

# CONNECTING WITH THE SCHOOL COUNSELOR

## SOCIAL EMOTIONAL LEARNING

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**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!

**Perseverance** –not giving up when things get hard or difficult.

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

### Let's CONNECT!

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