



A Program of Lions Clubs International Foundation

SEL at HOME: Learning Together

Tips and Best Practices

There are specific and impactful ways that parents and caring adults can teach, model, and reinforce children's social and emotional skills.



Self-Awareness

These are the skills of identifying and expressing our emotions, thoughts, and values. Here are a couple of simple ways we can learn these skills together with our children through effective modeling and reinforcement:

- **ASK CHILDREN THE KEY QUESTION: HOW ARE YOU FEELING?** and really listen deeply to what they say with kindness and curiosity.
- **PARAPHRASE AND REFLECT BACK TO THEM WHAT YOU ARE HEARING** with feeling words that increase the feeling vocabulary.
- **MODEL RESPONDING WITH FEELING WORDS** yourself. You can help your children respond with feeling words if you use them frequently yourself.
- **BE A SAFE HAVEN** where children can try out many different feeling words by responding with kindness and without judgment.



Self-Management

Many researchers believe this is the most important SEL skill because to function healthfully in life, we need to be able to pause, reflect, focus, concentrate, put aside distractions, delay gratification, prioritize, and choose what we will pay attention to. Here are a couple of social and emotional skills we can learn together with our children:

- **PRACTICE THE PAUSE** Teach children to stop, take a few deep breaths, and soothe themselves before speaking or taking action.
- **SOOTHE OURSELVES** All of us need ways to calm down and center ourselves when life gets stressful. Modeling and sharing ways to soothe ourselves can be a wonderful bonding experience.

Lions Quest is a social and emotional learning program of Lions Clubs International Foundation.

THE COMPLETE SEL AT HOME VIDEO SERIES

Click [here](#) or scan QR code to access the videos.





Social Awareness

These are the skills of empathy and understanding of different cultures, family structures, and belief systems. Practice empathy skills with children in the following ways:

- TALK ABOUT HOW OTHERS IN THEIR LIVES MIGHT BE FEELING and about our impact on others and their feelings.
- DISCUSS MORE DIFFICULT ISSUES IN OUR SOCIETY that require us to examine our biases and prejudices and look for ways to appreciate and support our rich diversity.



Relationship Skills

These are the skills to build healthy relationships, which are the cornerstone of our children's sense of well-being. Here are two skills we can practice together at home:

- MODEL BEING A REALLY GOOD LISTENER by giving your children your full attention, accepting what they say with curiosity and kindness, and asking questions to learn more and show interest.
- TALK ABOUT HOW LISTENING SKILLS CAN HELP SOLVE CONFLICTS by hearing each other out. Model asking questions and seeking a common solution.



Responsible Decision-Making

These are the skills that help children make wise choices for themselves.

- MODEL PAUSING AND ASKING QUESTIONS ABOUT MAKING A DECISION *Is it Kind? Helpful? Necessary? Would my parents or caregivers approve?*

The best way to learn SEL skills is together by modeling, practicing, and reinforcing them. When parents and caring adults model these skills, children begin to use SEL skills more consistently. Practicing these techniques at home helps deepen the family relationships that help young people make wise choices with love and support, and prepares them for success at home, school, work, and in life.

Family Engagement

Research shows that family engagement in social and emotional learning programs such as Lions Quest is closely related to the development of positive social skills and healthy behaviors in young people. Meaningful family involvement has also been shown to reduce many unhealthy, negative, and anti-social behaviors like drug use and bullying. Lions Quest provides educational resources that help parents and caring adults promote and support the development of social and emotional intelligence skills at home.



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We hope you and your family enjoy these Lions Quest *SEL at Home* resources. For more information on school and family resources from the Lions Quest Social and Emotional Learning program, visit our website at www.LionsQuest.org.