

Brainbridge

The Newsletter

Community Brain Injury Program for Children and Youth in BC



Special Issue –January 2016

2nd Special Edition Newsletter on: **Social Emotional Development and Learning**

This second special edition newsletter will build on the previous newsletter's introduction to social emotional development and learning (SEL) and provide some ideas for parents, caregivers, and families. The December 2015 newsletter introduced five core competencies and this newsletter will further explore self-awareness, self-management, social awareness, relationships skills, and responsible decision making on the next page. See the diagram below for an introduction to the five competencies and the next page for a more detailed description.



Social Emotional Learning (SEL)

Core Competencies

The Collaborative for Academic and Social Emotional Learning (CASEL) has identified five interrelated sets of cognitive, affective, and behavioural competencies. Below are the five definitions and on the next page you will find some ideas you can implement as a parent or caregiver in everyday life! The definitions of the five core competencies are:

- ◇ **Self-awareness:** the ability to accurately recognize one's emotions and thoughts and their influence on behaviour. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- ◇ **Self-management:** the ability to regulate one's emotions, thoughts, and behaviours effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.
- ◇ **Social awareness:** the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behaviour, and to recognize family, school, and community resources and supports.
- ◇ **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
- ◇ **Responsible decision making:** The ability to make constructive and respectful choices about personal behaviour and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

For more information please visit the CASEL website at: <http://www.casel.org/>



Collaborative for Academic, Social, and Emotional Learning

Daily SEL Opportunities

Are you looking for ways to provide opportunities to enhance your child’s social emotional development? Here are a few tips for implementing social emotional learning in your daily life.



As a parent/caregiver you can:

- ◇ Provide your child with ‘choices’: making a choice can help develop self-awareness in children
- ◇ Use the words ‘expected’ and ‘unexpected’ instead of ‘appropriate’ and ‘inappropriate’, for example: “Adam, that was unexpected when you grabbed Sam’s toy without asking.”
- ◇ Engage children in problem solving
- ◇ Use feeling words during conversations in the car
- ◇ Create a relaxing space where energy can be recouped
- ◇ Role model how you regulate your own feelings
- ◇ Engage your child in random acts of kindness

Educate the Heart

With a new year upon us we reflect on one of the Dalai Lama’s quotes, “when educating the minds of our youth, we must not forget to educate their hearts”.

This reminds us of the importance of social emotional learning as well as intellectual learning. Take a minute to watch and share this wonderful video from the Dalai Lama Centre about educating the heart:

<http://dalailamacenter.org/educate-the-heart>.



**WATCH
SHARE
EDUCATE THE HEART**

Recommended Resources

Websites

Canadian Self-Regulation Initiative: www.self-regulation.ca

Collaborative for Academic and Social Emotional Learning: www.casel.org

Lives in the Balance (Dr. Ross Greene): www.livesinthebalance.org

Social Emotional Enhancement & Development (SEED): www.bccfa-seed.org

University of British Columbia SEL Resource Finder: www.selresources.com

Curricula

Heart and Mind– Dalai Lama Centre: www.heartmindonline.org

Promoting Alternative Thinking Strategies (PATHS): www.pathstraining.com/main/curriculum

Random Acts of Kindness: www.randomactsofkindness.org

Social Thinking, Inc.: www.socialthinking.com



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