

## SEL-Early High School

## Typical Skills 🌓

- Distinguish real feelings from how others expect them to feel
- Understand the effect of self-talk on emotions
- Consistently express empathy for others
- Demonstrate respect for individuals from different social and cultural groupS
- Effectively collaborate with peers, adults, and others in the community to move group efforts forward
- Apply decision-making skills to establish and maintain responsible social and work relationships

## Home Connections

- Eat dinner together regularly and use this time to cultivate honest conversations about emotions and relationships.
- Practice appropriate responses to managing stress
- Share the importance of owning your decisions and the beauty of being yourSelf.

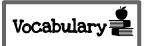


- withdrawal or lack of interest in family and friends
- Changes in eating/sleeping patterns
- Lack of enthusiasm and motivation
- Sadness, irritability, anger, fatigue or lack of energy
- Unexplained aches and pains
- Comments or writings that suggest romanticizing death

## Links & Resources 🖉

- Parent Toolkit (http://www.parenttoolkit.com/)
- CASEL: Tips for Parent (https://goo.gl/KKMCYk)
- SEL: Strategies for Parents (https://www.edutopia.org/social-emotional-learning-par ent-resources)
- 7 Habits of Highly Effective Teens (https://goo.gl/xxYuPn)

SEL-EBRATING STUDENTS IN 203



Authenticity Ownership Respect Empathy Collaboration Consistency Self-awareness Self-management Social-awareness

Priority Standards Apply strategies to overcome obstacles to goal achievement. Demonstrate respect for individuals from different social and cultural groups. Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. Siliss diysuoiselati