Social Emotional Learning

SEL 101: What are the core competencies and key settings?
CASEL



Watch on

Post Helene Recovery Resources for Families

Tips for Survivors of a Disaster from SAMHSA (chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://store.samhsa.gov/sites/default/fil 4776.pdf)

When Terrible Things Happen: What You May Experience (chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.nctsn.org/sites/default/files/ (chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.nctsn.org/sites/default/files/

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Please reach out to the school counselor or social worker at your child's school for support options for your family.



Schedule less. Resist the urge to cram a few more summer events into the schedule.

Plan for **earlier bed times**, even for your teens. The body needs sleep to function properly and times of stress bring a need for more sleep.

Make **time to talk** with each other. What are you excited about? What are you unsure about? Worried about? What are you hoping for?

Spend time together. Carve out a few minutes a day to talk about their day. Talking out and reflecting on events helps students make better choices and feel supported.

Contact Us

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English

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