

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

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HI FRIEND, CLICK HERE:

Let's Celebrate International SOCIAL-EMOTIONAL LEARNING DAY!

March 2nd 2026

WHAT IS SEL?

Social-Emotional Learning, often called SEL, is the process of helping students develop the skills they need to understand and manage their emotions, build healthy relationships, make responsible decisions, and handle challenges effectively. SEL supports students in areas such as self-awareness, self-control, empathy, communication, problem-solving, and resilience. These skills help children succeed not only academically, but also socially and emotionally, both in school and in everyday life. Social-Emotional Learning works alongside academics to support the whole child.

WHY IS SEL IMPORTANT?

SEL is important because it helps children develop the life skills they need to succeed both in school and beyond. While academics teach students what to think, SEL helps them learn *how* to think, how to manage emotions, and how to interact with others in healthy ways. SEL skills directly impact classroom behavior, focus, peer relationships, learning, academic achievement, and overall wellbeing. Children who can manage frustration, resolve conflicts respectfully, and cope with stress are better prepared to engage in learning and navigate challenges.

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TIPS FOR TEACHING SEL AT HOME

1. **Model healthy emotional expression.** Talk openly about your own feelings in age-appropriate ways and show how you manage them.
2. **Create space for conversations.** Set aside time to ask open-ended questions such as, "What was the best and hardest part of your day?" Regular conversations build self-awareness and trust.
3. **Teach problem-solving skills.** When conflicts arise, help your child identify the problem and brainstorm solutions.
4. **Practice empathy.** Encourage your child to consider others' perspectives, opinions, cultures, backgrounds, and feelings.

to access the digital for
Google Slides™ SEL Day Flyer.

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THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

