

Parent Tips & Activities

Supporting social and emotional growth at home impacts not only the children but the entire family. When children and their families have the tools to navigate stressors, challenges, changes, and really big emotions, they are able to build more emotionally resilient families and communities. Building a common language at school that's reinforced at home allows all of us to recognize the diverse and sometimes big emotions we have, express them in healthy ways, manage them appropriately, and hold one another accountable to do the same.

In this section, I will add Parent Tip Sheets/Activities throughout the year that will help you foster your child's social emotional skills at home and reinforce the important SEL concepts being promoted in school.

[Parent Tip/Activity #1](#)

[Parent Tip/Activity #2](#)

[Parent Tip/Activity #3](#)

[Parent Tip/Activity #4](#)

[Parent Tip/Activity #5](#)