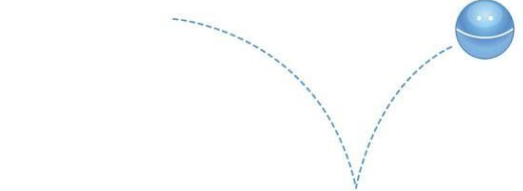


## Social Emotional Learning Resources for Secondary Families (Lesson #4)

Plano ISD would like to provide parents with strategies and tips to support their child's social emotional development at home. These social and emotional skills are essential for navigating through today's current events and for meeting life's challenges in the future.

### ④ BOUNCING BACK FROM SETBACKS



- **Cultivate curiosity & interest in what you're learning.**
- **Increase your effort; don't underestimate your ability.**
- **Learn from failure, and apply its lessons.**
- **Talk to yourself to guide your learning.**  
(“I'm not great at this YET, but I can get better with effort.”)
- **Learn from role models and mentors.**

ACTION	REFLECTION
<ul style="list-style-type: none"> <li>→ If students do poorly on a test, use it as a teachable or re-teachable moment for future test prep and performance. Ask open-ended questions that point to the relationship between <u>effort</u> and <u>outcome</u>.</li> </ul>	<ul style="list-style-type: none"> <li>→ After poor test performance, ask:                             <ul style="list-style-type: none"> <li>- On a scale of 1 to 5, how hard did you study for this test? (5 = really hard/best effort, 1 = not much at all)</li> <li>- Raise your hand if you made time to study with someone else. Raise your hand if you started studying at least five days before the test. Raise your hand if you made flashcards. Which of these strategies do you think could help you do better next time?</li> <li>- Partner with someone to talk about what you could do to improve your study habits.</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ Reinforce language that encourages improvement with effort (e.g., “You might not be good at this yet, but with effort you can improve.”)</li> </ul>	<ul style="list-style-type: none"> <li>→ When a student experiences a setback, empathize with his/her disappointment and ask:                             <ul style="list-style-type: none"> <li>- If you could do it again, what would you do differently?</li> <li>- What are additional ways you could practice and prepare for next time?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ Use the “egg” and “ball” analogy from School-Connect Lesson 1.16.</li> </ul>	<ul style="list-style-type: none"> <li>→ When faced with a setback, ask students:                             <ul style="list-style-type: none"> <li>- If you broke like an egg, what would you do? What would you say? How would you feel?</li> <li>- If you bounced like a ball, what would you do? What would you say? How would you feel?</li> </ul> </li> </ul>

### SEL Essentials for Parents

Help coach your children through setbacks with the egg/ball analogy. When faced with a challenge, ask them how they could bounce back like a ball rather than break like an egg.

Help family members see failure as a learning opportunity, not as reflection as them as people. Point out potential for growth in a failed attempt, and commend them for their effort.