

Social-Emotional Learning

Simple Ways Parents Can Help Their Children Grow



What is Social Emotional Learning (SEL)?

SEL helps children learn how to:

- Understand their feelings
- Manage emotions
- Show empathy
- Build healthy relationships
- Make good choices

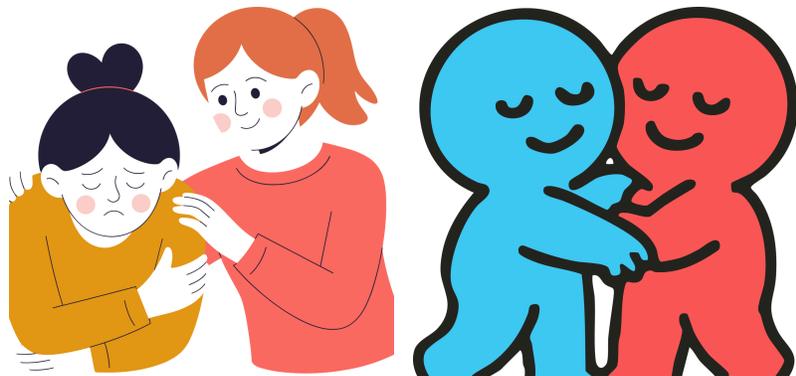


Teach Self-Control Skills

- Create daily routines
- Make a “calm down” space
- Practice deep breathing
- Teach how to say I’m sorry
- Praise positive behavior

Build Self-Awareness

- Talk about feelings every day
- Teach emotion words (happy, sad, proud, frustrated)
- Let your child share the things that they love
- Celebrate strengths and effort
- Ask: “How are you feeling?”



Try This Today

- Use polite words
- Talk about how other might feel
- Play a simple game like ‘Simon says’



• findtreatment.gov/locator
• www.hrl.nyc