

# Cathedral Elementary School Counseling

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## Social Emotional Learning at Home

Social and emotional learning, often known as SEL, is the process that helps kids learn critical skills, attitudes, and mindsets for social and emotional success. SEL covers everything from building confidence and managing emotions to making friends and understanding ethical decision-making skills. These are truly the foundational skills that help kids to be successful in and out of school.

During our guidance lessons this year we have practiced using SEL activities to help us become better learners, manage our emotions, build friendships and solve problems. With summer fast approaching I thought it might be a good time to share some SEL activities that families might want to try at home! Here are just a few!

### Gardening

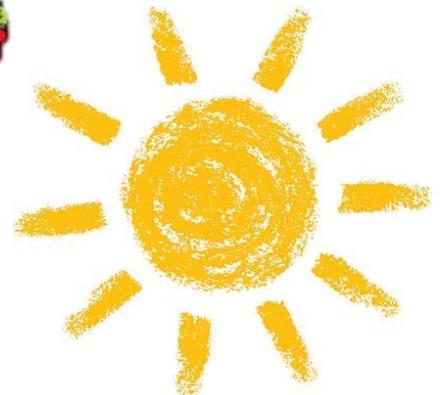
Gardening takes **hard work, patience and perseverance.**

Working together, tending gardens and growing food, in particular, yield remarkable benefits. These include improvements in **self-esteem, teamwork, social interaction, planning, problem solving and coping skills**, as well as a passion for gardening that may continue throughout life.



### Sidewalk Chalk Messages

Grab some sidewalk chalk on a nice day and write thoughtful messages. This activity lends itself to promoting **kindness, empathy, and compassion** for others. If you're not sure what to write, spend some time looking up positive and kind quotes before you head out.



## Go Fishing!

Fishing is an excellent activity that builds **self-control**, **patience**, and **perseverance**. It's also a great way to spend some quiet time with kids and practice **conversation skills**! Give plenty of time for back and forth discussion to provide practice with **turn-taking**, **active listening**, and **empathy**. All the while, you will be developing **relationship skills** as well!

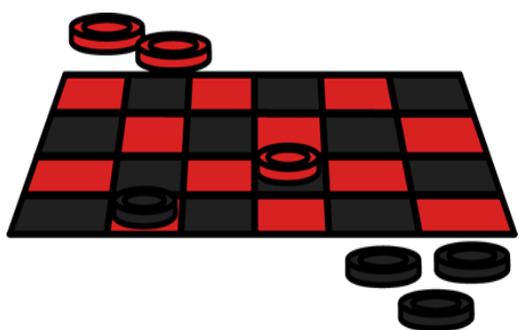


## Tidying Up/ Picking Up Trash

Cleaning up after ourselves is a critical **self-management** and **organizational** skill that we all need in our daily lives.

Taking care of the environment can also promote **responsibility** and **respect** for the world around us. It can encourage discussion about **responsible decision-making** and learning that our choices impact those around us.

During the clean-up process, discuss that even though you didn't leave the trash, it is part of our collective responsibility as humans to help clean up. Of course, this also fosters **compassion** and **care** for the environment.



## Board Games

Playing board games with your child is an excellent way to work on **self-control**. Board games teach **turn-taking** and can help children learn how to process **disappointment** or **anger** and how to lose or fail gracefully.

## Play Ball!

Kickball, or really any sport, is an ideal activity to work on **sportsmanship**, **fairness**, and **perseverance**, to name a few skills.



**God Bless you and your family and  
I hope that you all have a very safe and happy summer!**