

VIRTUAL SOCIAL-EMOTIONAL LEARNING

SCHOOL COUNSELING RESOURCES FOR STUDENTS AND FAMILIES

Your children/students watch and learn from what you do and say. They will parrot and model the same behaviors you use in dealing with stress, conflict, relationships, and daily tasks.

CASEL (Collaborative for Academic and Social-Emotional Learning) suggests the five SEL (Social-Emotional Learning) competencies: self-awareness, self-management, responsible decision-making, relationship skills and social awareness should be taught intentionally in both content and practice.

School Counselors are currently looking for ways to provide a positive SEL culture and climate through virtual means. While there is great value in the explicit instruction of SEL skills, there is equal value in providing students and families resources focused on social-emotional learning as a wraparound support. Providing SEL supports to families, school counselors are helping to broaden real-world experiences for students to put social-emotional skills into practice. Now more than ever, it is vital that school counselors assist in extending social-emotional learning into the homes of their students.

It is all about “relationships” and connecting with your students and families and helping them connect with each other. Empowering parents to address SEL at home will help them use life’s daily opportunities to help their child grow.



RESOURCES

[How to Support Learning At Home](#)

Parents, families and home guardians play a critical role in learning at home. Because no two families are alike, families can support their children in a variety of ways

[Social-Emotional Development Parent Toolkit](#)

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.

[Social and Emotional Learning Educator Toolkit](#)

Implementing SEL and teaching character aren't without challenges or debates. There's a lack of consensus about how we measure SEL skills (and whether we should or even can), how technology fits into SEL instruction, and whether you can truly "teach" character. A few things are clear, however: SEL is important, teachers value it, and digital technology is part of our lives.

[Confident Parents Confident Kids](#)

A site for parents actively supporting kids' social and emotional development

[Helping Children Cope with Changes](#)

NASP Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Most schools, places of public gathering, and nonessential businesses are closed, and parents and other caregivers are faced with helping their families adjust to the new normal. This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better.

[CASEL SEL 101 Informational Video for Parents](#)

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 needs.

[National PTA Resources](#)

Social Emotional Support, Learning At Home, Healthy Habits, FAQs

[Second Step Resources for Educators and Families](#)

Activities freely available online adaptable for remote learning or for families to do at home with their children. Social-Emotional Passport, The Imagine Neighborhood, and Mind Yeti.

[ASCA American School Counselor Association](#)

Covid-19 Updates and Resources

[MSCA Missouri School Counselor Association](#)

Covid-19 Updates and Resources

[Missouri School Counselor Supports Facebook Community and Discussion Board-](#)

THANK YOU to MSCA Governing Board for providing this forum for Missouri School Counselors to work together in compiling resources to best support the needs of Missouri students.

This forum contains a centralized Virtual School Counseling Resource Guide and is a great way to stay connected to your colleagues.

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