

# SEL Strategies to Help Students Navigate Hard Moments in School and at Home





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# What We're Going to Discuss

1. What's happening in the brain and body when students, families, and staff experience stress
2. The effect of this response on learning and daily functioning
3. Strategies to promote student self-regulation in school and at home
4. Ways to integrate self-regulation strategies as part of a culture of care in school
5. How to encourage students and families to practice regulation strategies at home

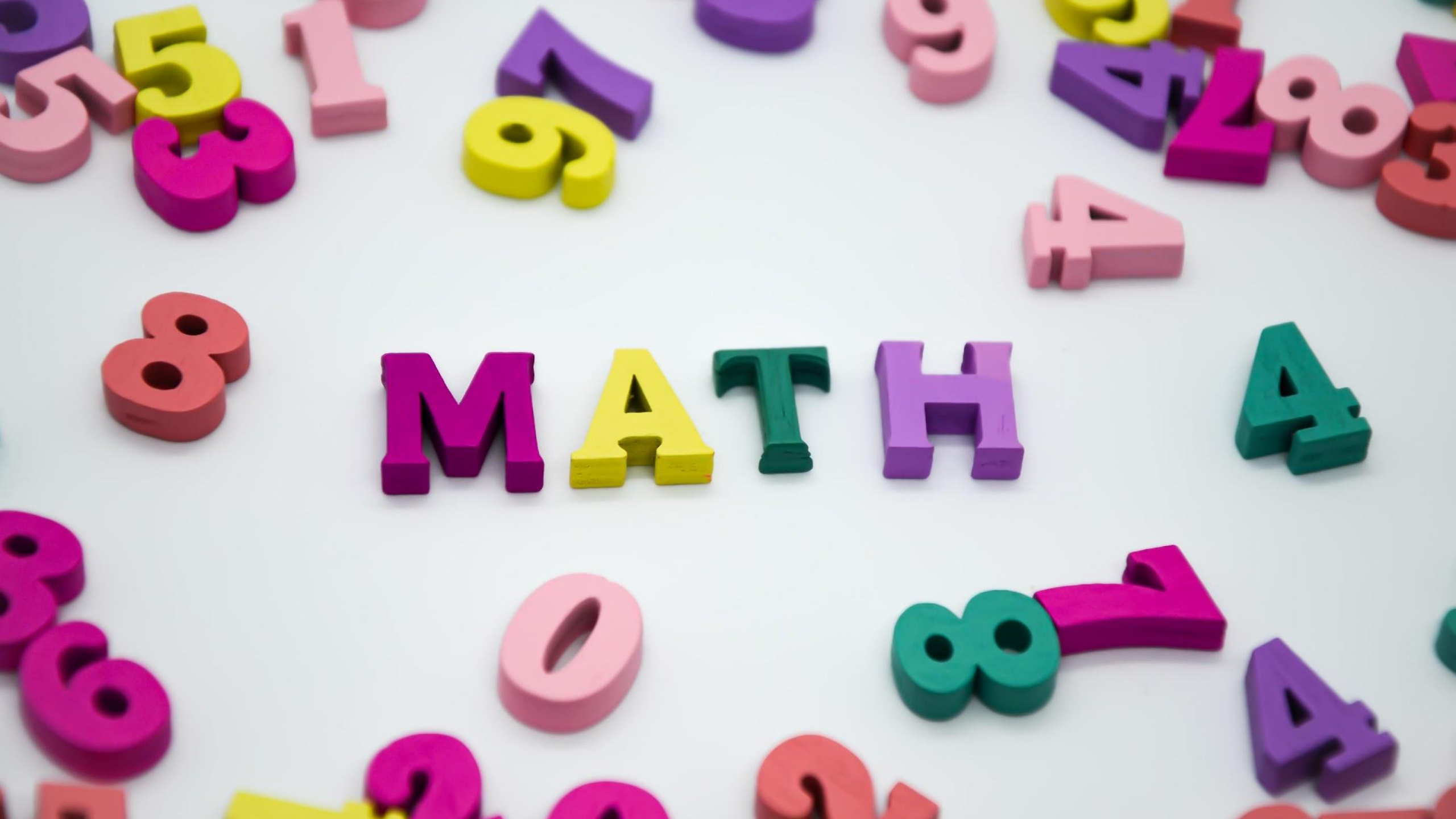




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Let's Take  
a Moment ...



MATH





What is happening for a child or an adult when they are activated and what effect does this have on learning and processing?



What are clues that educators and families might observe that indicate a child needs support in regulating?



What are strategies an educator or parent might use to support a child in navigating out of this stress response?







What can educators and families do to help kids feel comfortable sharing how they are feeling?



What are things that schools can do to extend that culture of care to staff?





# Key Takeaways

## #1



When children are activated by stress, it can be hard for them to concentrate, process information, and connect with others.

**Bottom line:** Stress can make it hard for students to learn and participate in the class community.

# Key Takeaways

## #2



*What are the signs that a student may be experiencing traumatic stress?*

When educators can answer this question for each child in their classroom, it becomes easier to respond when a child becomes activated and even notice and respond **BEFORE** it happens.

# Key Takeaways

## #3



Parents and caregivers play a critical role in orienting teachers around how their children learn best and the things that might make it harder for them to learn.



# Key Takeaways

## #4



The more regulation strategies become routines within your classroom, the more you're supporting the wellbeing of all students (and yourself!)

# Key Takeaways

## #5



When children feel safe, supported, and valued at school they are better able to relax, regulate, and engage in learning.

Factors in creating a positive school climate include:

- Relationships with teachers and other students
- The physical environment of the classroom
- Predictable routines
- Responsive instruction
- Representation
- Family involvement

*Just to name a few!*

# Key Takeaways

## #6



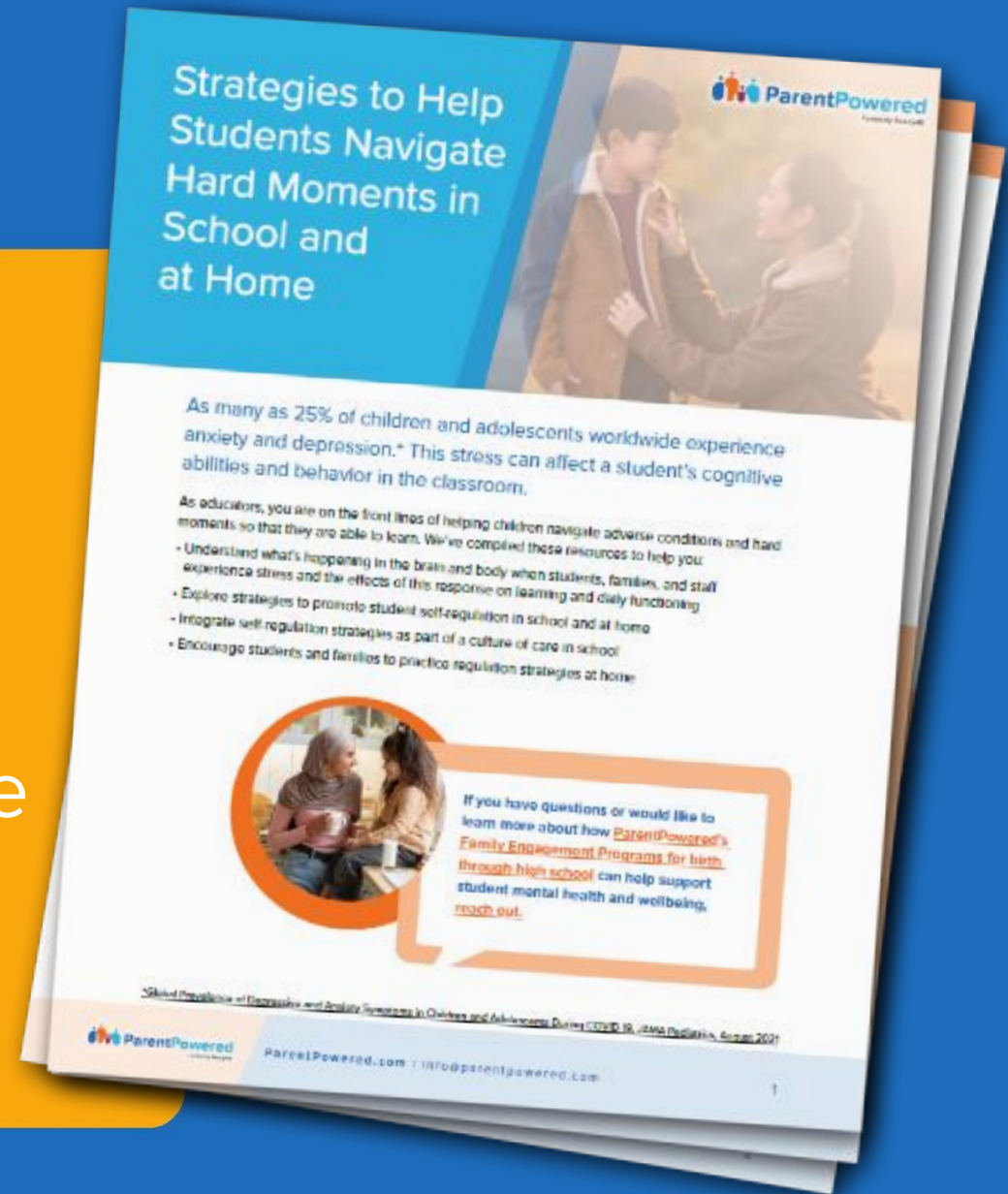
Care for our students starts with care for the adults in the building.

Establishing systems that support educators and staff will benefit them and students.



# Resources

Download this handy review of the research, resources, and strategies we shared today — and share them with your colleagues!



Want to provide families with easy ways to build SEL skills at home?


## Let's talk about

ParentPowered's evidence-based family engagement program for birth through high school

[info@parentpowered.com](mailto:info@parentpowered.com)





A photograph of two young women with dark hair, smiling and laughing together. The woman on the left is wearing a light blue denim shirt, and the woman on the right is wearing a dark blue shirt with a colorful floral embroidery. They are standing in front of a brick wall. A blue speech bubble graphic is overlaid on the left side of the image, containing the text 'What questions do you have?'.

**What questions  
do you have?**