



SEL REFLECTIONS TO SUPPORT

EMPATHY:

SELF AWARENESS:
HOW DO I FEEL ABOUT THIS?

SELF-MANAGEMENT: HOW DO I MANAGE MY STRONG EMOTIONS SO I CAN ATTEND TO OTHERS?

SOCIAL AWARENESS: HOW MIGHT THE OTHER PERSON BE FEELING OR THINKING?

RELATIONSHIP SKILLS: WHAT SUPPORTS CAN I PROVIDE?

RESPONSIBLE DECISION MAKING: IS WHAT I'M DOING HELPING OR HURTING THE SITUATION?

GROWTH MINDSET: HOW DO I KEEP AN OPEN MIND SO I CAN HAVE AN OPEN HEART?

Online Resources for

Families :

- Parenttoolkit.com
- www.scusd.edu/sel
- www.scusd.edu/parent-resources
- www.skillsyouneed.com

SEL Resources for Families

WE ARE. WE BELONG. WE CAN.

“Be kind , for everyone you meet is fighting a hard battle.” Plato

February SEL Theme: Empathy

Empathy means that you have the ability to understand and share the feelings of others.

In order to for children to develop their empathic sense, they must understand the complex relationship between cause/effect, which a higher-order thinking skill set. Fortunately, our brains are malleable and our ability to empathize with the world around us is always growing and changing. Because of

this, it’s important to offer children the opportunity, in safe and stress-free environments, to put themselves in “someone else’ shoes.” It is through this practice that new neural networks are developed that will help to strengthen a person’s ability to truly be empathic.

Empathy



I have the ability to understand and share the feelings of others.

Practicing Empathy at Home!

- Do family service projects, like serving the homeless or taking food to the Food Bank.
- Have children go with you to donate clothes or toys and explain to them why you’re donating.
- Practice “Get one/ Give one” for birth-days or holidays.
- Daily Check-ins: “What is one kind thing you did today and why did you do that?”