



Social-Emotional Learning Begins at Home: Supporting Social-Emotional Learning During COVID-19

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MTSS Director

Social-Emotional Learning (SEL)

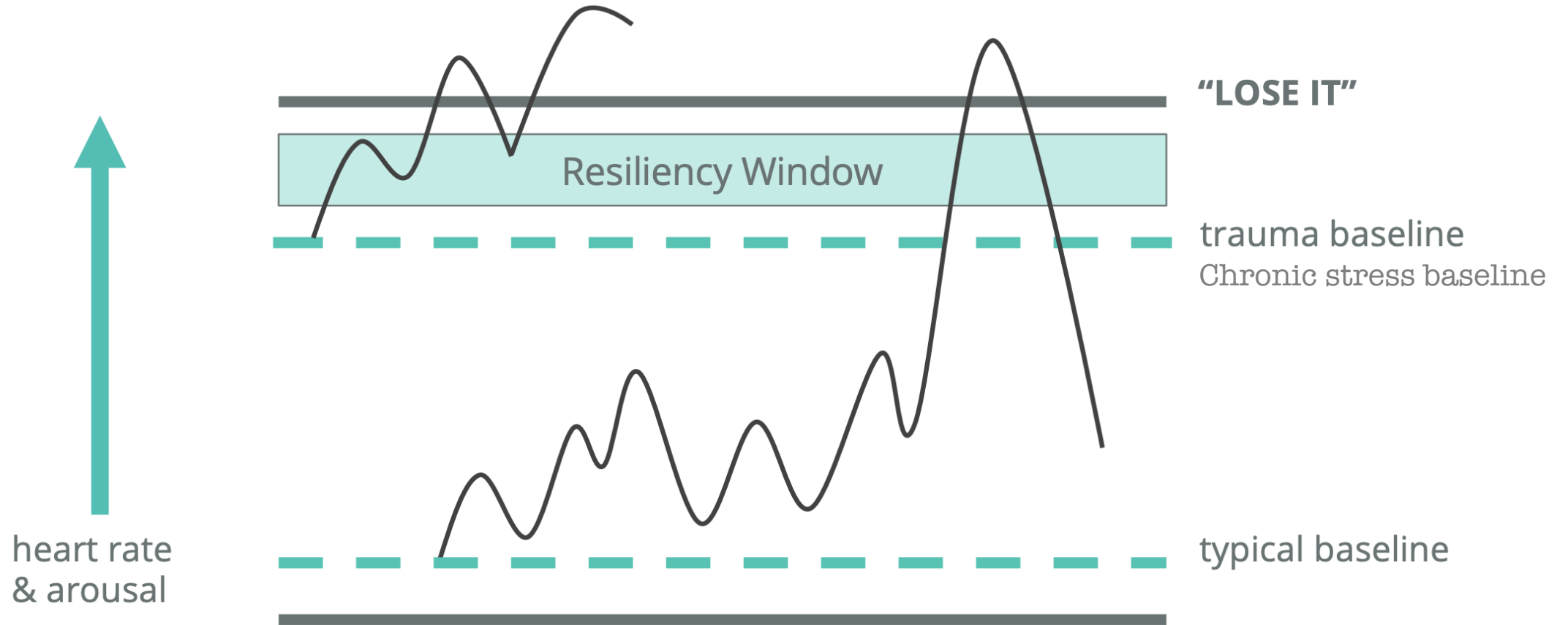
SEL is the process through which we manage emotions, set and achieve goals, feel and show empathy, establish and maintain positive relationships, and make responsible decisions.



Emotions during COVID



Stress Response



Goal: Widen the Resiliency Window





What can we do?

Take Care of Yourself

- Self-care
 - Sleep
 - Movement
 - Time for joy
 - Support circle
- Modeling

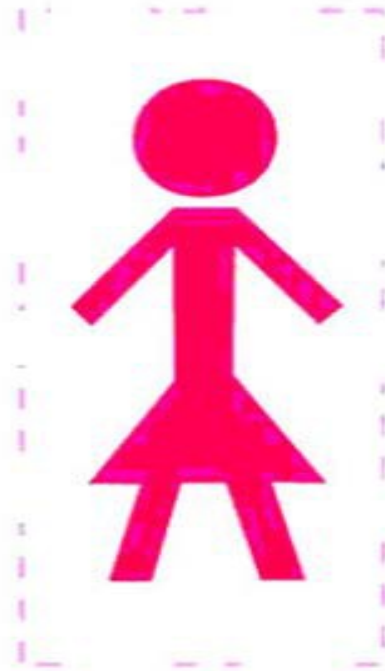


Self-Care = Setting Limits

**Healthy
Boundaries**



**Limited
non-existent**



**Rigid
"A wall"**



Be Aware of Signs of Stress

- Headaches
- Muscle tension, neck, or back pain
- Difficulty falling or staying asleep
- Chest pains, rapid heartbeat
- Loss of appetite or overeating "comfort foods"
- Increased frequency of colds
- Lack of concentration or focus
- Memory problems or forgetfulness
- Jitters
- Irritability
- Short temper
- Anxiety

Focus on Your Relationships

- Looked happy to see me
- Took time for me
- Saw me in a positive light
- Pushed me to do my best
- Helped me be accountable
- Listened to me
- Knew me



CASEL Core Competencies



Self-awareness

- Being in touch with oneself; recognizing one's emotions, knowing strengths & limitations with a "growth mindset"

Self-management

- Ability to regulate emotions—effectively managing stress, controlling impulses, and motivating oneself

Social awareness

- Ability to understand perspectives of others & empathize with them; understanding social norms for behavior

Relationships skills

- Ability to make & maintain healthy relationships—cooperating, communicating clearly, listening well, resolving conflict

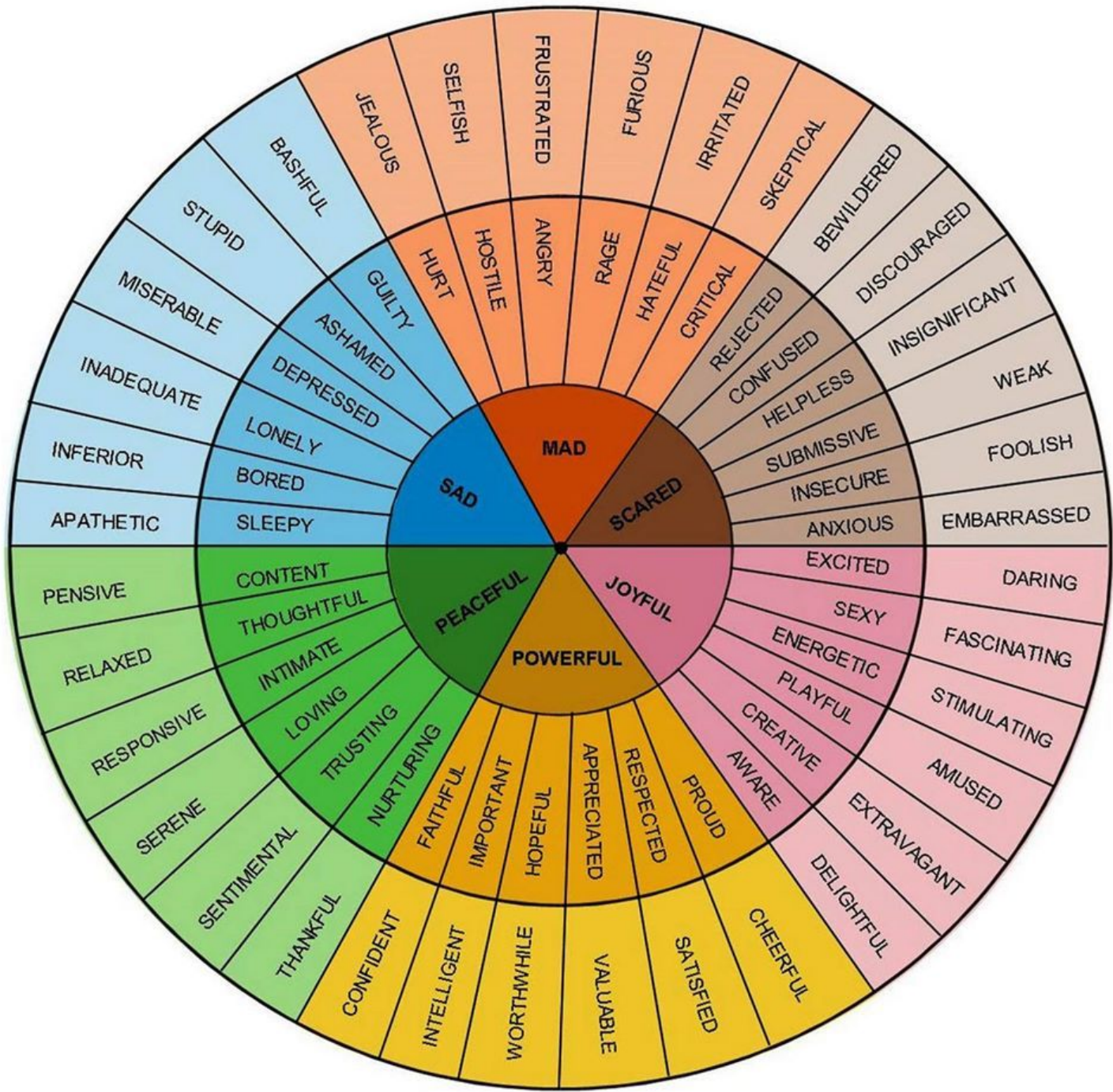
Responsible decision making

- Problem solving—thinking through problems and consequences; analyzing situations

Self- Awareness

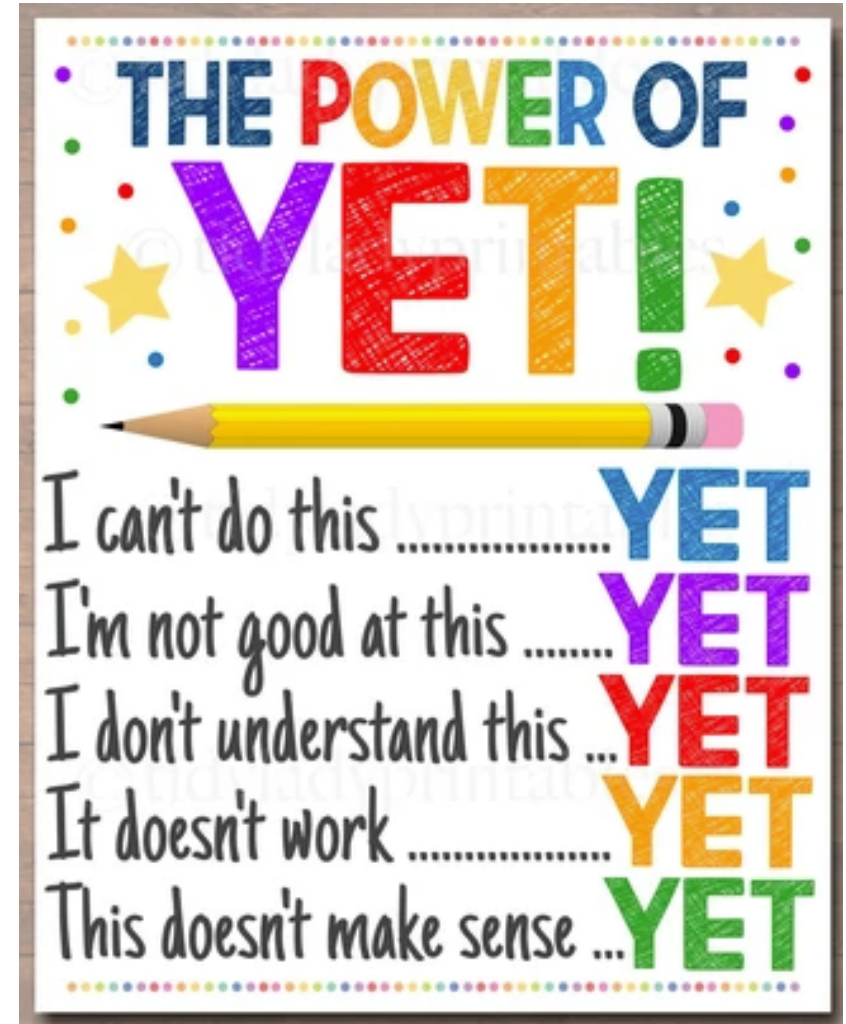
- Label and reflect on emotions
 - Share your own feelings
 - Ask your child to name his/her feelings
 - Acknowledge and label your child's feelings
 - Discuss feelings of characters in books and movies





The Power of Yet

- Growth mindset vs. fixed mindset
- Praise the process vs. the product/person
- Encourage growth mindset by adding "yet" at the end of self-defeating statements





Self- Management

- Teach positive ways to manage stress, anxiety, and disappointment
 - Deep breathing/mindfulness
 - Progressive Muscle Relaxation
 - Play/movement
 - Journaling/drawing
- MODEL how you manage emotions
- Co-regulation



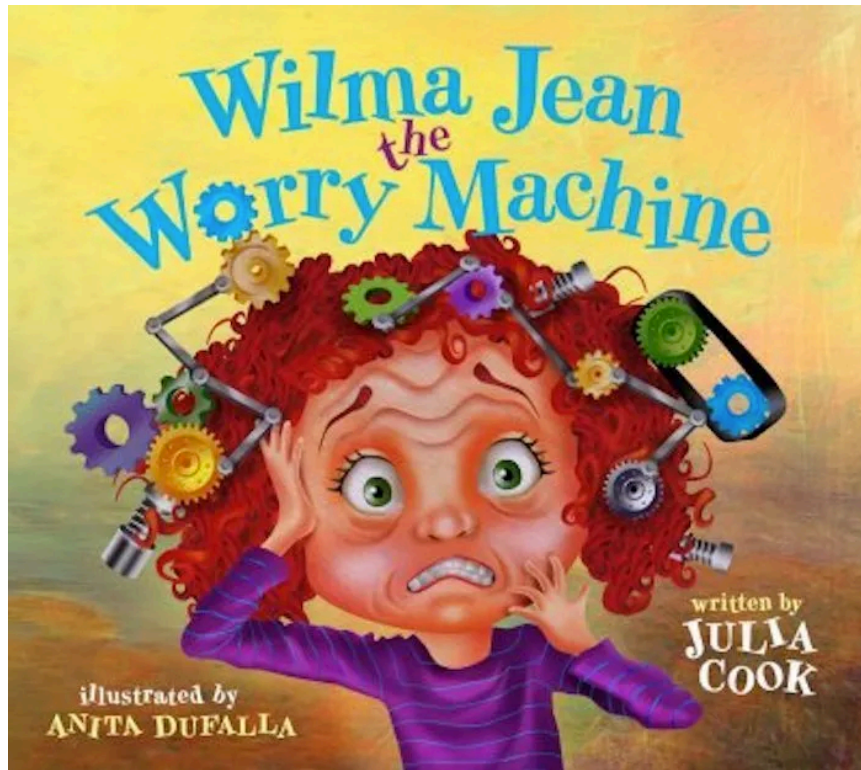
mindful
MINDFUL.ORG

Be Aware of the Warning Signs

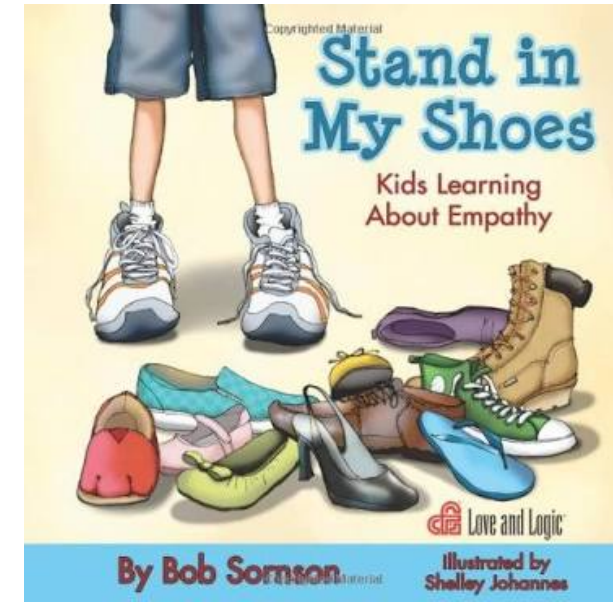
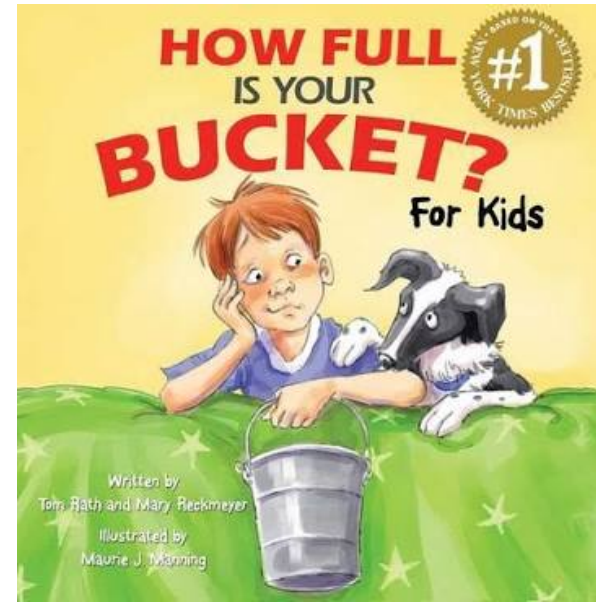
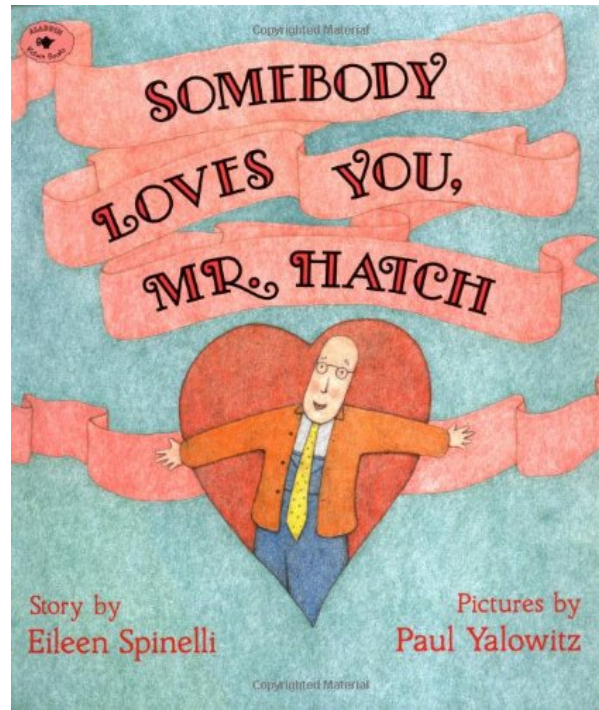
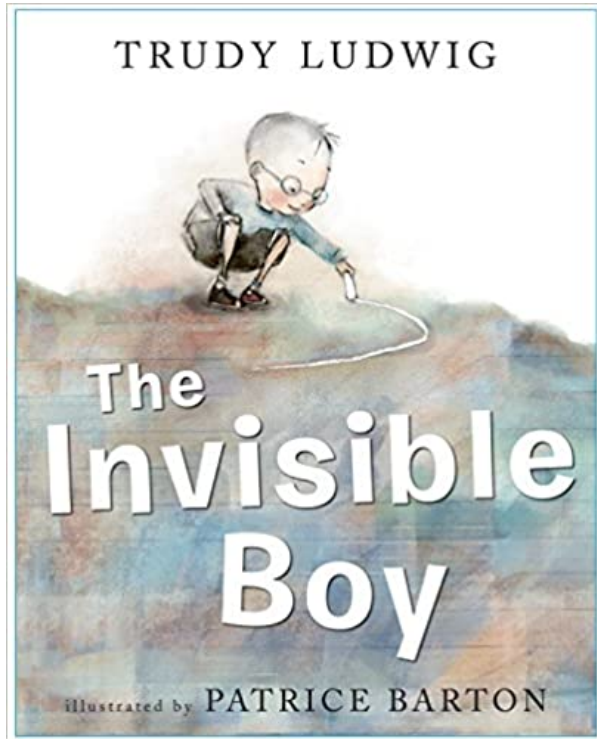
- Sudden change in behavior
- Decreased appetite
- Headaches or stomach aches
- Bedwetting
- Withdrawing from family & friends
- Sleep disturbances or nightmares
- Trouble concentrating
- Development of nervous habit



Children's Books about Stress



- *When My Worries Get Too Big* by Kari Dunn Buron
- *Wilma Jean the Worry Machine* by Julia Cook
- *Stress Can Really Get on Your Nerves* by Trevor Romain
- *Coping Skills for Kids Workbook* by Janine Halloran



Social Awareness

- Empathy, perspective taking, understanding social norms
 - Ask your child how he/she would feel
 - Expected versus unexpected behavior

Relationship Skills

- Dinner table conversations
- Board games
- Conflict situations: ask questions rather than give advice
 - What do you think your sister was feeling when that happened?
 - What can you do to make things right?



Responsible Decision Making

- Discuss possible consequences
- Restorative Questions
 - What happened?
 - What were you thinking of at the time?
 - What have you thought about since?
 - Who has been affected by what you have done? In what way?
 - What do you think you need to do to make things right?



Need Additional Help?

- Family Resource Center
 - <https://www.chulavistacc.org/>
- Counseling
 - South Bay Community Services (619) 420-3620
 - Grow Through Life Counseling (619) 549-0329
- Behavioral Urgent Care
 - 858-966-5484



CVESD Website: My Child's Learning: Social-Emotional Learning

2020-21 Distance
Learning Resources

Welcome to Enrollment

My Child's School

My Child's Learning

Curriculum Information

Understanding Common
Core

Assessment and Testing

Dual Immersion
Language Program

Instructional Services for
English Learners

GATE (Gifted and
Talented Education)

Special Education

Visual and Performing
Arts

Physical Education

Chula Vista Elementary School District / Parents / My Child's Learning / Social Emotional Learning (SEL)

Social Emotional Learning (SEL)



Questions

