



**CASEL CARES INITIATIVE**  
Connecting the SEL Community

# So Now What? Supporting SEL at Home

*with Jennifer Miller*

April 3, 2020



# CASEL CARES INITIATIVE

Connecting the SEL Community

**“When physical distancing is deemed necessary,  
social and emotional connectedness  
is even more critical.”**

**Karen Niemi, CASEL President & CEO**



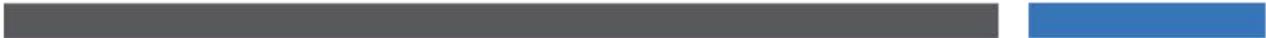


# JENNIFER MILLER

Founder, Confident Parents, Confident Kids



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# CURIOSITY BEGAN WITH A WHACK...

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# HOW ARE YOU FEELING?

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# SEL Tip for the Day

## Unite Your Family With the Global Pledge of Allegiance

We pledge allegiance to the families of our world, that we recognize we are closer and more connected than we may seem. And through the love for which we stand, one world, many beliefs, indivisible, with liberty, health, safety, and justice for all.

Source: Jennifer S. Miller, <https://confidentparentsconfidentkids.org/>



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# PURPOSE

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- To discover what opportunities might be possible for advancing children's social and emotional development during this unique time.
- To learn, adapt, and plan for a few new research-aligned strategies to try out in your family life.



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# FAMILY CULTURE

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- Practices and practicality - unique to each family!
- Each will be different but we can learn from each other and from research
- No such thing as perfect parenting, no such thing as doing it “right” during this time



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# NEW ERA, NEW MINDSET?

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- Natural beginnings and endings usher in an opportunity for habit or pattern changes
- What if we looked at parenting with fresh eyes? What if began to view ourselves as both educators/learners as well as parents?
- What if we created a no judgement zone? New mantra: WE - educators, parents, and kids are all learning.



# WHAT BIG PICTURE LESSONS COULD YOUR CHILD/CHILDREN BE LEARNING FROM THIS UNIQUE TIME?



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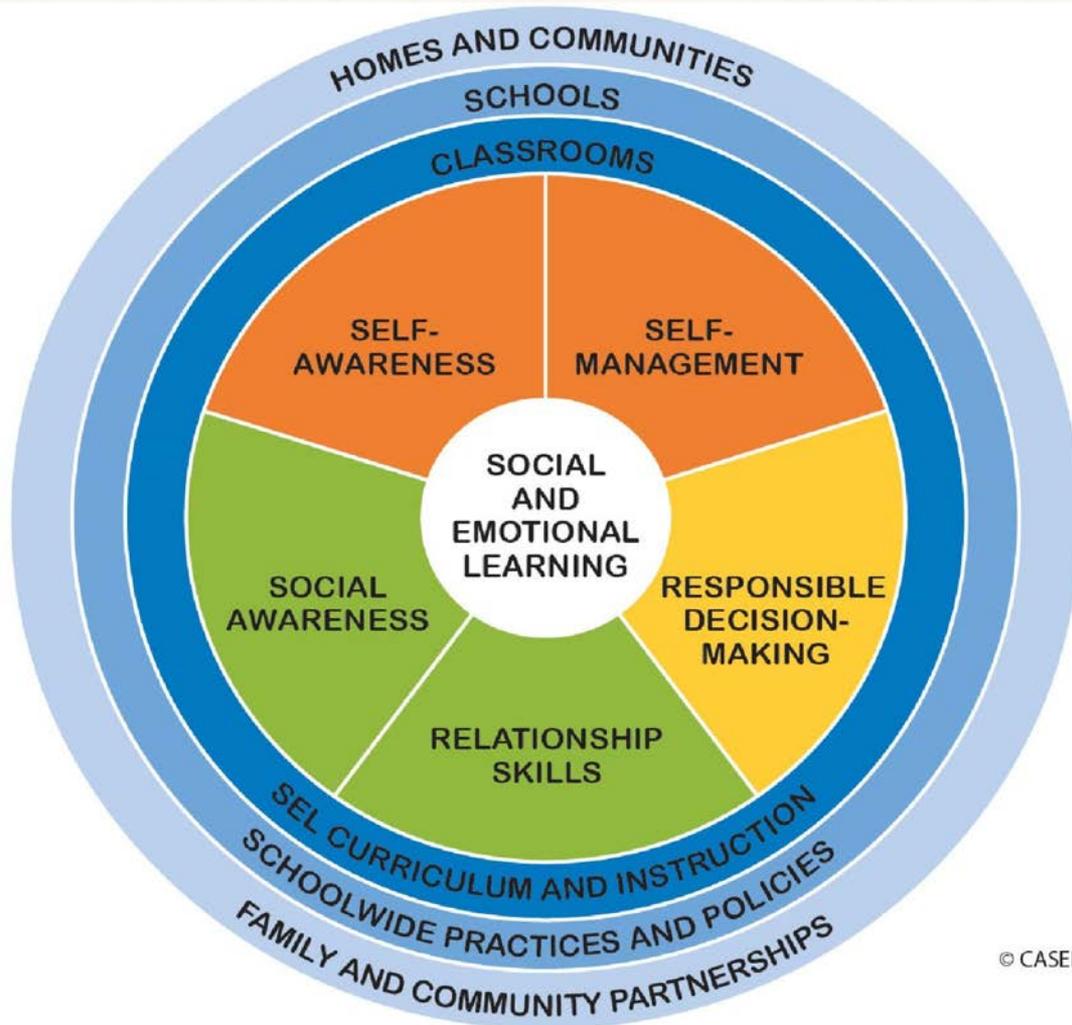
# SCHOOL AT HOME

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- An estimated 3.4 million adults have been homeschooled for at least one of their K-12 years
- 2.3 million children were homeschooled in 2016.
- Economically, racially, culturally diverse - 32% black, Latin-x, non-white
- Typically score 15-30 percentile points higher than public school students on standardized tests regardless of household income or parents' level of formal education.
- Home-educated typically score above average on social and emotional measures including peer interaction, self-concept, and leadership skills.
- Whether parents were certified teachers or not did not relate to academic outcomes.

- National Home Education Research Institute, 2020





Miller, J.S., Wanless, S.B., & Weissberg, R.P. (2018). Parenting for competence and parenting with competence: Essential connections between Parenting and Social and Emotional Learning (In Press, Fall/Winter). Lincoln, IL: *The School Community Journal*.

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# SAFETY AND ABCs

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- Physical and mental safety at home - trust caregivers and educators
- Autonomy - explore learning
- Belonging - family and social connectedness
- Competence - attitude, focus, motivation, supports



# How

## CAN WE TEACH SOCIAL AND EMOTIONAL SKILLS IN MESSY FAMILY LIFE?

- Model
- Coach
- Practice
- Create supportive environment



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# SETTING UP FOR LEARNING SUCCESS

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- ...at home!
- Routines
- Learning time - SEL!



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# MORNING ROUTINE

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- Talk about it when you are NOT in the routine
- Have your child write / illustrate your plan. Keep it simple!
- GOAL: Contributing, Calming, Connecting



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# NOTICE THE POSITIVE!

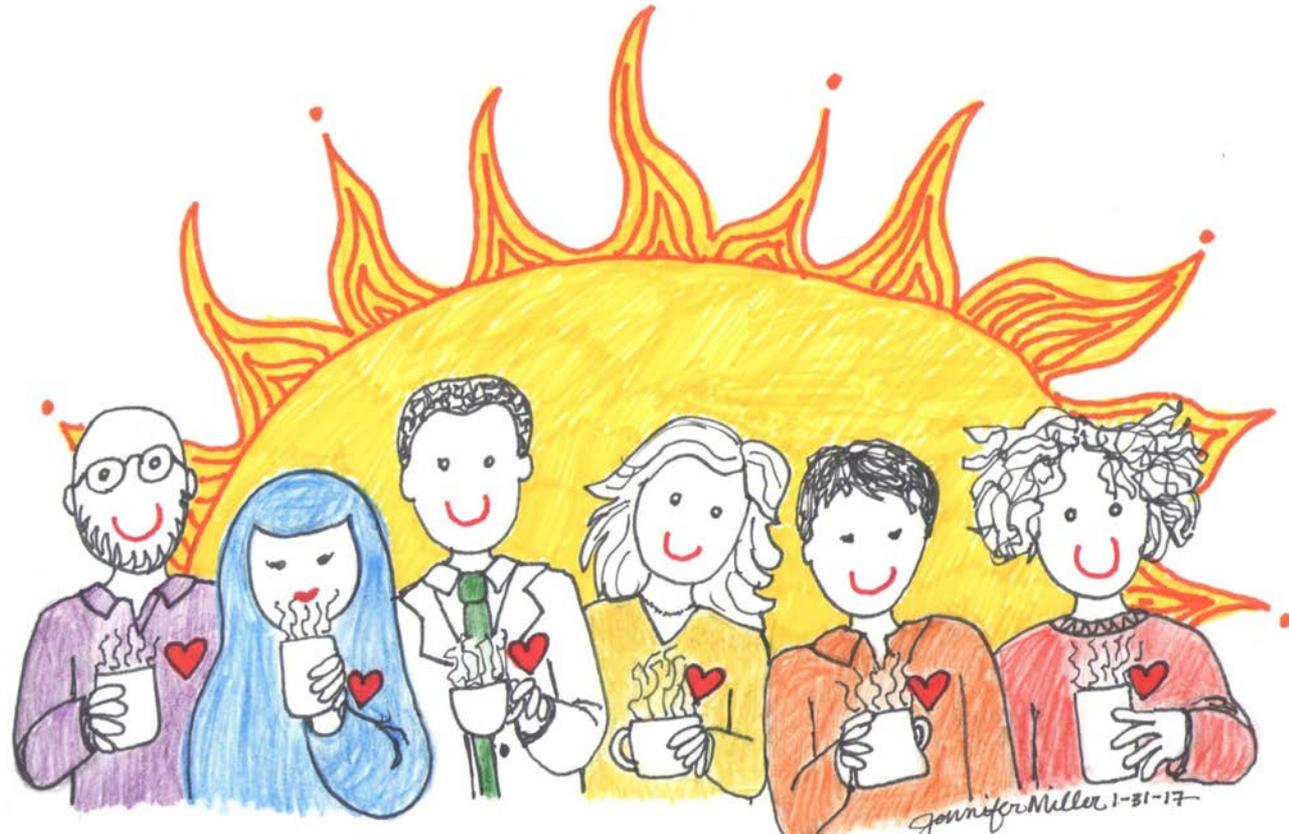
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# WHAT ABOUT YOUR MORNING ROUTINE?

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# LEARNING TIME - LEARNING AGREEMENTS

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- Schedule-lite, Schedule-heavy?
- Roles - who is on point to answer questions, offer help?
- Plan and schedule for mental and physical health
- WRITE it, Post it!



# MENTAL HEALTH BASICS CHECKLIST

- Healthy Foods
- Water to hydrate
- Fresh Air/Nature
- Movement! (GoNoodle)
- Expectations of Self and Others - Mantra: We are all learning. GRACE!
- Love and connection



**DAILY SCHEDULE**

Mercer Island School District

8:00 am	<b>Wake up</b>	Get ready for the day, make bed, get dressed, eat breakfast, brush teeth, pick up personal items, laundry to laundryroom
8:30	<b>Morning Motion</b>	Walk the dogs, stretch/yoga, GoNoodle movement, other
9:00	<b>Mindfulness</b>	Morning meeting with Mom to talk about the day followed by a mindful minute
9:15	<b>Spanish</b>	Duolingo
9:30	<b>Writing</b>	Daily journal entry, letter to pen pal, letter/card to Family / Friends, story writing (fiction or non-fiction), other
10:15	<b>Snack/break time</b>	
10:30	<b>Math</b>	Flash cards, Freckle, Math Card Games, board games, other
11:15	<b>Cleaning Time</b>	Wipe down door handles, faucet handles, stair railings and other commonly touched surfaces, laundry, dishwasher
11:30	<b>Reading</b>	Read aloud to caregiver/sibling, <u>RAZES</u> , myOn, Freckle, other
12:00	<b>Meal Prep and Lunch</b>	
12:45	<b>Quiet Time</b>	Read to self, puzzles, coloring, journaling, nap, other
1:30	<b>Creative Time/ Music</b>	LEGOs, baking, coding, practice musical instrument, <u>Drawing</u> , scavenger hunt, obstacle course, practice instruments
2:30	<b>Science/Social Studies</b>	BrainPop/BrainPop Jr, experiments, TCI, <u>Mystery Science</u> , Biographies of Scientists or Famous People in History, other
3:30	<b>Outdoors Time</b>	Gardening, bike ride, Walk the dog, other

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# GETTING SET FOR LEARNING SUCCESS

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- Set up a conducive space. Well lit. Tools at the ready. Organized. Clear of distractions.
- Allow for choices on timing, snacks, and tools.
- Use a timer.
- Allow, don't fix. Mistakes are part of learning.



# ATTITUDE MATTERS!

- Adopt a learning mindset. If you groan, they'll groan. If you show excitement, they be more open!
- Offer choice even if small.
- Read introductory material together.
- Articulate confidence.
- Facilitate thinking. "What clues...?"
- Take brain breaks.



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# FEELINGS CHECK IN

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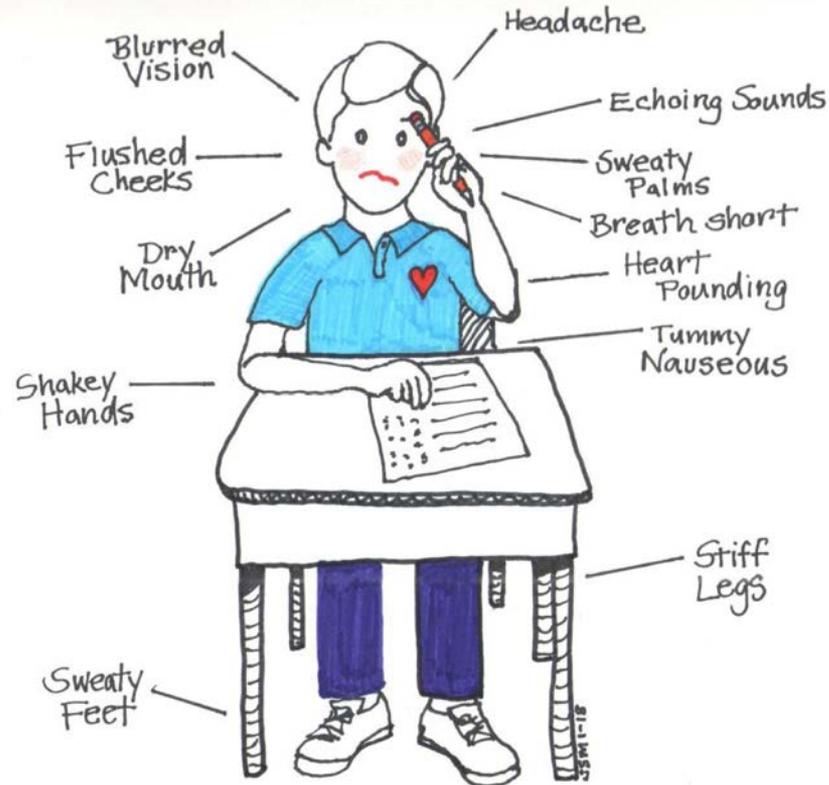
# WHAT'S YOUR CHALLENGING EMOTIONS ROUTINE?

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- How will you remember to notice and name?
- How and when will you name?
- In what consistent way will you talk about challenging feelings?



# NOTICE AND NAME BODY SYMPTOMS



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# THEN WHAT?

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- Normalize
- Try out Coping Strategies
- Ask: What's your story?
- Reflect and Reframe



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# COPING STRATEGIES

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- Practice! Deep breathing - hot chocolate, teddy bear, birthday candle, Turtle (from the PATHS curriculum)
- Create a safe base!
- Make a list - drawing, writing, blowing bubbles, walking outside, getting a drink of water, wiggling your fingers and toes, taking a hot bath (for EACH family member!)



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# WHAT ARE YOUR GRANDMOTHER'S STORIES?

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- Reflect and Reframe - Tell Grandma's Stories
- "Ancestor Effect" produces gratitude

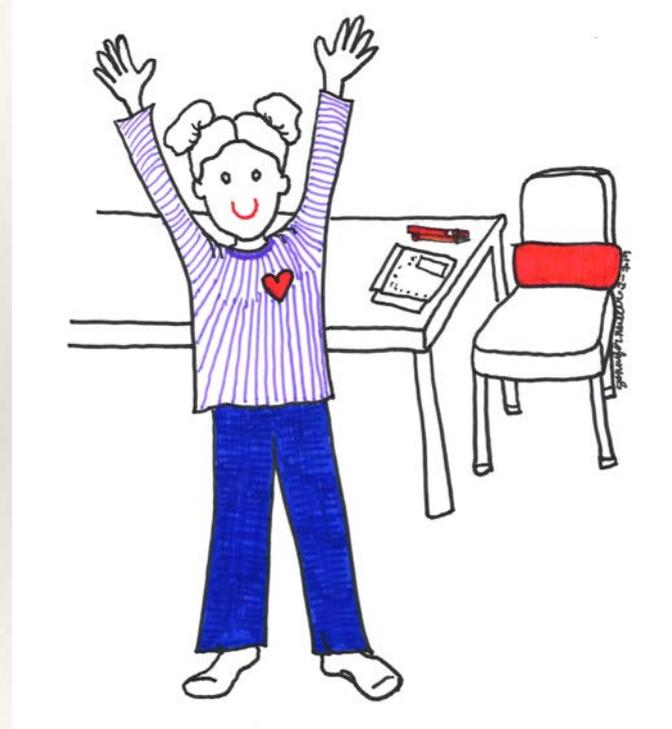


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# TAKE BRAIN BREAKS!

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- Proactively practice before frustrations arise!
- Research confirms “shower effect” - walk away, refresh, and allow for processing time



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# PROMOTING SOCIAL CONNECTION

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- **What have you done? Within your family? Outside of your family?**
- Common SEL strategies at home - Morning meeting, Zoom sharing, cooperative games, social skill goal setting alongside academic goal setting
- Virtual dinners, Zoom social meetings - book clubs, themes, group chats, Walks/Bike Rides, Bear Hunt, Family calls to relatives and friends, ritual hugs in transition times, music during dinner prep, movie nights, games



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# FAVORITE ACTIVITIES OFF-SCREEN LISTS

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- Screens offer high stimulus, hormone rush
- Hard to create new ideas when just coming off
- Have list at the ready...



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# SOCIAL LEARNING

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- Discuss about Zoom/Online interactions and how they can become more meaningful - asking questions, go-rounds of sharing.
- Learn about online interactions. This is great time to learn about net-etiquette! Check out Common Sense Media for more.
- Establish protocols for family communications including fighting fairly, sibling conflict, and emotional fires...



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# FIGHTING FAIRLY

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- Research confirms there are specific ways we argue that can destroy or build our trust and intimacy.
- 5 practices to agree to do, 6 practices to avoid. Sign the Pledge!



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# SIBLING CONFLICT

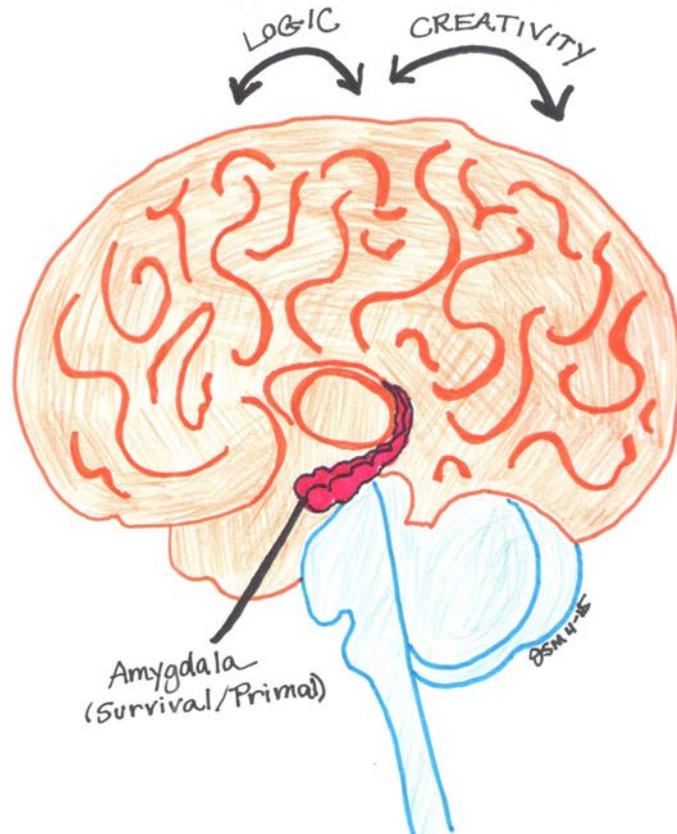
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# PLAN FOR EMERGENCIES

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# EMOTIONAL SAFETY PLAN

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- How will you notice?  
Triggers?
- What will you say?
- Where will you go?
- When there, what will you do?
- How will you prepare your family in advance?



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# HOUSEHOLD RESPONSIBILITIES

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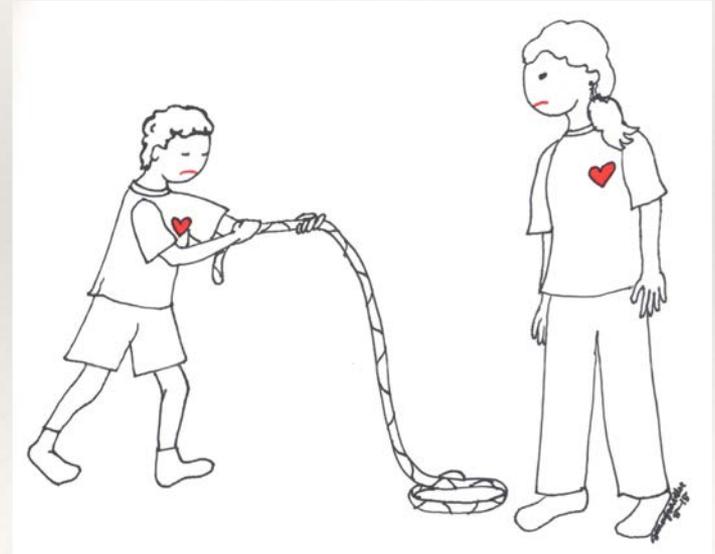
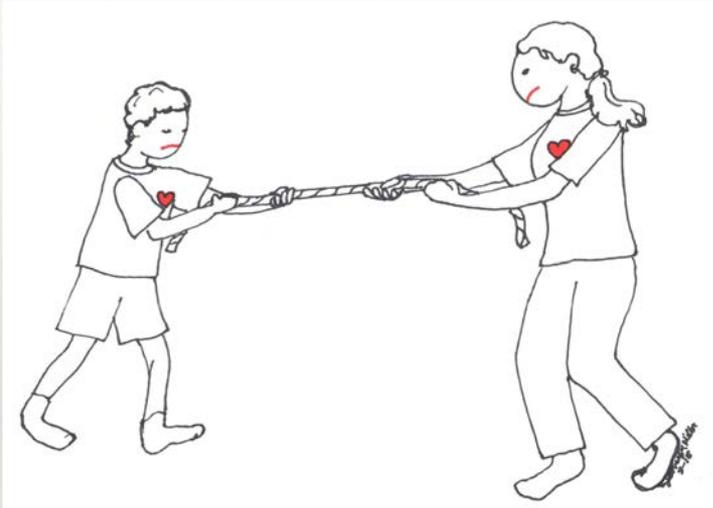
- Discuss as a family.
- Divvy up jobs according to interest and developmental level.
- Offer choice.
- Work as a team.
- Clean up music works like a charm!



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# THE DIFFERENCE IS THE PAUSE

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# PARENT'S CHALLENGE!

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When problems arise, your challenge is to ask:

- What social and emotional skills do I need to use/work on in myself?
- What social and emotional skills do I have the opportunity to promote?







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# FREE ON CONFIDENT PARENTS, CONFIDENT KIDS

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- Cooperative Games listed by social and emotional skill
- Book recommendations by age and social and emotional skill
- Global exploration online - links to countries, animals, classrooms, lunches, children's bedrooms and more around the world
- Parenting Book Recommendations
- Family-School Partnership Resources

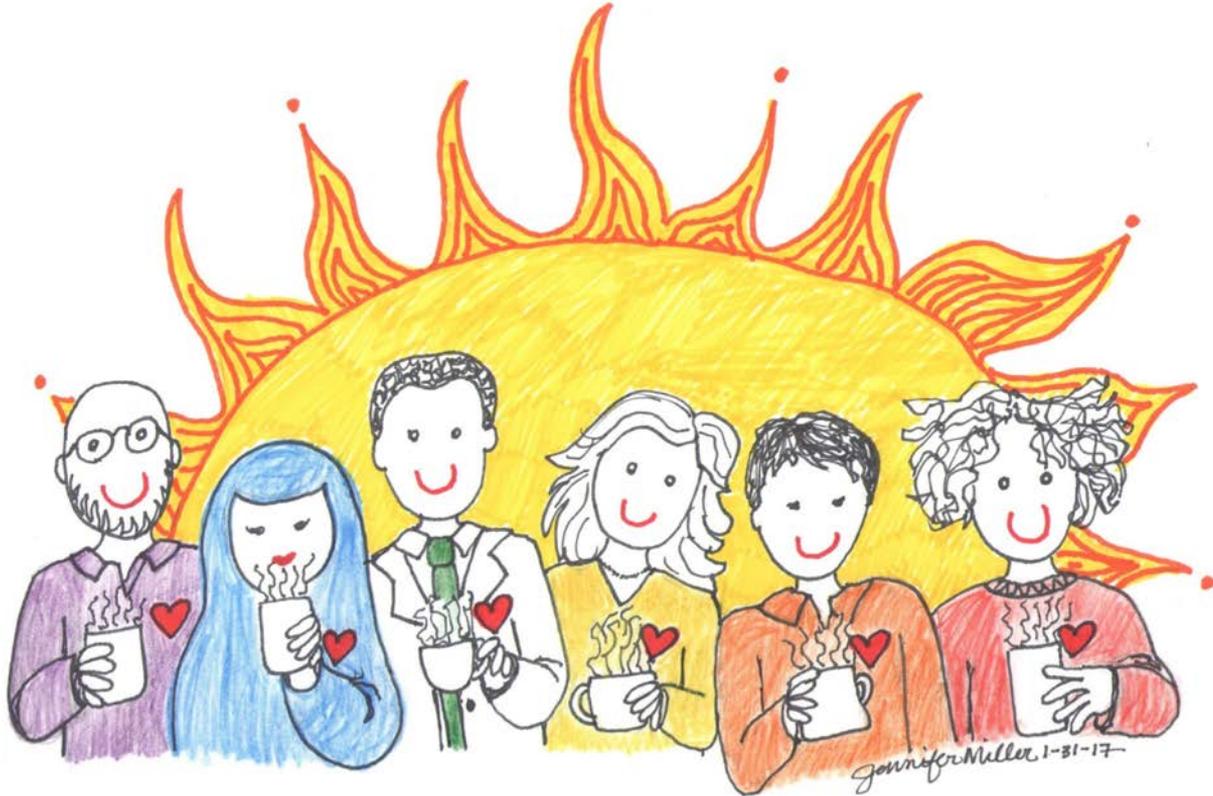




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# WHAT ARE YOU TAKING AWAY?

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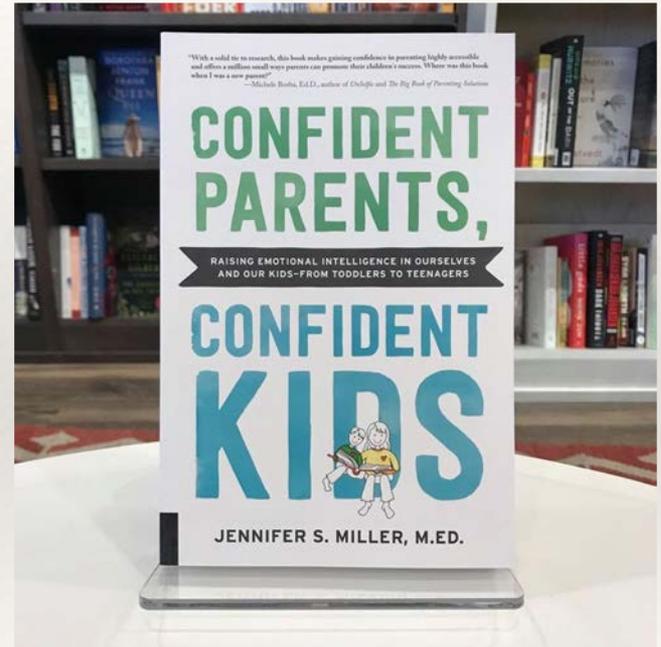


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# SOCIAL AND EMOTIONAL DEVELOPMENT BY AGE

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- *“This book was fact-based and actionable. I took pages of notes, and am already applying this to our little household.”*
- *“The title delivers on its promise. I am a much more confident parent of a tween after having read this book.”*



# SEL RESOURCES

Curated from the field to support parents, educators, and anyone who works with children.

<https://casel.org/covid-resources/>

## For Parents and Caregivers

Guidelines for Parents and Caregivers

Resources: Talking to Children about the Coronavirus

Resources: Planning Activities at Home

Resources: Coping with Stress and Anxiety

Additional Resources

## For Educators

Guidelines for Educators

Resources: Communications Planning

Resources: Supporting Staff



UPCOMING WEBINAR

# Building Resilience to Support Ourselves, Others, and Our Students



Featuring Mark Greenberg, Christa Turksma and Velma Cobb

**FRIDAY, APRIL 10 | 1:00 PM ET**



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