

RUNNEMEDE SCHOOL DISTRICT

SOCIAL-EMOTIONAL LEARNING NEWSLETTER

FEBRUARY 2025



WHAT IS SOCIAL-EMOTIONAL LEARNING?

Social-Emotional Learning (SEL) is the process of developing the self awareness, self control, and relationship skills that are vital for school, work, and life success.

Check out CASEL's SEL framework that focuses on 5 specific competencies.



TRY THIS AT HOME

As mentioned in our January newsletter, using stuffed animals is a great way to practice our SEL skills.

"Practice what you preach" and show your child that you can be an active listener, show gratitude, and have healthy friendships. Setting up playdates and allowing your child to play without hovering over and controlling the situation has many benefits.

FOCUS OF THE MONTH

Relationship Skills: The ability to establish and maintain healthy and supportive relationships. This includes teamwork, resolving conflicts, and communicating effectively.



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HELPFUL RESOURCES



Helping your child develop relationship skills can be taught through the **bucket filling philosophy**.

Bucket Filler: A person who is kind, caring, and respectful. We feel good when we are around bucket fillers

Bucket Dipper: A person who is disrespectful, unkind, and make hurtful comments

For example, when you see your child being kind you can say, "Thank you so much for being a bucket filler. I feel great!" Using the two terms helps children recognize their emotions and will help build positive, healthy relationships.

Check out some of these [activities](#) that you can do with your child at home.