

# SOCIAL EMOTIONAL LEARNING NEWSLETTER



MARCH  
2025



## Monthly Focus:

### What are Relationship Skills?

Relationship skills are establishing and maintaining healthy and rewarding relationships with diverse individuals and groups. Relationship skills for children include active listening, clear communication, cooperation, conflict resolution, empathy, respecting others, sharing, taking turns, showing appreciation, and knowing how to ask for help; the skills necessary to build and maintain healthy friendships with peers.

### How to develop relationship skills in children:

- \*Role-playing scenarios: Practice social situations like resolving conflicts or expressing feelings.
- \*Open communication: Encourage children to discuss their feelings and experiences openly.
- \*Positive reinforcement: Praise children when they demonstrate positive relationship skills.
- \*Social play: Engage in activities promoting cooperation and interaction.
- \*Read books about emotions: Stories can help children understand and discuss emotions.
- \*Model positive behavior: Adults should demonstrate healthy relationship skills.

### SEL Strategies for the Home:

#### *Respect Differences*

Every child has their unique talents and abilities. Whether in academics, athletics, or interpersonal relationships, resist the urge to compare your child to friends or siblings. Instead, honor your child's accomplishments and provide support and encouragement for their inevitable challenges.



## School Social Workers:

Your Northwood Support Staff is here to help make it a great year!  
Please reach out if you or your child need some extra support.

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### Happy, Healthy Kids TIP:

Research suggests that 20 minutes of uninterrupted, quality time with your child is more valuable than hours spent together multi-tasking. This short burst of focused time together builds your connection and makes your child feel valued, meaningful, and loved.

## Feelings Check-In:

I am feeling:



## Coping Strategy of the Month:

Each month, we will highlight a specific coping strategy to help us learn to manage our BIG emotions and handle stressful situations.

This month, our coping strategy is **practicing mindfulness & meditation**. Practicing mindfulness & meditation allows us to identify our feelings while they are happening. Practicing mindfulness & meditation can help you be more present and aware of what's happening around you.

Mindfulness/Meditation gives us the time to separate our emotions from what is happening around us or what is triggering our emotions. This helps us take a step back rather than reacting or responding negatively.

