



SEL Resources for Families

SEL REFLECTIONS TO SUPPORT

PERSEVERANCE:

SELF-AWARENESS:

WHAT ARE MY STRENGTHS?

SELF-MANAGEMENT:

WHAT IS ONE ACHIEVABLE GOAL I CAN SET FOR MYSELF?

SOCIAL AWARENESS: KNOWING I'M NOT ALONE, WHO CAN I REACH OUT TO FOR SUPPORT?

RELATIONSHIP SKILLS: WHO DO I KNOW THAT HAS STRUGGLED AND PERSEVERED?

RESPONSIBLE-DECISION MAKING: WHAT IS ONE THING THAT I KNOW I CAN IMPROVE ON IF I KEEP TRYING?

GROWTH MINDSET: WHAT IS ONE HOPE I CAN FOCUS ON TO GET ME THROUGH THIS?

Online Resources for

Families:

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

WE ARE. WE BELONG. WE CAN.

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but whatever you do, you have to keep moving forward." Dr. Martin Luther King Jr.

December SEL Theme: **Perseverance**

Showing perseverance means not giving up when things get difficult or when success doesn't come easily.

Research on the brain shows that the prefrontal cortex is the region of our brain that is responsible for our higher-order thinking skills (cause/effect, problem solving, etc.). The development of the prefrontal cortex is not like that of a light switch. There is no flip of the switch and

suddenly a person is capable of higher-order thinking skills. Giving ample opportunities to learn new skills and encouraging persistence even when things get difficult, helps to strengthen the prefrontal cortex.

Perseverance



I can persevere when faced with challenges.

Practicing Perseverance at Home!

- Set small/achievable goals. Each time your child meets that goal, set another goal. Setting and achieving goals will help them to persevere when things get tough.
- Share ways you've struggled and persevered.
- Brainstorm ways to make struggles more productive.
- Daily Check-ins: "Share a struggle you had today and one thing you did to persevere."