

# for Families

## Social Emotional Learning (SEL) at home



### Social Emotional Learning: Skills to learn and teach at home

While Continuing Learning at home can't replace what was happening in classrooms, school district staff are working hard to provide students with a sense of normalcy, routine, and keep students engaged in their own education. All of our students have learned something about the Social Emotional Learning process and Core Competencies in the classroom. Now is a great time to talk about them at home.

### What is Social Emotional Learning?

Also referred to as SEL, Social Emotional Learning is the process through which children and adults:

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

as described by the Collaborative for Academic, Social Emotional Learning or CASEL.

For more information about SEL from CASEL and additional resources to support your child, visit [www.casel.org](http://www.casel.org). The website also has resources for parents and caregivers on talking to your children about COVID-19.

### How can SEL help student learning in extraordinary times?

The process infuses social and emotional learning into every part of students' daily lives – across all of their classrooms, during all times of the school day, and when they are in their homes and communities. SEL strengthens student learning through the development of the five CASEL SEL competencies:

1. self-awareness
2. self-management
3. social awareness
4. relationship skills
5. responsible decision making

## Using the Core Competencies at home

With the development of the Core Competencies, the BC Ministry of Education has embedded Social Emotional Learning into the [BC Curriculum](#). The explicit inclusion of the Competencies ensures that learning is responsive to the needs of learners.

The Competencies are sets of intellectual, personal, and social and emotional proficiencies that align with social emotional skills and help students engage in deep sustained learning. At school, students are asked to assess their own Social Emotional Learning.

## Indigenous knowledge

The increased emphasis on personalization and the recognition of the importance to aspects of self is a concept held by Indigenous Peoples for thousands of years. Social Emotional Learning echoes what has already been known by First Peoples – that education is a complex process that is personal and holistic; embedded in relationship to each other, to self, and to the land; and is most effective when it is authentic and relevant.

Select one First People's Principles of Learning [shared by FNESC](#) and discuss with your child what it means to them and how it can support/guide learning at home.

## A helpful resource

The Province recently launched the [EASE \(Everyday Anxiety Strategies for Educators\) at Home](#) program. It offers helpful tips for parents, like how to teach children calming breathing techniques or use structured games such as scavenger hunts to build routine in a way that's fun.




## Activities to help your child self-assess learning at home

### Two Stars and a Wish

Choose one Core Competency or Sub-Competency and have your child reflect and share two things they did well, and one wish they have for improving.

Choose one of the following guiding questions to enhance thinking:

- **What are some ways you like to show your thinking?**  
(Communication)
- **How has your thinking changed? What made it change?**  
(Critical Thinking)
- **What helps you gain new ideas?**  
(Creative Thinking)
- **What contributions have you made at home that make you proud?**  
(Social Responsibility)
- **What are some aspects that you value most about your culture?**  
(Positive and Personal Culture Identity)
- **Explain one of your learning goals at home? What do you do when you feel discouraged?**  
(Personal Awareness and Responsibility)

| Student performance related to:<br>personal awareness & responsibility              | Student comments   |
|---|--|
|  | "I showed awareness and responsibility in my learning by..."             |
|  | "I showed awareness and responsibility in my learning by..."             |
|  | "I plan to improve my awareness and responsibility in my learning by..." |

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## Additional resources

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**Heart-Mind Online** is a site that has SEL activities and videos that parents and caregivers can do at home with their child(ren).

We have selected two activities from Heart-Mind Online that are good starting points to explore:



### **[6 Ways to Develop a Growth Mindset for Success | Heart-Mind Online](#)**

Are children born smart, or do they learn to be smart through effort and practice? How our children think about intelligence—whether they believe they are smart through nature or nurture—has a big impact on their ability to learn, how they respond to challenges and perceived failures, and ultimately their success! It comes down to the fact that: believing we can learn and grow helps us learn ... [heartmindonline.org](http://heartmindonline.org)



### **[Boost Emotional Intelligence with the Mood Meter | Heart-Mind Online](#)**

Marc Brackett cares about your feelings – a lot! So much so that this Yale professor and founding director of the Yale Center for Emotional Intelligence has developed an evidence-informed tool for building emotional intelligence through self-awareness and self-regulation [1], that is effective and simple to use for adults and children alike. Enter the Mood Meter, which is an evidence-based ... [heartmindonline.org](http://heartmindonline.org)



**Confident Parents Confident Kids** is a website specifically for parents and caregivers. The site posts weekly blogs that families can register for. **Here** is their blog about supporting your child(ren) through COVID-19.



**Nelson** is a Canadian educational publishing company. They are offering three webinars:

- Surviving and Thriving at Home with Your Children
- Mindfulness for Your Middle Years Learner at Home
- Supporting Early Years Play and Learning at Home



**WE Well-Being** is a site that the WE Organization in partnership with the BC Ministry of Education has launched. WE Schools @home offers free resources to complement and support learning at home for both educators and families. You can register for WE Schools @home **here**. They are also offering daily one hour live webinar focused towards youth, parents and educators which can be found on Facebook: <https://m.facebook.com/WEmovement/>



**Anxiety Canada** has information on coping with COVID-19 including **this page** with information on how to talk to kids about COVID-19. All their resources can be found **here**.