



Parent Toolkit

CASEL: Tips for Parents

SEL Strategies for Parents

Technology at Home: Developing the Social Self



- Recognize triggers that cause stress/heightened emotion and employ strategies to self-manage emotions.
- Understand and adapt behavior to meet the norms of various settings.
- Create SMART goals, monitor progress, and implement changes to plans if needed.
- Understand the positive and negative consequences of actions and words.
- Adjust behavior based on how it impacts emotions of others.
- Acknowledge and respect similarities and differences, advocating for the basic rights of self and others.
- Listen to others' ideas with an open mind and carry out expected responsibilities in a group.
- Independently problem-solve personal conflicts.



Typical Skills



Vocabulary

Collaboration

Culture

Diversity

Goal setting

Grit

Growth mindset

Interdependent

Interpersonal

Persistence

Problem solving

Relationship

Self-advocacy

- 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