

SEL Resources for Parents

SEL for Parents

<https://youtu.be/y2d0da6BZWA> (8:31)

An informational video by CASEL and Chicago Public Schools for parents on social and emotional learning (SEL). The video aims to inform parents on SEL in schools and provide them with insights on SEL in their own parenting practices in order to support their children's social and emotional know-how.

A Parent's Resource Guide to Social and Emotional Learning

A curated list of articles and videos for parents about fostering skills like kindness, empathy, resilience, perseverance, and focus in children

<https://www.edutopia.org/SEL-parents-resources>

- Cultivating Kindness and Compassion in Children
- Why It's Imperative to Teach Empathy to Boys
- Raising Kind Kids
- Raising Caring, Respectful, and Courageous Children
- Five-Minute Film Festival: Nine Videos on Kindness, Empathy, and Connection
- Carol Dweck on the Power of "Yet"
- Resilience Guide for Parents & Teachers
- And more!

SEL Top 10 Books for Parents

<https://casel.org/in-the-home-3/books/>

A curated list of 10 books to assist parents in helping their children thrive.

Confident Parents, Confident Kids

<https://confidentparentsconfidentkids.org/about-the-blog/>

This site is dedicated to offering simple, practical ideas for incorporating social and emotional skill development into everyday life. This site is focused on skills promotion and prevention, not on problems. Problems will be addressed but in a way that uses the situation as a "teachable moment" for the child and the whole family. In short, suggestions are meant to be used right away and easily to support you in optimizing your child's social and emotional learning AND your family's connectedness.

Parent Toolkit

<http://www.parenttoolkit.com/>

Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Learn and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Healthy, successful children can excel in many areas – in the classroom, on the court, and in their relationships with peers and adults.

University of Illinois: SEL Parent Resources

<https://sel.lab.uic.edu/parent-resources/>

A great curated list of SEL resources for parents

The Great Kindness Challenge January 2020

<https://thegreatkindnesschallenge.com/familyedition/>

The Great Kindness Challenge is a proactive and positive bullying prevention initiative that improves family climate and increases youth engagement. The Great Kindness Challenge is one week devoted to performing as many acts of kindness as possible. Using the provided checklist of 50 kind acts, youth accept the challenge and show the world that KINDNESS MATTERS!

