



## National Social Emotional Learning (SEL) Day

The Urban Assembly and SEL4US invite communities across the globe to celebrate the importance of social emotional learning SEL on the first annual International SEL Day on March 26, 2021.

*What is SEL? Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. This is a life skill!*

**What can you do? Here are some ideas to try while you are home:**

1. **Model how to handle emotions appropriately.** Children watch everything we do, use your words to say how you feel. I messages or bugs and wishes work really well!  
Example: It bugs me when you yell at me, I wish you would use a softer voice.
2. **Teach empathy- Spend some time watching a show or movie.** At any given time, pause and discuss how the characters are feeling. You might ask: "How are they feeling?" and "How would you feel if that happened to you?" Use this conversation to build on considering how others feel, discussing social cues, and caring about their emotions.
3. **Teach self-awareness-** Start by asking kids questions about anything from their favorite foods and activities to what three items they might bring on a deserted island with them. Many questions can help work on conversation skills, turn-taking, and self-awareness.
4. **Practice Mindful Breathing-** Explain that mindful breathing is just focusing on breathing in and out to help calm our minds and bodies. There are many different mindful breathing exercises to try out. One of my favorites is "Cool off the pizza." In this activity, have kids pretend they have a hot slice of pizza in front of them. Slowly breathe in to smell the pizza and breathe out to cool it down. Another one of my favorites is bubble breathing. If you have bubbles on hand it is even better, but you can also pretend! Practice breathing in and out as you blow bubbles.

Sending SMILES!  
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