

# SUPPORTING LEARNING AT HOME

## SEL COMPETENCIES (CASEL)

### SELF-AWARENESS

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY
- GROWTH MINDSET

### SOCIAL AWARENESS

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

### RESPONSIBLE DECISION-MAKING

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY

### SELF-MANAGEMENT

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

### NOTICE



### NAME



### NURTURE

### RELATIONSHIP SKILLS

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

## NURTURING A GROWTH MINDSET: SELF-TALK & RESPONSES

### UNDERMINES A GROWTH MINDSET

- You're a natural. I love that!
- Great job – you're so talented!
- Maybe this isn't your strength. Don't worry you're good at other things.

### PROMOTES A GROWTH MINDSET

- ✓ You're a learner. I love that!
- ✓ That didn't work. Let's talk about how you approached it and what you might try next time.
- ✓ I have high standards. I'm holding you to them because I know we can reach them together.

### INSTEAD OF...

- I'm bad at this.
- I give up.
- This is good enough.
- This is too hard.
- I got it wrong.
- I'll never be that smart.
- I don't get it.

### TRY...

- ✓ What am I missing?
- ✓ I'll try a different strategy.
- ✓ Is this my best work?
- ✓ This may take some time.
- ✓ I learn from mistakes.
- ✓ I can train my brain.
- ✓ I don't get it yet.

## RESOURCES FOR MORE INFORMATION

Brainstorm : The Power and Purpose of the Teenage Brain by Dr. D. Siegel

The Relaxation & Stress Reduction Workbook for Kids by Lawrence E. Shapiro Ph.D.

The Mindful Teen by Dr. Dzung Vo

The Fantastic Elastic Brain by JoAnn Deak Ph.D

The University of British Columbia—  
SEL Resource Finder

[www.selresources.com](http://www.selresources.com)

Edutopia—

5 Keys to Successful Social & Emotional Learning  
[www.edutopia.org/keys-social-emotional-learning-video](http://www.edutopia.org/keys-social-emotional-learning-video)