

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)

Learning is about more than just letters and numbers. 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.

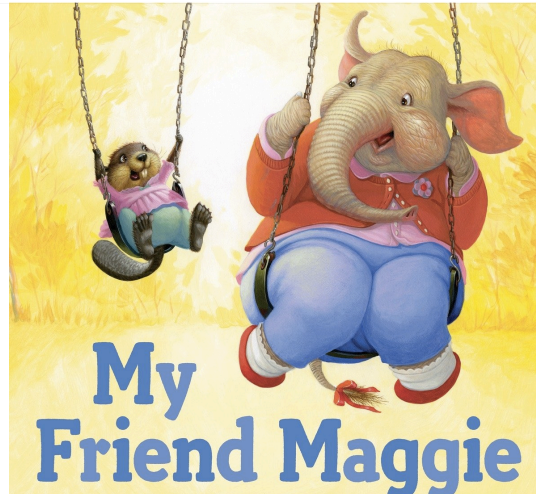
Social Awareness

This refers to the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, among other skills. Adults can encourage children's growth of social awareness at home!

Words to Know

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

1. **EMPATHY** - understanding how another person feels.
2. **EMOTIONS** - strong feelings, such as love, anger, joy and fear.



My Friend Maggie

We recently read the book *My Friend Maggie*. Maggie is Paula's best friend, but Veronica doesn't think she's so great. As Paula listens to Veronica, she starts to change how she treats Maggie. When Veronica turns her mean feelings toward Paula, Maggie is there to teach Paula a powerful lesson about friendship, courage and standing up for others.

Conversation Starters

Talk with your child about how you know what another person is feeling. Some specific questions you can discuss include:

- What are some common feelings and emotions that people feel?
- How do you know if someone is feeling happy, sad, angry, etc.?
- What can you do if you are unsure how someone feels?
- What can you do if you realize that you hurt someone's feelings?

