

## *Causeway Galveston Presents:*

### *Ideas to Promote Social Emotional Learning over Summer Break*

In order for your child to continue to strengthen their knowledge around SEL they must be given the opportunity and support to practice it. Here are a few tips on how you can help support your child over the summer.

#### **Tips for Summer Social and Emotional Learning:**

- **Visit a local library and read a book with a SEL component:** *There are lots of books to choose from where you can connect SEL. While reading and checking for understanding you can question your child about the character's actions and motivations.*
- **Create cooperative learning games that your child can play with siblings or friends:** *Games help promote skills like understanding and patience. Choose your favorite board game or card game and let the SEL fun begin!*
- **Set a goal for the summer and help your child keep track of it:** *Help your child set an age appropriate goal, academic or personal, and help them stay on track to achieve it. This practices skills of determination and frustration.*
- **Start a summer journal:** *Encourage your child to keep a journal of their thoughts and feelings over the summer. Whether they choose to draw pictures or free-write, journaling can help children keep sense of their thoughts, feelings and emotions and be able to express them in a healthy manner.*
- **Create chore lists for each week of summer break:** *Keeping a routine consistent and delegating which chores your child will be responsible for teaches responsibility and follow through.*
- **Check-in with your child's feelings:** *We all like to be checked on daily and know that someone cares. Just simply asking, "How are you doing today?", can let your child know their emotions matter to you. It also teaches them how to label their emotions and provides the opportunity to discuss how to deal with them properly and in a healthy manner.*

#### **Resources:**

- <https://www.cfchildren.org/blog/2018/06/ways-to-stay-cool-while-youre-out-of-school/>
- <https://preventchildabuse.org/resource/parenting-tip-six-suggestions-sel/>