



Parent Toolkit

CASEL: Tips for Parents

SEL Strategies for Parents

Technology at Home: Developing the Social Self



- Apply a strategy for success (based on the reasons for their emotion).
- Differentiate behaviors/responses based on the situation.
- Monitor progress on ongoing goals, reflecting on the next steps.
- Demonstrate empathy and articulate others' points of view.
- Understand others' differences and respect them.
- Contribute ideas in a team setting and listen to others.
- Problem-solve interpersonal conflicts.



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.
- Engage in regular conversations with children about their emotions, being careful not to tell them how they feel.



**Home
Connections**