

CONNECTING WITH THE SCHOOL COUNSELOR

#SELday

Today's Students,
Tomorrow's Leaders
March 8, 2024

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.

Perseverance -do something that is hard or difficult without giving up.

Let's CONNECT!

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