

# A Belmont Public School Family's Guide to Social Emotional Learning (SEL)

Fall 2022

## What is SEL?

Social and Emotional Learning (SEL) can be defined as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to:

- understand and manage emotions
- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- make responsible decisions

Research shows that it's important for students to see and hear consistent messages, both from the adults they encounter at school and beyond the school day.

[www.casel.org](http://www.casel.org)



## What is BPS Doing?

Belmont Public Schools is implementing SEL through the following:

- teacher professional development
- adapting curriculum to better suit our students' needs

## Elementary School

Two different curriculums are used and usually taught in two 15 minute lessons a week:

- Second Step: Wellington, Butler, and Winn Brook
- Open Circle: Burbank

Both focus on the following:

- empathy
- problem solving-skills
- collaborative skills
- relationship skills
- managing emotions

## Middle/High School

Instruction on specific skills takes place primarily in health and wellness classes, although it is also included in other classes, such as when teaching students the skills necessary for effective collaboration.

# SEL Resources

## What Can You Do At Home?

- **Model empathy**, fairness, and helpfulness toward others and encourage your child to do the same.
- Ask what **ideas** your child has to **solve a problem** and help them identify pros and cons of alternative solutions.
- **Emphasize your child's strengths** before discussing what might be improved upon.
- Encourage **community service** as well as participate in service in your neighborhood together.
- **Use a list or a chart of emotions** and encourage your child to **recognize and express feelings** as they talk about their day.
- Give your child the opportunity to make **age appropriate decisions**. Start small with what to have for a meal they help prepare or what game to play in the evening before bedtime.

(<https://schoolguide.casel.org>)



## Clickable Links

### Grades K-5 Tools

- [Dinner Games](#)
- [SEL Passport Challenge](#)

### Middle/High School Tools

- [Today Parenting Guides](#)
- [SEL Supports for Stress](#)
- [Parent Teen Connect](#)

### General Tools

- [Edutopia](#)
- [Confident Parents, Confident Kids](#)
- [Learning Heroes](#)
- [Raising Caring, Respectful, and Courageous Children \(Video\)](#)
- [Today Parenting Guides](#)

### Diversity, Equity, and Inclusion Tools:

- [Embrace Race](#)
- [MA District of Education Safe Schools Program for LGBTQ+](#)
- [SEL Parent Advocacy Toolkit](#)