

Useful Resources for Parents:

## Social and Emotional Learning

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Social and emotional learning (SEL) refers to the process by which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to do the following: understand and manage emotions; set and achieve positive goals; feel and show empathy for others; and make responsible decisions. Students in SEL programs are more likely to attend school and receive better grades, and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities.

The New Jersey Department of Education has been promoting social and emotional learning to enhance the building of positive school climates and the healthy development of young people.

### Social and Emotional Learning Resources in New Jersey for Families

<http://www.state.nj.us/education/students/safety/sandp/sel/>

“Edutopia” is an online blog as a part of George Lucas’ Educational Foundation. Dr. Maurice Elias along with other psychologists, educators and researchers contribute to the contents on the website.

The following are some useful articles that might be helpful to parents that are published on “Edutopia”

“Why It’s Imperative to Teach Empathy to Boys” <https://ww2.kqed.org/mindshift/2014/06/25/why-its-imperative-to-teach-empathy-to-boys/>

“Playing Nicely With Others: Why Schools Teach Social Emotional Learning”  
<https://parenting.blogs.nytimes.com/2014/12/04/playing-nicely-with-others-why-schools-teach-social-emotional-learning/>

“Schools, Families and Social Emotional Learning. Ideas and Tools for Working with Parents and Families”  
<http://static1.squarespace.com/static/513f79f9e4b05ce7b70e9673/t/526a24bee4b015cba634391d/1382687934104/schools-families-and-social-and-emotional-learning.pdf>

Additionally, here is a link to the home page of the website: <https://www.edutopia.org/>

Character Education Network Resources <http://charactered.net/parent/parentresources.asp>

Also, recommended by Dr. Elias: Reading Rainbow as an at-home parent resource to watch with children. Videos available on YouTube.