



KENTWOOD PUBLIC SCHOOLS

HELLO FAMILIES AND HAPPY FALL! LAST MONTH OUR SEL COMPETENCY WAS RESPONSIBLE DECISION MAKING. STUDENTS WORKED ON THEIR BUILDING PBIS EXPECTATIONS AND DEVELOPING SOCIAL CONTRACTS IN THEIR CLASSROOMS. EACH BUILDING WORKED TO ESTABLISH EXPECTED BEHAVIORS THROUGHOUT THE SCHOOL ENVIRONMENT. SOCIAL CONTRACTS WERE ALSO CREATED IN EACH CLASSROOM COMMUNITY. THIS IS FOR STUDENTS AND STAFF TO COLLECTIVELY DECIDE WHAT EXPECTATIONS ARE IMPORTANT FOR THEIR COMMUNITY. ALL STUDENTS ARE ASKED FOR THEIR INPUT. MANY INCLUDED BEING KIND, THE GOLDEN RULE, BEING RESPECTFUL, AND LISTENING. EVERYONE PERSON, ADULT OR STUDENT WHO PARTICIPATES IN THE CLASSROOM AGREES AND SIGNS THE CONTRACT. THIS HELPS CREATES ACCOUNTABILITY AND OWNERSHIP.

THIS MONTH'S SEL TRAIT IS PROBLEM SOLVING UNDER THE SEL COMPETENCY OF RELATIONSHIP SKILLS. HOW CAN WE PROBLEM SOLVE DURING TIMES OF CONFLICT TO HELP BUILD OUR RELATIONSHIP? THE ELEMENTARY SEL COACHES PROVIDE WEEKLY LESSONS SURROUNDING THIS.

RELATIONSHIP SKILLS SUCCESS CRITERIA

- I am able to develop relationships by resolving conflicts and communicating effectively
- I am able to work with others constructively
- I am able to demonstrate cultural competency and belonging
- I can be a leader by standing up for others and resist social pressure
- I will seek and offer support when needed

WORKING ON RELATIONSHIP SKILLS AT HOME

- **ACTIVE LISTENING** - ALLOW YOUR CHILD TO EXPRESS THEIR THOUGHTS AND FEELINGS OPENLY
- **PLAY GAMES** - THIS WILL HELP YOUR CHILD LEARN TO TAKE TURNS, COOPERATE, AND HANDLE FRUSTRATION
- **ADULTS MODEL POSITIVE BEHAVIOR** - MODEL THE TYPE OF BEHAVIOR YOU WOULD LIKE TO SEE FROM YOUR CHILD
- **BE INTENTIONAL ABOUT CONNECTING** - SET ASIDE TIME TO SPEND WITH YOUR CHILD READING, PLAYING, WATCHING MOVIES ETC.
- **ENCOURAGE HEALTHY SELF TALK** - ADULTS CAN HELP CHILDREN LEARN HELTHY SELF TALK BY TEACHING THEM POSITIVE THINGS TO SAY.

12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com Pathway 2 SUCCESS

Play board games and sports 	Go on a mindful walk outside 	Write in a journal or diary 
Practice coping skills, like mindful breathing 	Read picture books 	Practice mindful coloring 
Talk about characters' feelings in a movie 	Start an acts of kindness challenge 	Organize an area of the house together 
Write a self-compliment list 	Use conversation starters to share ideas 	Play games like "I Spy" and "Simon Says" 

Illustrated by Kate Hatfield & Sarah Reynolds

"the way we talk to our children becomes their inner voice."

- Peggy O'Mara -

