



SEL REFLECTIONS TO SUPPORT

COLLABORATION:

SELF AWARENESS:

HOW WELL DO I RECOGNIZE MY EMOTIONS SO WHEN I STRUGGLE WITH COLLABORATION, I DON'T ALLOW THEM TO OVERWHELM THE PROCESS?

SELF-MANAGEMENT:

HOW DO I PRACTICE THE "PAUSE" SO I CAN MANAGE MY EMOTIONS WHEN THINGS GET DIFFICULT?

SOCIAL AWARENESS:

HOW DO I SHOW APPRECIATION FOR THE DIVERSE PERSPECTIVES AND CONTRIBUTIONS OF OTHERS?

RELATIONSHIP

SKILLS: HOW DO I PARTICIPATE AS A FRIEND SO I CAN BE MORE EFFECTIVE IN PROBLEM-SOLVING?

RESPONSIBLE-

DECISION MAKING: HOW DO I CONTRIBUTE IN A WAY THAT IS THOUGHTFUL, REFLECTIVE, AND CONSIDERATE OF OTHERS?

GROWTH MINDSET:

WHAT WILL I NEED TO REMAIN OPTIMISTIC WHEN THINGS GET ROUGH?

Online Resources for

Families :

Parenttoolkit.com

www.scusd.edu/sel

www.scusd.edu/parent-resources

SEL Resources for Families

WE ARE. WE BELONG. WE CAN.

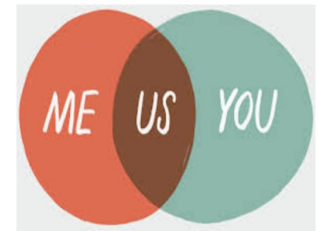
September SEL Theme: Collaboration

Working in a collaborative group can be complicated and requires an ability to understand emotions and take on the perspectives of others. The prefrontal cortex is the region of the brain that is responsible for this higher-order skill. Because children are still developing this region of their brain,

it's crucial that we give them many opportunities to practice in order to develop the skill of collaboration. We must also provide time to discuss the struggles and successes of our own collaborative experiences. It's through these conversations that students can build the

tools they'll need in their own collaborative opportunities.

Collaboration



I am capable of communicating positively while working with others and solving problems.

Practicing Collaboration at Home!

- Cook Together! where collaboration was needed to achieve a goal.
- Set a daily/weekly chore chart for the family.
- Talk to your child about ways to problem-solve when collaboration is difficult
- Spend time talking about situations
- Daily check-ins: "Share one way you collaborated with others today."