

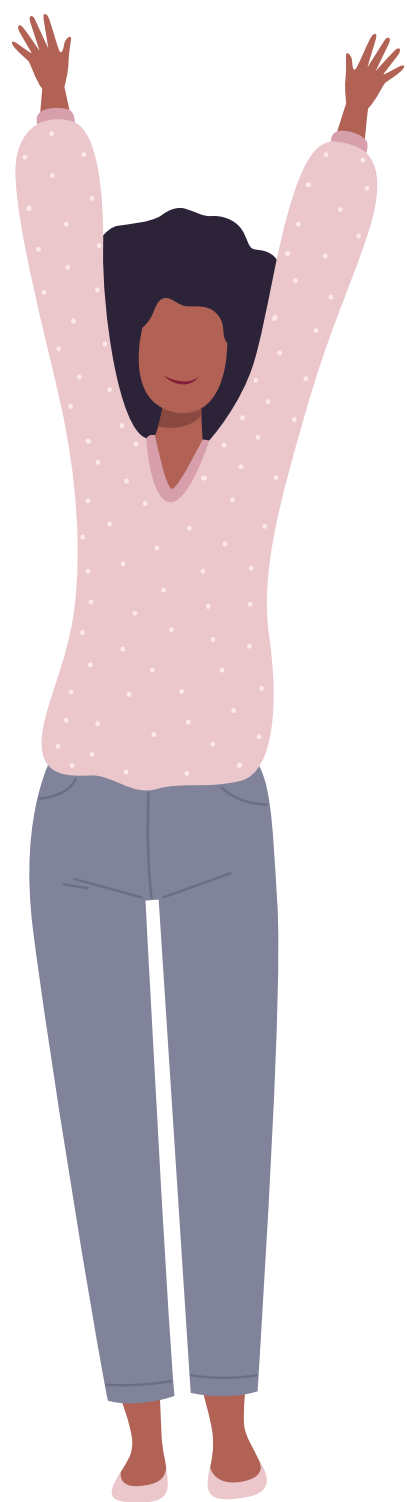


SEL
DALLAS

10 WAYS PARENTS CAN BRING SOCIAL- EMOTIONAL LEARNING HOME



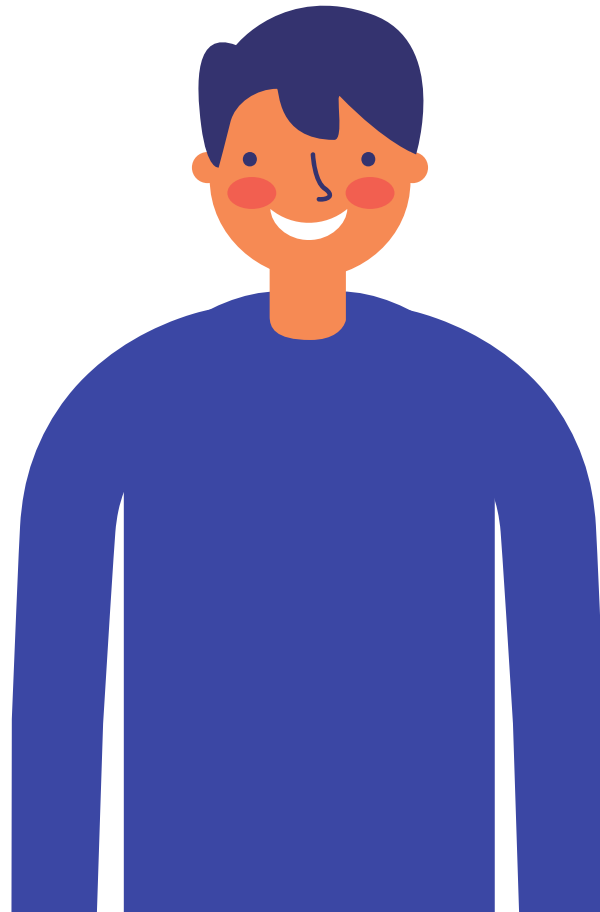
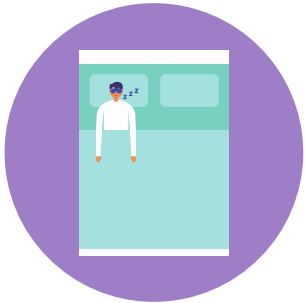
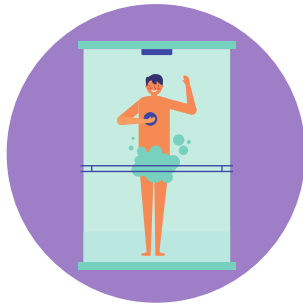
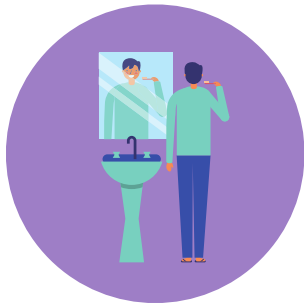
#1



**TAKE CARE OF
YOURSELF, EVEN
WHEN IT FEELS
LIKE THE LAST
THING YOU CAN
DO RIGHT NOW.**

#2

ESTABLISH
ROUTINES AND
INTENTIONALITY.



#3

**PRESENCE IS NOT
THE SAME AS
BEING PRESENT.**



#4

COMMIT ACTS
OF SERVICE
OR KINDNESS
FOR OTHERS.



#5

ENGAGE IN CREATIVITY TOGETHER.



#6

**CELEBRATE
WHAT YOU CAN.**



#7

PRACTICE ACTIVE LISTENING .



#8

HELP YOUR
CHILD EXPRESS
AND NAME
EMOTIONS.



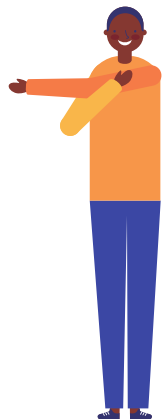
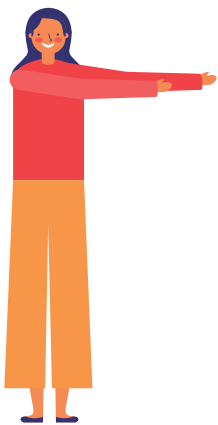
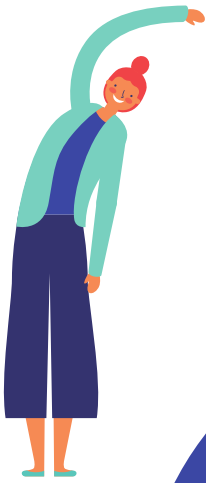
#9

PRACTICE
SOCIAL
EMOTIONAL
LEARNING DAILY.



#10

TRANSITION MINDFULLY.



EDSURGE 04-2020