

# CONNECTING WITH THE SCHOOL COUNSELOR

## #SELday

Uplifting Hearts,  
Connecting Minds  
March 10, 2023

### **Social Emotional Learning**

is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

### **Promote SEL at Home:**

- Be a good listener
- Model the behavior you seek
- Read bedtime stories
- Play games and engage in creativity together
- Establish routines and intentionality

### **Happy, Healthy Kids TIP:**

Siblings fighting again? Stay calm and take control of the situation. Let each child share their concern without being interrupted. Create a solution or compromise together that makes each child feel seen and heard.

### **We are Learning!**

**Conflict** -a disagreement or problem that happens between two or more people.

**Conflict Resolution** -a way to find a peaceful solution to a disagreement.

**Integrity** -is making the choice to do the right thing even if it is hard, and even if no one sees our actions.

**Let's CONNECT!**

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