

HEALTHY FEELINGS & RELATIONSHIPS

Children's social and emotional development, like their physical development, is a key component of overall health and well-being.

Social Emotional Learning (SEL)

Social and Emotional Learning (SEL) includes knowing how to handle emotions, set goals, and make good decisions. Social, emotional, and physical development are all important to your child's health and well-being.

Self- Management

Self-management is the ability to control one's emotions, thoughts, and behaviors in different situations. Adults can encourage children's growth of self-management at home!

Words to Know

To help your child grow his/her SEL vocabulary, talk about what these words mean:

1. **BEHAVIOR** - the way you act or behave
2. **APPROPRIATE** - correct for a situation
3. **SELF-CONTROL** - having control over your feelings or actions



Clark the Shark

We recently read the book *Clark the Shark*. Young Clark is a shark who loves his life, but sometimes he's just too loud and wild for the other fish to handle. When Clark comes up with a trick to help him remember to stay cool, he finds new ways to have fun with the other fish.

Conversation Starters

Talk with your child about the kind of behavior that is appropriate in different settings. Some ideas of places you can talk about are: home, school, a relative's house, grocery store, etc.

What are some things that are okay to do in these settings? What are some things that are okay in some settings, but not all? What are some behaviors that are not okay in any of these settings? Talk with your child about how to tell what the appropriate behavior is in a new setting.

Being able to control oneself helps children to grow self-management; an important component of SEL.



