



The Family Support Services Advisory Council is hosting a series of virtual events this fall! Topics include trauma informed yoga, elopement, accessing behavior supports, and advocacy across settings.

Click below for details.
<https://starbridgeinc.org/events>

The Collaborative for Academic, Social, and Emotional Learning (CASEL) website is a great place to learn more about SEL. Click below to see CASEL's parent resources.

<https://casel.org/parent-resources/>

Social-Emotional Learning: What Is It and Why Is It Important?

Social-emotional learning (SEL) is the teaching and development of skills related to (1) the way we interact with one another (social) and (2) the way we manage our thoughts and feelings (emotional).

The development of **social-emotional** skills can be especially challenging for individuals with a diagnosed intellectual or developmental disability. Some of these challenges may include: difficulty comprehending non-verbal communication, understanding and adhering to social norms, recognizing the emotional responses of others, or relating to another person's perspective. During COVID-19, every child has had decreased involvement in situations in where **social-emotional** skills may be observed, learned, and developed. In children already faced with social-emotional difficulties, the challenge can be magnified.

Social-emotional learning is beneficial in helping individuals to develop healthy relationships, build problem solving skills, manage emotional responses, establish coping skills, enhance empathy, and resolve conflict. These learning components, and many others, are crucial aspects of healthy development which can lead to improved outcomes later in life.

Five Components of Social-Emotional Learning

- **Self-Awareness:** recognize how thoughts and emotions impact behavior
- **Self-Management:** ability to regulate thoughts, emotions, and behavior
- **Social Awareness:** gain perspective and empathize with others
- **Relationships:** build and maintain healthy relationships with others
- **Decision Making:** make responsible decisions with an understanding of the consequences for self and others

Research on Social-Emotional Learning Outcomes

School districts that implemented a social-emotional learning curriculum found the following benefits to students *Data obtained from CASEL website: <https://casel.org/impact/>*

- 27% academic improvement
- 57% developed or enhanced skills
- 24% improved social skills and had decreased stress levels
- 22% fewer issues with conduct/behavior

Upcoming Events

Date/Time	Topic	Link
Thursday 9/24 @ 8am	Creating Structure & Routine at Home with Hybrid-Model Schooling	https://tinyurl.com/y4nmheww
Thursday 10/1 @ 8am	Help! My Child Won't Wear a Mask!	https://zoom.us/meeting/register/tJMsfypqD8oEtDbTxMwJZp0VB1P8rxUwdPH
Saturday 10/10 @ 10am	Speak Up! Skills for Effective Advocacy & How to Prepare for Meetings	https://attendee.gotowebinar.com/register/4654136372361809676

