

Adding Families to the Mix

Social Emotional Learning (SEL) Series, part 2

If you missed Part 1 – Social – Emotional Learning a Win-Win for Everyone (add the link to last week)

Schools and Families share the same goals for children; strong academic growth, personal achievement, and happiness as adults. Social and emotional abilities have shown strong indicators of how well individuals can adjust to their environment, adapt to change, as well as how successful they will be in life. The skill set associated with Social –Emotional Learning is key to helping children and families now more than ever.

Families may want to be more purposeful in promoting social emotional skills,

[*Building Success at Home*](#), published by *Harvard Graduate School of Education*, uses favorite games (no assembly required) to SEL into everyday family living. “Simon Says” can encourage your child to stop and think, or focus on paying attention; “Going on a Bear Hunt” works well for remembering to follow directions and follow through, counting backwards from twenty helps with managing difficult feelings. Taking advantage of simple moments with children can bolster relationships and build valuable skills.

Family Engagement has proven to be a vital part of cultivating social-emotional skills between home and school. Families and schools can promote social emotional learning by conveying a similar focus on these skills; making it easier for a smooth transition between home and school. Working in cooperation with school administrators; local unit/councils can incorporate promoting SEL into their Plan of Work.

[*11 Ways Schools Can – and Should Involve – Families in SEL Programing*](#) by Leah Shafer provides suggestions on steps which can be implemented to make everyone part of the process; surveying families, involving families and students in setting goals, providing a resource center as well as creating opportunities for families to learn more about SEL.

Two –way communication is a vital tool used in the partnership between home and school. Schools may reach out to families to access how children are doing. [How I feel About my Classroom and School](#) survey by CASEL can help families share their students’ perspective as we facilitate discussions at home.

Many schools are doing great things with SEL – want to share and let everyone benefit from your school’s experience or have a question about SEL, contact info@ilpta.org

Next Up: School Reopening, Covid-19 and Student Success

[**A Win-Win for Everyone: Social Emotional Learning \(SEL\) Series, part 1**](#)