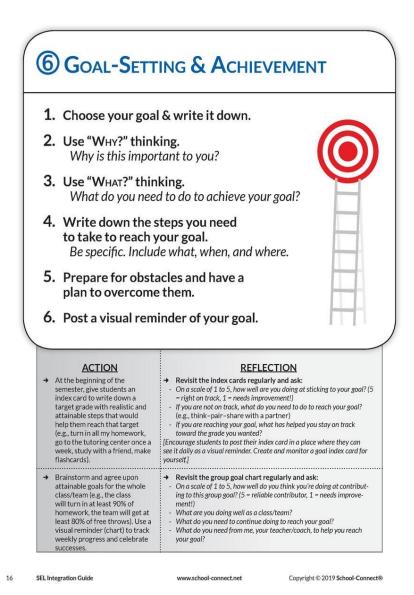
## Social Emotional Learning Resources for Secondary Families (Week #6)

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**

Encourage your children to use the goal-setting steps to set personal goals (ex. health, academics, learning a new skill, sports, or other interests). In order to retain focus and avoid fatigue and depletion of self-control, it is best not to encourage goal-setting in multiple areas at the same time.

Most importantly, model setting and attaining goals yourself so that your family learns by example.