



# Social Emotional Learning SEL (at home & school)

*A guide to support the social/emotional wellness of your child (CD-8th)*

## OVERVIEW & PURPOSE

Social Emotional Learning (SEL) takes place in and out of the classroom. This is a guide to help support and continue your student's SEL growth during these extenuating circumstances.

## EDUCATION STANDARDS & SEL

Systemic SEL is promoted across multiple contexts every day. SEL is more than just a program or lesson. It is about how teaching and learning happens, as well as what you teach and where you learn. CASEL's widely used framework identifies five core competencies that when prioritized across settings – districts, schools, classrooms, families, and the wider community – can educate hearts, inspire minds, and help students navigate the world more effectively.

Science links SEL to student gains--academically and mental wellness

- Better social/emotional skills
- Improved attitudes about self, others, and school
- 11 percentile point gains in standardized testing
- Fewer conduct problems
- Less emotional distress

## OBJECTIVES of the SEL support document

The suggested links are activities, lessons, books and more to work with your child and provide access to

stand-alone activities for older students.

## **Resources for Second Step:**

Second Step is a Social Emotional Learning curriculum facilitated in CCSD schools.

Second Step SEL is research-based, teacher-informed, and classroom-tested to promote the social-emotional development, safety, and well-being of children from Early Learning through Grade 8. There is a parent piece too!

Second Step gives students the tools to excel in and out of the classroom. The four units taught are: Skills for Learning, Empathy, Emotion Management, and Problem Solving to include strategies in situational awareness, and academic achievement.

### **Second Step Family Letters and activation codes:**

[SS English Family Letter](#)

[SS Spanish Family Letter](#)

### **Second Step Brain Builder Games: [Brain Builders, How to Play](#)**

CD: [Brain Builder Games](#)

Kindergarten-5th grade: [Brain Builder Games](#)

These simple and fun brain-building games are designed to boost children's skills for paying attention and controlling their behavior. These skills help children do better in school and get along with others. Play these games with your children to help them strengthen their ability to:

- Pay attention to the game leader, the rules, and how they're doing in the game
- Remember and apply game rules that change or get harder
- Control their behavior, for example, by starting or stopping an action in order to follow game rules

### **SEL Book Lists:**

Kindergarten-2nd: [Book List](#)

3rd-5th: [Book List](#)

## **Second Step & Middle School**

### **ParenTeenConnect:**

[ParenTeenConnect.org](#), a free website for parents and their teens created by the makers of the *Second Step* Program, is a great resource for middle school families. It provides expert advice

and practical tools for dealing with real parent-teen issues.

#### GET TALKING WITH PARENTEEN CONNECT

At [ParentTeenConnect.org](https://ParentTeenConnect.org), you can hear from real parents and teens about the issues that cause conflict in their lives—including screen time, independence, responsibility, and communication—and get expert advice. Visit [ParentTeenConnect.org](https://ParentTeenConnect.org) at home with your child, select a topic together, and get talking!

#### **Mind Yeti and Mindfulness:** [Mind Yeti](#)

Mindfulness is paying attention to things as they are right NOW, with kindness and curiosity. Scientists that study the brain have learned that practicing mindfulness can help us get better at calming down, focusing our attention, and connecting to others with kindness. [Mindfulness video](#)

#### [How to use Mind Yeti \(free app\)](#)

Life can be overwhelming sometimes. Mind Yeti is a kid-friendly tool to help both kids and adults ease anxiety and cope in just a few minutes a day. This mindfulness app can help you and your students get more out of study time, find ways to get along with others and calm down quickly. [Mind Yeti in classrooms](#)

#### **Parent Parachute App:**

The Parachute App helps you tackle everyday parent struggles from bedtime battles to major meltdowns (preschool age.) Parachute contains easy to follow videos utilizing the latest research in childhood development, as well as strategies to fit your family’s needs. Parachute is described as putting a “parenting expert” on your phone. [Parachute App](#)

### **SEL/Mental Health Resources for School Communities, Parents, & Caregivers:**

- 17 Apps to Help Kids Stay Focused (via CommonSense Media)
- E-Learning Tools for Distance Education (via Yale Center for Emotional Intelligence/RULER)

- [Free BrainPop Access for Schools Closed Due to the Coronavirus \(via BrainPop\)](#)
- [Free SEL Activities and Practices \(via Greater Good in Education\)](#)
- [Managing Anxiety Around COVID-19: Tips for You and Your School Community \(via Yale Center for Emotional Intelligence/RULER\)](#)
- [Movement Apps, Games, and Websites \(via CommonSense Media\)](#)
- [SEL and COVID-19 \(via CASEL\)](#)
- [Top Time-Management Apps \(via CommonSense Media\)](#)
- [10+ Social Emotional Activities for Home \(via Pathways 2 Success\)](#)