

# SOCIAL EMOTIONAL LEARNING (SEL)

**In a Very Technical World by Nicki Haynes**

HELPING CHILDREN RECOGNIZE  
EMOTIONS IN A TECHNICAL WORLD WHERE  
EMOTION IS EITHER FALSE OR  
NON-EXISTENT

## WHAT CAN PARENTS DO TO HELP WITH SOCIAL/EMOTIONAL LEARNING AT HOME?

In these uncertain times, as situations and closings are changing by the moment, it is important to be aware of our emotions and their effect on those around us.

What can parents do to help students with their social/emotional well being? Why not ask...

**YES, BUT HOW DOES THAT**

**MAKE YOU FEEL?**



Asking how your child FEELS is a powerful tool. Cliche' maybe. But cliche' for a reason, because it works.

Asking -- **How does that make you FEEL?**

OR

- You should be proud of yourself? (positive emotion)
- You seem sad, do you need to talk to someone?
- I see you're angry, can you tell me why?

By asking or making these statements, you are bringing your child out of the superficial world and back to themselves as an individual.

Feelings are very personal and completely individual. No two people will react to stimuli with the same strength or weakness of emotion or even the same emotion.

By allowing them to rate their own emotion, you are helping them learn about themselves and appreciate who they are while recognizing the differences in others. This will promote healthy self-esteem and respect for others.

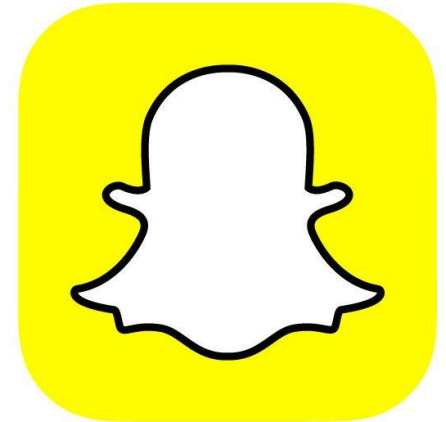
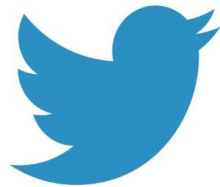
# MR. ROGERS

This gentleman was most of our social/emotional teacher. Our children have a different kind of SEL teacher...



# SOCIAL MEDIA

Whether it be with **Selfies**, that only show what someone wants you to see or with **Influencers** who show them how they live their lives, social media can play a negative role in the emotional growth of our children.



PARENTS CAN PLAY A BIGGER ROLE THAN SOCIAL MEDIA WITH THEIR CHILD'S SOCIAL/EMOTIONAL HEALTH.

I suggest talking with your children about how you are feeling in our current situation and encouraging them to express how they are feeling.

You can use a feeling chart to help the conversation along.





# FEELING WORDS LIST

## STRONG

Sure  
Certain  
Unique  
Dynamic  
Secure  
Empowered  
Ambitious  
Powerful  
Confident  
Determined

## SAD

Depressed  
Desperate  
Dejected  
Heavy  
Crushed  
Disgusted  
Upset  
Hateful  
Sorrowful  
Frustrated

## CONFUSION

Uncertain  
Upset  
Doubtful  
Uncertain  
Indecisive  
Embarrassed  
Hesitant  
Lost  
Unsure  
Tense

## HAPPY



Amused  
Delighted  
Glad  
Pleased  
Charmed  
Grateful  
Optimistic  
Content  
Joyful  
Loving

## ANGER

Annoyed  
Agitated  
Irritated  
Mad  
Critical  
Resentful  
Disgusted  
Outraged  
Furious  
Bitter

## ENERGIZED

Determined  
Inspired  
Creative  
Healthy  
Renewed  
Vibrant  
Strengthened  
Motivated  
Invigorated  
Refreshed



## PANIC

Mixed up  
Unsure  
Stuck  
Hurt  
Frozen  
Desperate  
Anxious  
Troubled  
Uncomfortable  
Stunned

## HURT

Let down  
Tender  
Wounded  
Impaired  
Damaged  
Criticized  
Abused  
Crushed  
Punished  
Rejected

AS A BONUS...

Just think about the wonderful vocabularies they will be developing for more expressive conversation and writings.

Stay Healthy,

Nicki Haynes

School Counselor HxMS