

# Social Emotional Learning Resource Guide-Parent Edition

## Brevard Public Schools

### **What is Social Emotional Learning?**

Social and emotional learning (SEL) 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. (casel.org)

### **How does Social Emotional Learning benefit my child?**

Research shows that SEL not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011)

Many BPS teachers, school counselors and school social workers are integrating social emotional learning into their instructional continuity plans during the COVID-19 crisis. Communicate with your child's school about social emotional learning opportunities.

### **Resources to support Social Emotional Learning at home:**

**Sanford Harmony:** Harmony at Home is an online toolkit for educators, families, and caregivers to teach vital social emotional learning (SEL) skills using the strategies Sanford Programs has developed for classroom teachers. <https://www.sanfordharmony.org/harmony-at-home/>

**Committee for Children:** Free Social Emotional Learning activities for children 5-13. Many of these are adaptable for remote learning or for families to do at home with children. <https://www.cfchildren.org/resources/free-classroom-activities/>

**The Imagine Neighborhood:** Based on the Second Step Social Emotional Curriculum, this podcast for families designed to help children and grown-ups practice social emotional skills. Each episode tells a story that's amazing, fantastical, and maybe a little bananas, while it tackles the big feelings that come with growing up. <https://www.imagineneighborhood.org/>

**EQ in your PJ's:** For secondary students (grades 6-12) School-Connect and SEL Launchpad teamed together to bring you SEL lessons online. <https://school-connect.blog/eq-in-your-pjs/>