



Dear Parents and Caregivers,

Between juggling work, helping your child with their schoolwork, and getting through your normal daily routines, we know your plates are full.

One thing that can help is social and emotional learning (SEL). We've been working with your child to develop these important skills, and we want to share a little more about why they're so important — for you and your child!

Enclosed you'll find three easy ways to get started teaching SEL, plus three free (and fun!) SEL activities you can use to help your child build SEL skills at home.

What is SEL?

Social and emotional skills are important for both children and adults to build and maintain healthy relationships and to develop a strong and balanced sense of self. These skills are vital in school and the workplace.

SEL can help children:

- Manage stress
- Improve relationships with family, friends, and peers
- Find healthy ways to communicate their needs
- Control their emotions
- Increase social engagement
- Promote the well-being of themselves and others
- Increase their academic success
- Be prepared for college and/or their careers

3 Ways to Teach SEL to Your Child

1 Promote a growth mindset. How you talk about your child's abilities can have a profound impact on their beliefs. Statements like "You are so smart." or "You were born to do this!" promote a fixed mindset. Children with a fixed mindset tend to believe abilities are something they were born with or without.

A growth mindset, on the other hand, helps students know they can increase their abilities through hard work, and it helps create the desire to do so. Promote a growth mindset by focusing on your child's efforts in solving a problem or working toward a goal. Try saying something like "You worked so hard to solve that problem!" or "You don't understand yet but you just need some more practice."

[Click here](#) or more tips on what to say and not say to promote a growth mindset.

2 Find ways to de-stress. We could all use less stress these days. Helping your child learn ways to effectively manage their stress is critical for improving their quality of life, their health and well-being, and their self-esteem. It can also decrease the likelihood of depression.

[Here are 10 ways to help children de-stress.](#)

3 Practice, practice, practice. Just like learning a math or reading concept, children need time and opportunities to practice social and emotional skills. Provide many opportunities for your child to practice SEL and keep in mind that making mistakes is an important part of the learning process.

3 Free At-Home SEL Activities

There are many ways to build social and emotional skills at home. Here are three *Promoting SEL at Home* resources created by [Aperture Education](#) that you can use to help your child increase their social and emotional skills.

1 Self-Awareness: A realistic understanding of our own strengths and weaknesses, coupled with a desire for self-improvement, is crucial for success. We also need to know how to work through failure and disappointment and how to reflect on how we used our strengths when we achieve a goal.

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2 Social Awareness: A big part of social-awareness is developing empathy for others. In order to get along and cooperate with others, we must first know, understand, and respect one another so we can work together to achieve common goals.

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3 Relationship Skills: The ability to interact positively and productively with others is essential for our success, productivity, and happiness.

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