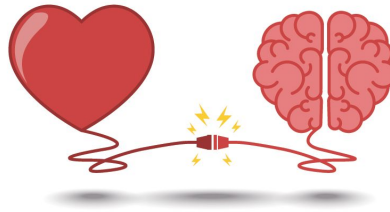


Social and Emotional Learning Resources for Parents



SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK



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Helpful Websites:

- www.casel.org
- <https://www.readington.k12.nj.us/Page/6079>
- <https://www.cfchildren.org/blog/2018/09/lets-talk-sel-parents-this-is-for-you/>
- <http://myframeworks.org/for-parents/>
- <https://www.edutopia.org/SEL-parents-resources>

Parent Book List	Children's Book List
<p>Angry Children, Worried Parents Differentiation and the Brain Drive: The Surprising Truth about What Motivates Us How to Help Children Through a Parent's Serious Illness How to Talk So Kids Can Learn How to Talk So Kids Will Listen & Listen So Kids Will Talk Lost at School Mindset Overcoming Underachieving Parents and Teachers Working Together Positive Discipline In the Classroom Raising a Self-Disciplined Child Raising Cain: Protecting the Emotional Lives of Boys Raising Resilient Children Rules in School Seven Steps to Help Your Child Worry Less Smart but Scattered The First Six Weeks of School The Hidden Culture of Aggression in Girls The Morning Meeting Book The Power of Our Words The Sensory-Sensitive Child The Unschooled Mind The Whole-Brain Child Why Do They Act That Way? Yardsticks</p>	<p>A Bad Case of Tattle Tongue A Terrible Thing Happened Cool Down and Works Through Anger Crickwing Don't Squeal Unless It's a Big Deal Feelings to Share from A to Z Have You Filled a Bucket Today? Howard B. Wigglebottom Learns to Listen Hunter and His Amazing Remote Control I Just Don't Like the Sound of No! Just Kidding My Mouth is a Volcano! My Secret Bully One Some Kids Just Can't Sit Still! Sorry! The Incredible 5-Point Scale The Juice Box Bully The Way I Feel The Worst Day of My Life Ever! Was it the Chocolate Pudding? When I Feel Angry When I Miss You When My Worries Get Too Big! When Someone Has a Very Serious Illness You are a Social Detective!</p>