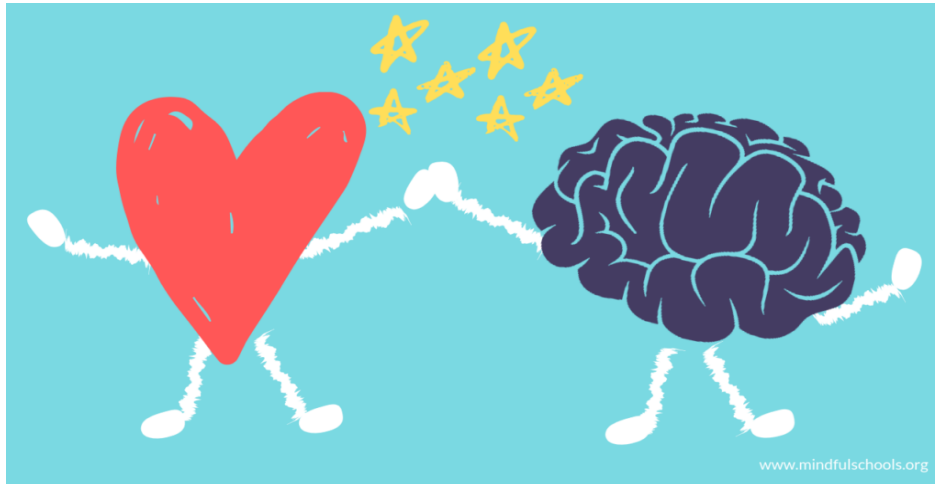


Social-Emotional Learning (SEL)



Hello TES families!

As most of you know, SEL has been built in as part of your child's enrichment schedule. I wanted to take a moment to explain exactly what SEL is and why it is so important for your child to learn these invaluable skills.

So, what is Social-Emotional Learning?

Social-Emotional Learning provides the tools and strategies for managing strong emotions, navigating relationships, working effectively with others, solving difficult problems, and making responsible decisions. SEL empowers students to set goals, approach challenges with optimism, helps them to believe in themselves and their abilities, and control their emotions.

My role as the school counselor is to help teach and reinforce these life skills in a school setting. Social-emotional skills help promote positive life experiences for both children and adults. Research has shown that when individuals are taught these skills at a young age, they are more likely to succeed in school and develop a positive attitude toward self and others.

What will the lessons consist of?

I will meet with each class from every grade level (Tk-2nd), once a week for 30 minutes. During these lessons we will read stories, play games, incorporate art, music and movement, all while encouraging character building skills.

What topics will be covered?

How to be a successful student

Kindness

Friendship

Feelings vocabulary

Coping skills

Staying Safe

Growth Mindset


Self-Esteem

Perseverance

Career exploration

Bully prevention

Goal setting

Please feel free to contact me at sclark@templetonusd.org if you have any questions or concerns 

-Shannon Clark

School Counselor for Templeton Elementary

For more information on Social-Emotional Learning visit: <https://casel.org/>