

Kindergarten SEL Readiness

What Social Emotional skills does my child need to practice for kindergarten?

What is Social and Emotional Learning?

When your child starts kindergarten, you will often hear the term *Social and Emotional Learning* or *SEL*. You may have even already heard it! This term encompasses many interpersonal and intrapersonal skills that we collectively partner with you to develop. These skills are broken up into 5 categories including **Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision Making** (turn over for more information about each).

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At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.
- Jane D. Hull



Ways to Practice SEL Skills at Home

Play a board game! Review rules, and encourage your child to take turns and praise them for being patient!

Take a distraction free walk in your neighborhood. Ask your child what they hear, see, smell, and can touch!

Provide opportunities for your child to play independently and to tackle boredom. Model finding an activity!

Encourage your child to be responsible at home (i.e. clean their mess, help set the table, get themselves ready)!

Ask your child how they are feeling and LISTEN. Ask them why they feel that way and what they need.

Guide them to keep trying when something is hard for them. Model a strategy you might use and ask them if they have a different one!

Set a summer goal together! Think of how you will work toward that goal and how you will monitor your progress!

When you read to them, ask them how the character feels and why they might have done something.







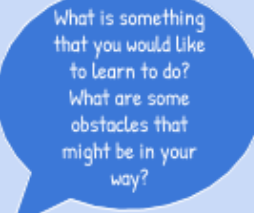
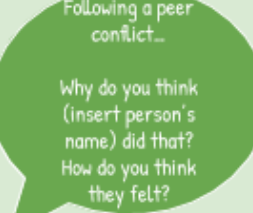
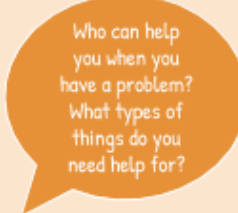
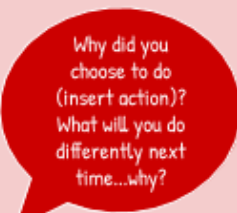
Discuss how to invite someone to play that they do not know (maybe at a park). Try it out!

Practice the different emotions above!

Kindergarten SEL Readiness continued...

What is Social and Emotional Learning?

In Melrose Public Schools, we use SEL language as presented by the Center for Academics and Social Emotional Learning or CASEL.

Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
				
<ul style="list-style-type: none"> - Identifying the emotion you are having and knowing why you are having it - Being optimistic and hopeful in a situation - Knowing your strengths and challenges 	<ul style="list-style-type: none"> - Handling your emotions as you are having them - Knowing what you need to motivate yourself to accomplish a goal - Setting a goal and working toward it 	<ul style="list-style-type: none"> - Understanding different perspectives - Being empathetic - Recognizing your support systems in school and at home - Understanding common social norms 	<ul style="list-style-type: none"> - Being culturally aware in your relationships - Communicating your needs clearly - Using strategies to resolve a conflict - Knowing where to find help when you need it 	<ul style="list-style-type: none"> - Considering others when making decisions - Taking time to think of consequences for your actions - Being safe and ethical with your decision making in your life
<p>Questions to Prompt These Skills at Home:</p> 	<p>Questions to Prompt These Skills at Home:</p> 	<p>Questions to Prompt These Skills at Home:</p> 	<p>Questions to Prompt These Skills at Home:</p> 	<p>Questions to Prompt These Skills at Home:</p> 

Online SEL Resources to Explore:

CASEL's Parent Page
<https://casel.org/parent-resources/>

EDUTOPIA Parent Resources
<https://www.edutopia.org/sel-parents-resources>



Summer Reading Recommendations:

