Schools, Families and, Social and Emotional Learning

Schools and families have essential roles to play in promoting children’s positive development and academic performance. When educators and parents work together as partners, they create important opportunities for children to develop social, emotional, and academic competencies. These skill sets are enhanced when they are mutually supported and reinforced at home and at school (Albright, Weissberg & Dusenberg, 2011). Social and emotional learning (SEL) revolves around the five broad areas of competence depicted below.

What can families do to reinforce SEL at home?

- **Self-awareness**
  - Recognising one’s emotions and values as well as one’s strengths and limitations
  - Focus on a child’s strengths and praise specific strengths
  - Ask children how they feel and explore a range of emotions

- **Self-management**
  - Managing emotions and behaviours to achieve one’s goals
  - Find ways to stay calm when angry or upset
  - Help children to develop and achieve goals

- **Social awareness**
  - Showing understanding and empathy for others
  - Encourage sharing and helping at home and in the community
  - Talk positively about diversity at school and in the community

- **Relationship skills**
  - Forming positive relationships, working in teams, dealing effectively with conflict
  - Be willing to apologise. This role models respect for others
  - Encourage children to identify significant adults they can go to for help

- **Responsible decision-making**
  - Making ethical, constructive choices about personal and social behaviour
  - Give children choices and respect their wishes
  - Ask questions that help young people solve problems on their own