) choices
- Let your child(ren) make mistakes
- Evaluate results of choices made

OPTIMISTIC THINKING

- Practice gratitude
- Praise your child(ren)'s effort rather than success
- Model positive self-talk

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