

Social Emotional Learning Resources for Secondary Families (Week #2)

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.

② COLLABORATING EFFECTIVELY

- **Provide equal opportunities to speak.**
- **Presume positive intent.**
- **Be open-minded to the opinions of others.**
- **Speak your truth.**
- **Disagree without being disagreeable.**
(E.g., watch tone of voice and word choice, address issue without attacking the person, use active listening, manage emotions, propose a compromise.)



<u>ACTION</u>	<u>REFLECTION</u>
<ul style="list-style-type: none"> → Before starting a group activity, ask students how they will define roles, responsibilities, and goals and plan timelines. Allow class time for each of these. 	<ul style="list-style-type: none"> → After group activities, use Appendix B and ask students: <ul style="list-style-type: none"> - How did defining roles, responsibilities, and goals and planning timelines affect your team efforts? - On a scale of 1 to 5, how well did your team do at sticking to your initial plan? - What did your team do well? What could you do better next time?
<ul style="list-style-type: none"> → Before collaborative activities, if applicable, ask open-ended questions to review component #5 (disagreeing without being disagreeable). 	<ul style="list-style-type: none"> → After group collaboration, ask: <ul style="list-style-type: none"> - On a scale of 1 to 5, how well did your group do at disagreeing without being disagreeable? (5 = awesome, 1 = definitely needs improvement) - What went well, and what could have been better?
<ul style="list-style-type: none"> → Before group activities, ask how they will ensure equal participation so the workload is equally distributed. 	<ul style="list-style-type: none"> → After group activities, have all students stand up and ask: <ul style="list-style-type: none"> - How well did you do at equal participation? If you think you should have put in more time and effort, take a step forward. If you think you should have put in less time and effort, take a step back. Talk with your group about how to improve on equal participation next time.

* See Appendix B : Collaborating Effectively Reflection/Application

SEL Essentials for Parents:

When engaging in collaborative activities as a family (ex. Chores, trips, scheduling), model and reinforce the importance of presuming positive intent (presuming the best intentions on the part of others) and disagreeing without being disagreeable.

When discussing ideas, encourage family members to keep an open mind and hear each person out, rather than immediately challenging or ignoring one another's ideas.