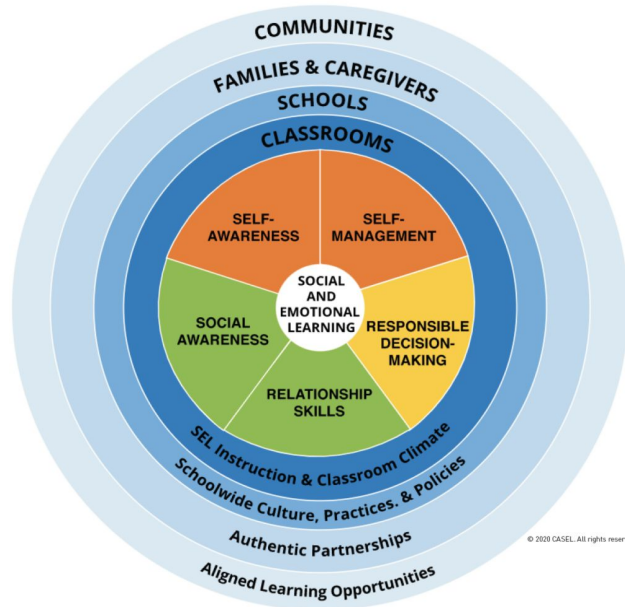


SEL Tools and Supports to do at Home as a Family December Focus is Self-Management

What is SEL? SEL stands for Social and Emotional Learning which is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



[SEL Framework | CASEL](#)

Self-Management is this month's focus. Self-Management is **the ability to successfully regulate one's emotions, thoughts, and behaviors** in different situations - effectively **managing stress**, controlling impulses, and motivating oneself. **The ability to set and work toward personal and academic goals.**

Self-Management Family Friendly Activities:

- [Balloon Breathing](#) - this activity is a great way to start or end the day as a family to manage stress. [Printable Poster on Balloon Breathing](#)
- [Breathing Makes it Better](#) - this interactive story, perfect for 4-8 year olds, shows the power of breathing when feeling new and challenging emotions.
- [Creating a Vision Board to Set Goals - child version](#) [Creating a Vision Board to Set Goals - tweens & teens](#) - this activity is a great way to start a conversation around the hopes and dreams of your children while creating a visual representation.

What are the benefits of SEL?

- Improvement in students' social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climate
- Long-term improvements in students' skills, attitudes, prosocial behavior, and academic performance
- Decline in students' anxiety, behavior problems, and substance use