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CORWIN

Please enjoy this complimentary excerpt from *The Distance Learning Playbook for Parents*. This section will arm you with insights to deepen your knowledge of social and emotional development and emotional regulation for yourself and your learner.

LEARN MORE about this title, including Features, Table of Contents and Reviews.



SOCIAL EMOTIONAL LEARNING IS NOT JUST SOFT SKILLS

What is it?

When you opened *The Distance Learning Playbook for Parents*, you read about the ideas that set the foundations for this book. In this section, we will build from this foundation to deepen your knowledge of social and emotional learning and emotional regulation for your own benefit and support the young person in your care to increase their emotional intelligence and social skills. Now, they have never been more important and simultaneously more challenging to maintain.

Schools provide instruction in various content areas and disciplines, but the real magic is how they socialize children. Ideally, they provide a safe place to practice social skills, receive coaching on those skills, and help children develop a sense of responsibility to and for others. As noted in the opening letter, employers want to hire people who can work together in productive ways and require that they have the underlying social skills to make that happen.

Many schools have social and emotional learning programs integrated into their curricula to teach students *the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions*. These skills, combined with a young person's ability to understand and regulate their emotions, have always been critical to navigating school, but will be even more essential in the current educational environment.

Why is it important?

Having a sense of belonging is key to a young person's physical, psychological, and emotional well-being. Student orientations, spirit weeks, community service, school assemblies, affinity groups, school colors, and mascots are just a few examples of what schools have done to create this feeling of belonging.

»» Why is it important in distance learning?

This year, schools will do their best to fill the void created in distance learning, but they will need your help. Moreover, young people have an opportunity to contribute to this effort in a way they never have before. From their online classes to extracurricular activities, student government, political advocacy, and countless other opportunities, how students participate will directly impact their sense of belonging and in the best of cases build a sense of community alongside their school peers.

 **Take action**

- ➔ Encourage your child to join a new extracurricular activity—one that maybe they never had time to do before or is completely new to them.
- ➔ Ask your child to inventory the extracurricular activities they enjoyed the most in the past and encourage them to continue participating in the one in which they felt most connected to other people.
- ➔ With your child, choose a way for your family to support the school, especially the staff and faculty. Even the smallest gesture helps the school village to be stronger and the people within it to feel cared for.