



SEL Resources for Families

SEL REFLECTIONS TO SUPPORT

RESPONSIBILITY:

SELF AWARENESS:

WHAT ABOUT THIS MAKES ME FEEL GOOD?

SELF-

MANAGEMENT: HOW CAN I SET A GOAL TO BE HELPFUL EACH DAY?

SOCIAL AWARE-

NESS: HOW MIGHT WHAT I DO HELP MY COMMUNITY?

RELATIONSHIP

SKILLS: HOW CAN I BE PART OF THE SOLUTION AND NOT PART OF THE PROBLEM?

RESPONSIBLE-

DECISION MAKING: WHAT/WHO ELSE DO I NEED TO CONSIDER?

GROWTH MINDSET:

HOW IS THIS ACTION HELPING ME TO BE A BETTER HUMAN BEING?

Online Resources for

Families :

Parenttoolkit.com

www.scusd.edu/sel

www.scusd.edu/parent-resources

www.skillsyouneed.com

WE ARE. WE BELONG. WE CAN.

“I can’t always control my thoughts, but I can choose how to respond to them.”

David Cuschieri

May SEL Theme: Responsibility

Responsibility is the ability to act independently and make decisions that benefit you and others.

We know that a fully developed brain helps us to make responsible decisions and to act responsibly. Absence of a fully developed brain, we tend to act more impulsively and with little consideration to consequences. These actions can often lead to unsafe behaviors that can be detrimental to one’s so-

cial, emotional, and physical health. Fortunately, with practice and ample opportunities, our brain can grow, activating our executive functions and helping us to make better choices that are safe and healthy for all.

Responsibility



I know that I am capable to help myself and others.

Practicing Responsibility at Home!

- Role/play or talk about different ways to solve problems both in school and outside of school.
- Daily chores will reinforce the idea that they have a responsibility to self and others.
- Daily Check-ins: “what is one thing you did today without being told or reminded?”