

# IT'S ALL ABOUT THE KIDS

# SEL SKILLS

SEL Skills are important in many different aspects; they help build relationships and emotional processes which affect how and what we learn. By learning SEL skills there will be more time for teaching and learning not only in the classroom but outside of it as well.

## Questions for two skills taught

### Self-Awareness

- What are my thoughts and feelings?
- What causes those thoughts and feelings?
- How can I express my thoughts and feelings respectfully?

### Relationship Skills

- How can I adjust my actions so that my interactions with different people turn out well?
- How can I communicate with other people to understand and manage their expectations for me?

## IMPORTANCE OF GUIDANCE PRACTICES

Using Guidance instead of Discipline means helping young children understand they can learn from their mistakes, and start showing them how to do so. Effective guidance and discipline focuses on the development of the child. They can preserve a child's self-esteem and dignity. Actions that insult or belittle are likely to cause children to view parents and other caregivers negatively, which can inhibit learning and teach the child to be unkind to others. Acknowledging a child's efforts and progress, no matter how slow or small, encourages healthy development.

Young children benefit when teachers and families establish healthy partnerships and define common goals for children.

### At Home Guidance Practice ideas

- Set clear, consistent rules.
- Make certain the environment is safe and worry-free.
- Show interest in the child's activities.
- Provide appropriate and engaging playthings.
- Encourage self-control by providing meaningful choices.

### At Home Guidance Practice ideas continued

- Focus on the desired behavior, rather than the one to be avoided.
- Build children's self-image as trustworthy, responsible, and cooperative.
- Expect the best from the child.
- Give clear directions, one at a time.
- Say "yes" whenever possible and appropriate.

### Citations

Vega, Vanessa. "Social and Emotional Learning Research Review." Edutopia, George Lucas Educational Foundation, 14 June 2017, <https://www.edutopia.org/sel-research-learning-outcomes>.

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