

# The Power of Strong Social Emotional Skills

## CHILDREN BENEFIT

- Better social and emotional skills
- Improved attitudes about self and other
- Better prepared for school
- Fewer behavioral problems
- Lower substance misuse rates

## LONG-TERM OUTCOMES

- Higher four-year graduation rate
- Higher college completion rate
- Higher grade point average
- Less grade retention
- Fewer required special education services
- Fewer discipline referrals at school
- More employment opportunities
- Better physical and mental health
- Fewer relationship problems

## COMMUNITIES BENEFIT

- Lower crime rates
- Fewer required public assistance services
- Higher employment rates and tax revenue
- The investment into social and emotional skills is 11:1, meaning for every dollar invested, there is an \$11 return. Savings are from costs not needed for intervention

## Additional Resources

For more information on social and emotional skills, please visit the following websites:

10 Ways Parents can bring Social Emotional Learning Home:

<https://tinyurl.com/55pjz9fu>

Help Me Grow Northwest Michigan:

[www.helpmegrow-mi.org/northwest](http://www.helpmegrow-mi.org/northwest)

Collaborative for Social and Emotional Learning:

<https://casel.org/>

SEL with Families and Caregivers-CASEL:

<https://tinyurl.com/y9rzduhn>

Our Children are Leaders:

<https://leadingwithsel.org/>

Children matter.  
You matter.  
Learn the CASEL 5!



NORTHWEST  
COMMUNITY  
HEALTH  
INNOVATION  
REGION

NORTHWEST MICHIGAN  
Behavioral  
Health  
Initiative



This is the work of the Enhance Social Emotional Competencies Team, one of the 13 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the CHIR and the Behavioral Health Initiative, and stay connected by visiting

[northernmichiganchir.org](http://northernmichiganchir.org)

Content Source: CASEL, the Collaboration for Academic, Social, and Emotional Learning | [www.CASEL.org](http://www.CASEL.org)

## Empower Your Kids

## Building Strong Social Skills to Ignite Success



# What is Social Emotional Learning?

When children develop strong social and emotional skills, they are more likely to:

- Develop healthy identities
- Manage emotions
- Set and achieve goals
- Feel and show empathy for others
- Establish healthy relationships
- Make responsible and caring decisions



# Help Your Child Develop the Skills they Need to Succeed!

Families and caregivers can engage in many activities to support their children's social and emotional skills.

## 5 Core Skills for Success

## Supporting Skills for Success

**Self-Awareness:** Your child understands their own emotions, thoughts, and values and how they influence behavior at home, school, and the community



- Read out loud to your child, name and discuss the emotions that the characters express in the story, and ask your child if they have ever felt that way

**Self-Management:** Your child manages their emotions, thoughts, and behaviors so your child can achieve their goals



- Have weekly family board game nights to help your child practice patience and taking turns
- Model self calming strategies, such as deep breathing.

**Responsible Decision-Making:** Your child makes caring and constructive choices about their own behavior and social interactions in a variety of situations



- Play a game of Would You Rather with your child and have them explain their answer
- Example: Would you rather be able to fly or move at lightening speed?

**Relationship Skills:** Your child makes and maintains healthy and supportive relationships and effectively navigates situations with diverse people and groups



- Have your child choose a friend or family member to have as a pen pal. Help them to write and send letters to the person they choose to help their relationship with that person grow

**Social Awareness:** Your child understands the viewpoint of others and empathizes with them, even if the others are different from your child



- Tell your child how you are feeling during certain situations. Explain which emotions you are feeling and why the situation is making you feel that way