

SEL at Parkside

What is SEL?

SEL stands for *Social and Emotional Learning*. It is the process through which we understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Why teach SEL?

Today's students are more complex than ever, and their school and home prior learning experiences are more diverse than ever. A coordinated SEL framework will enhance academic work and ensure home/school partnership for supporting students in all areas of their lives.



Morning Circles

Each class will have a morning community building circle every day! These circles are a great way for students to build relationships and empathy. Student will develop social skill and awareness as they share with and listen to their classmates. Circles are also a great space for children to learn great problem solving skills!

Executive Functioning

The mental skills we learn that help us focus attention, remember instructions, and juggle multiple tasks simultaneously. Students will be learning skills to help get them organized and stay organized. They will also learn how to develop plans to complete tasks.

Zones of Regulation

Zones of Regulation help students identify how they feel, and work to make their mind and body ready to learn. There are four zones and emotions that are associated with them. When a child knows which zone they are in, they can use their toolbox to get them back to the green zone.