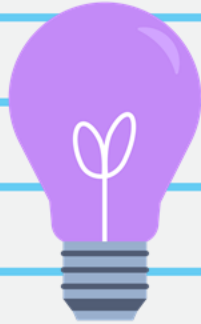


# Let's Collab!



Display this in your office/classroom, hand out to parents, or send out in your newsletter.



# 10 TIPS TO TEACH SEL AT HOME



## MODEL EMOTIONAL AWARENESS

Talk about your own feelings and how you manage them. Example: "I felt frustrated at work today, so I took a walk to calm down."



## READ BOOKS THAT TEACH SEL

Choose stories that highlight kindness, perseverance, or emotional understanding. Ask questions like, "How do you think that character felt?"



## PRACTICE ACTIVE LISTENING

Give your child full attention when they talk. Validate their feelings with phrases like, "That sounds tough" or "Tell me more."



## PROMOTE RESPONSIBILITY AT HOME

Assign age-appropriate chores and follow through. This builds accountability and a sense of contribution.



## SET MORNING ROUTINES WITH INTENTION

Create a calm, structured start to the day to reduce anxiety and teach responsibility, time management, and self-regulation.



## REFLECT ON THE DAY TOGETHER

Use dinner or bedtime to ask, "What went well today?" and "Was anything hard?" This builds emotional vocabulary and reflection.



## ROLE-PLAY SOCIAL SCENARIOS

Practice greeting new classmates, handling conflicts, or asking for help. These mini rehearsals boost confidence and empathy.



## PRACTICE GRATITUDE

Start or end the day with a gratitude moment. "What's one thing you're thankful for today?" Gratitude supports a positive mindset.



## ENCOURAGE GOAL-SETTING

Help your child set small personal or school goals (e.g., "I want to make one new friend this week"). Celebrate progress together.



## BUILD EMPATHY THROUGH VOLUNTEERING

Find small ways to serve others (donating school supplies, helping a neighbor). Doing good nurtures empathy and community awareness. © CounselorCollab

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with Laura & Ashley

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## CREDITS



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