Parents and Caregivers,

Social and Emotional Learning (SEL) cultivates skills and fosters attitudes that support college, career, and life success. In addition, SEL strengthens academic learning and productive classrooms. Our District's SEL Framework is aligned to the Florida Department of Education's Social and Emotional Health/Life Skill Competencies: Self-Awareness, Self-Management, Responsible Decision-Making, Resiliency, Relationship Skills and Conflict Resolution, and Understanding & Respecting Others' Viewpoints and Backgrounds (Social Awareness). These competencies represent skills that build confidence, support mental and emotional health, and enable youth and adults to overcome challenges. These Social and Emotional Health Competencies are part of required instruction as outlined in F.S. 1003.42(n). In addition, the SEL Themes help students work towards achieving the outcomes of the Florida Character Education Standards.

During October and November we will be working on our second SEL unit: "Being Resilient". In this unit, students will learn that things in life don't always go as expected. During the first part of this unit, students will learn that challenges can serve as opportunities for growth as well as the importance of staying focused and motivated to accomplish a goal or task. They will learn that when faced with a problem they can use the steps of a problem solving process to solve it or when they need to ask for help. In addition, students will learn how expressing gratitude can strengthen relationships and improve their overall health and happiness.

Date	SEL Theme & Competency	Possible Discussion Questions and/or Family Activities
October 3rd-7th	Having a Growth Mindset (Resiliency)	-What is something you want to learn how to do that you can't do yet? - What is something that you need to continue to practice? -**Learning from Mistakes**: When a mistake has been made, have a discussion with your child about what they can learn from this experience. What could they do differently next time? -**Accomplishment Jar**: Every time someone in the family accomplishes something that they did not give up on, have them write it on a piece of paper and put it in the jar.
October 10th-13th	Setting & Achieving Goals (Resiliency)	-What do you want to be when you grow up? - What is a goal you have for yourself related to school? -What is a personal goal you have for yourself? **Family Goal**: Create a collective goal as a family to work on for a few weeks. For example, exercise at least 3 days a week. Then, create a chart or way to keep track of how you are making progress towards your goal as a family. **What I Want to Be When I Grow Up:** Explore with your child what they want to be when they grow up. Have them draw a picture of them doing that job. Discuss with them your job.

October 17th-21st	Staying Focused & Motivated (Resiliency)	-What keeps you going when you want to give up? -What are some things that you do to help you stay focused? **-Fun Breathing Activities**: Breathing exercises can help you refocus when needed. Try a new fun breathing exercise together as a family. -*Box Breathing*: Breathe in for 4 seconds. Hold your breath for 4 seconds. Breathe out for 4 seconds and then pause for 4 seconds before you repeat. Draw an invisible box in the air for each step. -*Cupcake Breathing*: Smell the invisible cupcake by breathing in for 5 seconds. Then, blow out the candle on the cupcake by breathing out for 5 seconds. Repeat. -*Soup Breathing*: Use your hands to make a "bowl". Smell the soup (breathe in for 5 seconds) and then cool it off (breathe out for 5 seconds). Repeat
October 24th-28th	Review Week	
October 31st-November 4th	Solving Problems for Ourselves (Resiliency)	-What is a problem or challenge you have had recently? What steps did you take to solve the problem? **Family Movie Night:** Watch a movie or TV show together as a family. Discuss how the main character solved their problem. Would you have solved the problem this way or would you have done something differently?
November 7th-11th	Knowing When & How to Ask for Help (Resiliency)	-Who can you ask for help when you need it? -**Read Aloud Activity**: As you read books, pay attention to different scenarios where characters need help. Who did they ask for help? What was the outcome?
November 14th-18th	Understanding & Expressing Gratitude (Resiliency)	-What is something you are grateful for? -Who is someone you are grateful for in your life? **-Thank You Notes**: Together as a family, draw or write some thank you notes to different people and let them know why you are grateful for them.