

RUNNEMEDE SCHOOL DISTRICT SOCIAL-EMOTIONAL LEARNING NEWSLETTER

MARCH 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

Here are a few ways you can teach self-awareness to your child:

Set a positive example

Let them try new skills and activities

Talk about challenges they face (without solving them for them)

Provide opportunities for them to be independent

Something as simple as letting them empty the dishwasher can lead to more self-awareness.



FOCUS OF THE MONTH

Self Awareness:

The ability to understand your own thoughts, feelings, and actions.



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HELPFUL RESOURCES



Check out these activities that you can do at home. Some may be advanced for pre-k, however it will give you a starting point for a conversation.

They were worth sharing.

Don't forget about checking to see what zone your child is in. Using emojis is an easy way to identify how they feel.

