SEL Parent Idea

- Buy a notebook for each child
- Write 1-2 sentences at night in each notebook
- Focus on an area of social emotional learning (SEL) that s(he) displayed that day: empathy, random of act of kindness, facing a fear, calming herself when feeling intense emotion, working out a conflict, persevering when something is difficult, being honest, befriending a child who is lonely, sharing feelings with you, being a team player, etc.
- Then give the notebook to your child on her birthday - Record your voice reading each sentence / share the recording.

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