

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

What Is Social and Emotional Learning?

Lacking social and emotional skills can cause lots of problems for kids both in the classroom and out. Getting along with other kids, being able to calm down when they're upset, tolerating uncomfortable feelings — these are all skills children may need help to develop. That's why many schools have social and emotional learning (SEL) programs that help kids learn to recognize, understand, and manage their emotions.

This week on childmind.org, we dive into what SEL is and why it's helpful in schools. We cover what SEL looks like in a classroom and how parents can support social-emotional development at home. We also have guidance on how to help kids who **struggle to regulate their emotions** and have **trouble making friends**.

– Stephanie Cornwell, Staff Writer

Childmind.org -

https://childmind.org/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=child_mind_institute_url_body

Struggle to regulate their emotions -

https://childmind.org/article/can-help-kids-self-regulation/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=can-help-kids-self-regulation

Trouble making friends -

https://childmind.org/article/kids-who-need-a-little-help-to-make-friends/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=kids-who-need-a-little-help-to-make-friends

What Is Social and Emotional Learning?

How SEL programs help kids succeed in school.

https://childmind.org/article/what-is-social-and-emotional-learning/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=what-is-social-and-emotional-learning

Mindfulness in the Classroom

How it helps kids regulate behavior and focus on learning.

https://childmind.org/article/mindfulness-in-the-classroom/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=mindfulness-in-the-classroom

How Can We Help Kids With Self-Regulation?

Some kids need help learning to control their emotions, and resist impulsive behavior.

https://childmind.org/article/can-help-kids-self-regulation/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=can-help-kids-self-regulation

Helping Kids Make Decisions

When to offer support — and when to step back.

https://childmind.org/article/helping-kids-make-decisions/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=helping-kids-make-decisions

Kids Who Need a Little Help to Make Friends

What parents can do when kids struggle with social skills.

https://childmind.org/article/kids-who-need-a-little-help-to-make-friends/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-21&utm_content=kids-who-need-a-little-help-to-make-friends

Shared information and Credit to "The Child Mind Institute".