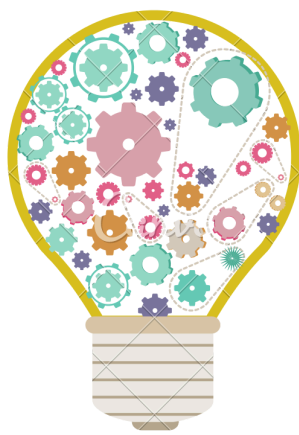


SEL @ Home

SOCIAL EMOTIONAL LEARNING IS A SKILL, AND WHEN STUDENTS ARE GIVEN OPPORTUNITIES TO PRACTICE, THEY CAN STRENGTHEN IT.

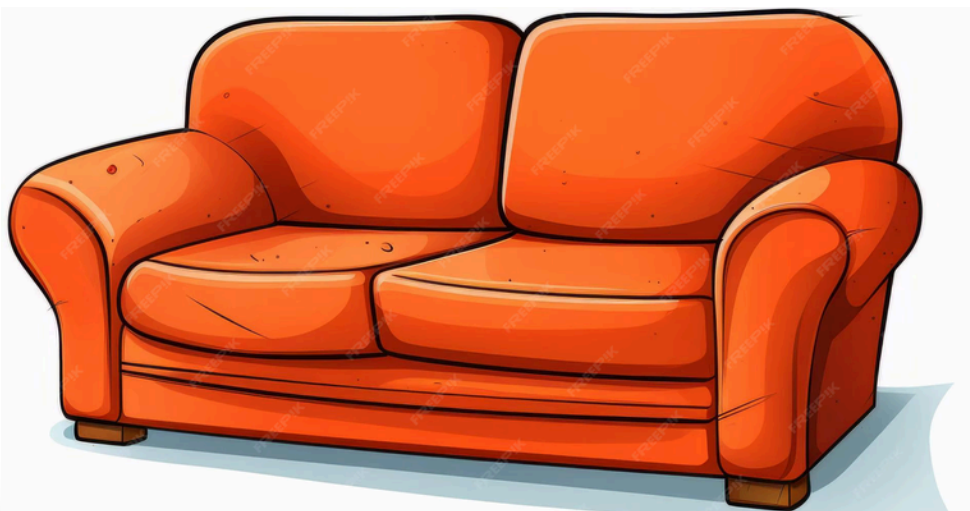
Reflect & Connect

Try This.



Recognize TRIGGERS

NOT ONLY SHOULD WE RECONGIZE TRIGGERS, WE SHOULD NAME THEM AND THE EMOTION ATTACHED AND DISCUSS WITH KIDS. “YOU GET REALLY ANGRY WHEN...CAN YOU TELL ME WHY?”



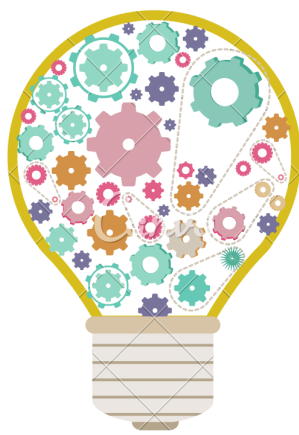
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FOUNDER GET UP & THRIVE
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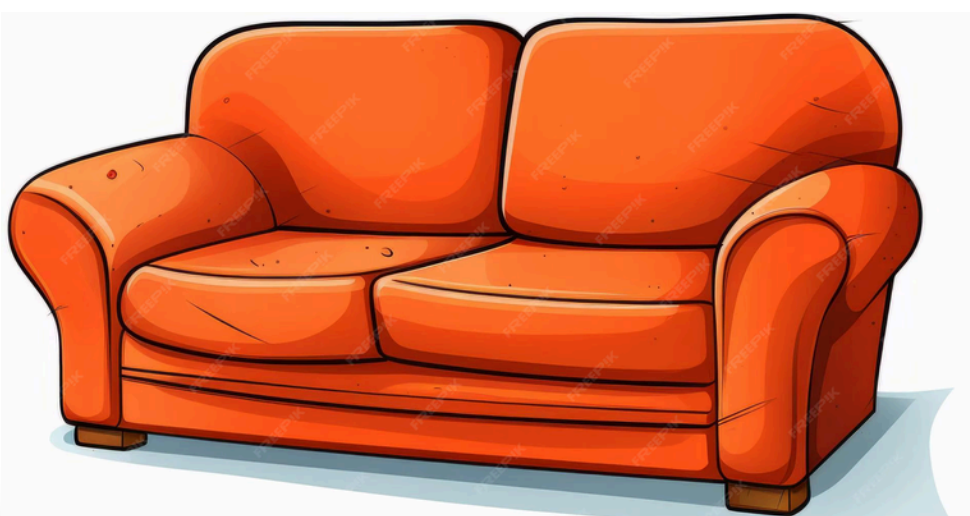
Try This.



Discuss

DIFFERENT POSSIBLE OUTCOMES

TALK THROUGH HOW THE SITUATION COULD HAVE ENDED DIFFERENTLY IN DETAIL. ASK THEM FOR INSIGHT BUT ALSO INCLUDE YOUR THOUGHTS. PINPOINT THE MOMENT THE CONFLICT WENT THE WRONG WAY SO THEY CAN VISUALIZE A REPLAY.



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