



Parent Toolkit

CASEL: Tips for Parents

SEL Strategies for Parents

Technology at Home: Developing the Social Self



- Identify causes of emotions.
- Identify appropriate strategies for dealing with various emotions.
- Create personal goals and monitor their progress.
- Recognize how their words and actions impact others.
- Identify multiple perspectives in a given situation.
- Express curiosity about differences to gain understanding.
- Function as a valuable member of the team and acknowledge contributions of others.



Vocabulary

Collaboration
Culture
Diversity
Goal Setting
Grit
Growth Mindset
Interdependent
Interpersonal
Persistence
Self-advocacy
Self-motivation

- Encourage your child to participate in activities after school.
- Set clear expectations and stick to them.
- Talk through problems, logical consequences, and resolutions with your child.
- Encourage your child when your child makes good decisions.
- Engage in regular conversations with children about their emotions, being careful not to tell them how they feel.



**Home
Connections**