



Parent Talk Series

Night 1:

Social Emotional Health of a Grade Schooler

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&

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Why Social Emotional Learning (SEL) Matter

- Children are better able to learn when their psychological needs are met (Cornell 1990; Deci and Ryan 1985)
- Students exposed to SEL demonstrate
 - Higher academic achievement
 - Improved social skills
 - Improved emotional skills
 - Positive classroom behaviors
 - Less violence, bullying, and drug use
 - Reduce depression or stress disorders

(Durlak 2011; Sklad et al.2012)



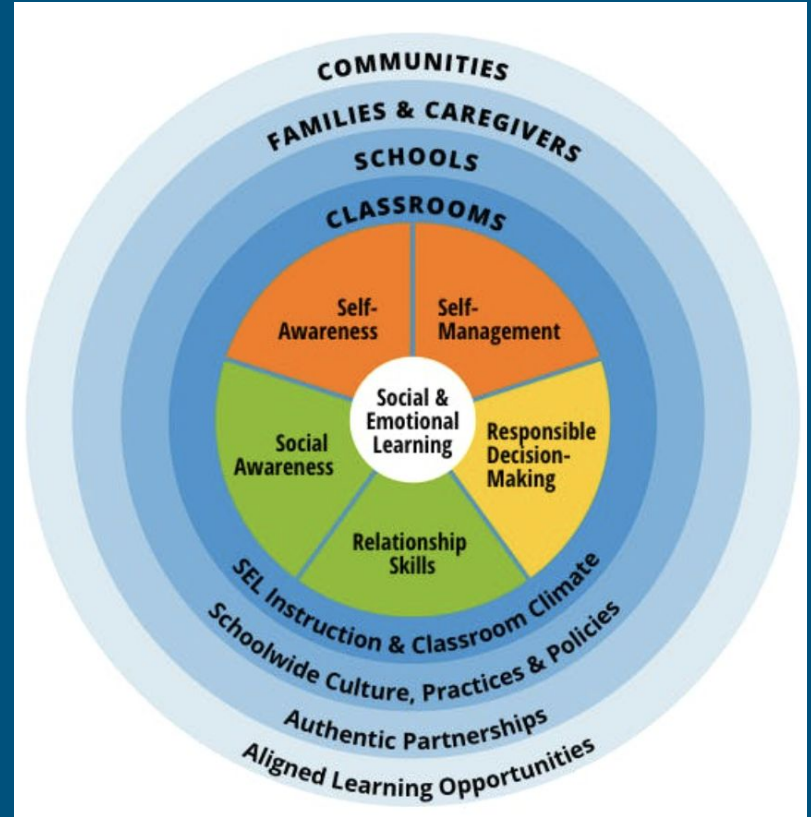
What is Social Emotional Learning?

The process of learning:

- Social awareness
- Self-awareness
- Self management
- Responsible decision making
- Relationship skills



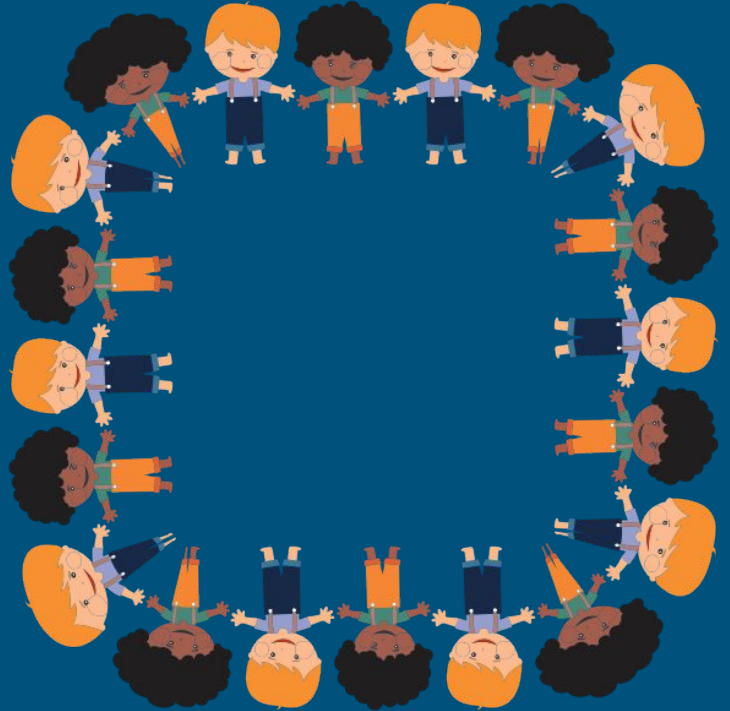
Collaborative for Academic, Social, and Emotional Learning (CASEL)



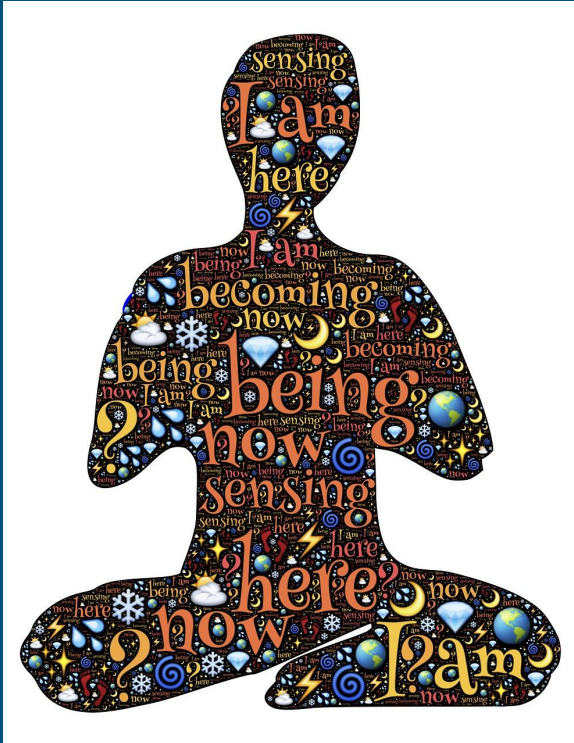
Social Awareness

- The ability to view and adopt different perspectives from one's own
- **Empathize** with people from diverse backgrounds,
 - racial, socioeconomic, gendered, or cultural point-of-view
- Recognize **strengths** in others
- Understand social and ethical **norms** of behavior
- Recognize family, school, and community resources

****Social awareness promotes inclusion****



Self Awareness



- The ability to understand one's own emotions, thoughts, and values and how they influence behavior.
- Accurately assessing one's strengths and limitations, as well as having and developing confidence and optimism.

Self (emotion) Management

- Ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.
- This includes the capacity to
 - Delay gratification
 - Manage time
 - Cope with stress
 - Control impulses
 - Motivate oneself
 - feel motivation and **agency** to set, work towards, and achieve personal and academic goals



*Self-Discipline is
building self-control,
conscience,
and a sense of responsibility within.*

Responsible Decision Making



- The ability to create and maintain supportive relationships among diverse individuals and groups
- Make constructive respectful choices about personal behavior and social interactions based on consideration of
 - ethical standards
 - safety concerns
 - social norms
 - realistic evaluation of consequences of various actions
 - the well-being of self and others

Relationship Skills

- The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups by:
 - Communicating clearly
 - Active listening
 - Cooperating
 - Resisting inappropriate social pressure
 - Developing critical thinking
 - Logical decisions making using facts
 - Negotiating conflict constructively
 - Seeking and offering help when needed
 - Recognizing the importance of critical thinking skills
 - Reflecting on one's role to promote personal, family, and community well-being



How Social Emotional Growth is supported at Guad:

- District wide SEL survey for every student, given in January 2022 and then again in May 2022
- Classroom SEL lessons by request from the mental health therapist
- Open dialogues that encourage true conflict management
- Morning meetings to build community, talk about concerns in/out class
- Project Cornerstone
- Celebrating kindness/growths
- Reminders of ROARS
- Partner mediated convos
- Engage in conflict management skills
- Journaling



How Social Emotional Growth is supported at Guad. Cont'd:



- "Mail box"
- Growth mindset topics
- Celebrating everyone's accomplishments
- Class pet
- Daily outside time, group outside activities
- Brain breaks as needed
- Breathing exercises
- Short Films and books with social emotional messages
- Skits/plays/art/books that promote life skills

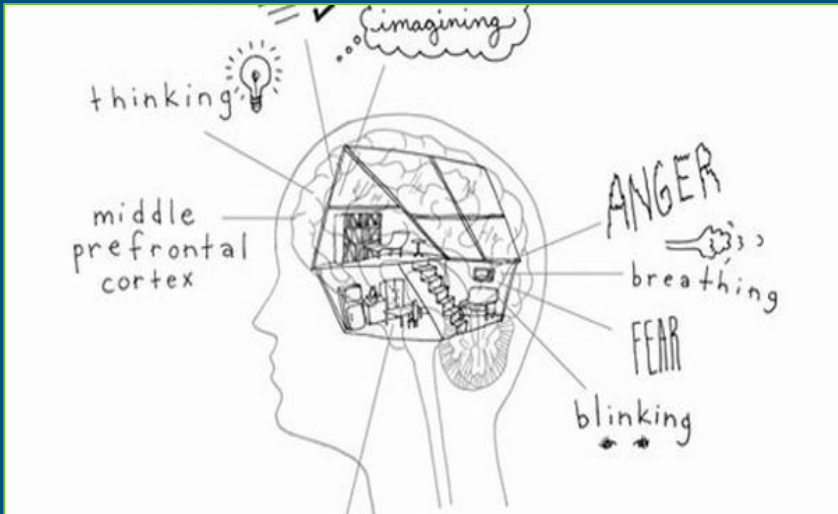
How to Promote Social Emotional Growth at Home

- Create a safe space for everyone in the family to express their feelings
- Promote independence in decision making
- Let children experience natural consequences/experience
- Cope with failure
- Promote kindness in difficult situations
- Read and review homework
- Engage in regular family activities to promote connectedness
- Distraction free attention (put phone down)
- Support problem solving with peers/siblings



Supporting Your Child Through Uncomfortable Feelings

- Learning to cope with uncomfortable feelings builds resilience and supports social-emotional skills



- Supporting your child as they sooth develops the upstairs brain and promotes its more sophisticated functions:
 - Sound decision making and planning
 - Regulating emotions and body
 - Flexibility and adaptability
 - Empathy
 - Self-understanding
 - Morality
- The goal is to support inner self-regulation, **not** rescue the child from these feelings

Parental Self Care

- Knowing your own struggles
- How were you parented?
- How are your current relationships?
- What do you need to take care of yourself
- Model for your children that self care is important





Discussion



- What are your thoughts?
 - Do you have any questions about Social Emotional Development?
- 