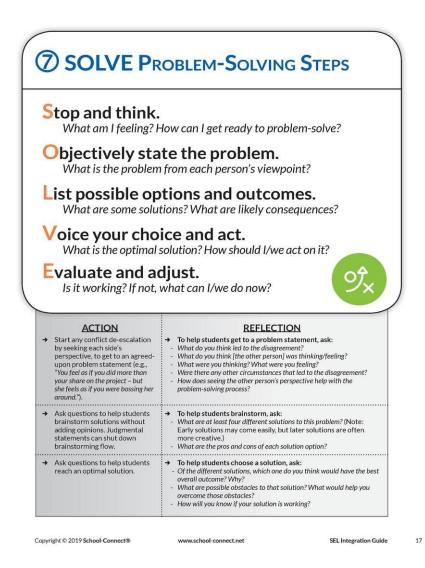
## Social Emotional Learning Resources for Secondary Families (Lesson #5)

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.



## **SEL Essentials for Parents**

Each time there is a big decision to make or problem to solve, take the time to go through the SOLVE steps as a family.

When reading a story in which a difficult situation arises or reflecting on a memory of a problem, ask your children to think about what steps were done well and what steps could have been done better. Ask them to think about how the results would have been different if those involved had used the problem-solving steps more effectively.