



Information Sheet for Teachers and Parents

Social-Emotional Learning for Families (SELF©)

SELF is a program to help kids learn about feelings and how to deal with them.

The SELF program was designed to align with the ECSD Mental Health Strategic Plan to support Health and Life Skills curriculum as outlined by Alberta Education. The SELF series provides an overview of five areas of social and emotional learning that is defined as: self-management, self-awareness, social awareness, relationship skills and responsible decision making. The SELF Series connects to the evidence-based PATHS© curriculum that is used in classrooms from pre-Kindergarten to Grade 6 within Edmonton Catholic Schools. The PATHS© program promotes foundational social emotional learning by Promoting Alternative Thinking Strategies. The SELF series will help bridge learning from the classroom into the home by providing parents with the same language, concepts and skills used in the PATHS© curriculum.

During the school year, the Multi-disciplinary Team within the Early Learning Services Innovation department will be offering a Social-Emotional Learning series for Families. This 7-week series targets children who are accessing Program Unit Funding (PUF) and their families. The SELF series will focus on the importance of social/emotional learning by providing hands-on experiences and home connections. Parents will be encouraged to complete homework each week and engage in family play experiences that support relationship building and program connections.

The series will run out of St. Monica 14710 53 Ave, St. Vincent 10530 - 138 Street, and St. Gabriel 5540 106 Ave. A meal and childcare are provided with the program.

The topics include: What is Social-Emotional Learning, Understanding Basic Feelings, Importance of Play and Physical Literacy, Intentional Self-Control/Self-Regulation and Basic Problem Solving. The first week is dedicated to a welcome to parents and the final week is a wrap up and review of learnings. The program is not meant to address specific behaviour concerns of the child referred.

The goals of the program include: Increase the skills of children in social and emotional learning, Increase the skills of parents to help promote social and emotional learning in the home setting, provide practical, and hands-on experiences for parent and child to learn, and to bridge learning from the classroom to the home.

The skills learned include: identifying comfortable and uncomfortable feelings, giving compliments, asking for help, turn taking, risk assessment during play, self-regulation skills (the turtle technique) and basic problem-solving skills.

The SELF program has seen greatest success in classrooms already implementing the PATHS© curriculum. The SELF team, at the request of the teacher, can support classroom implementation of PATHS© curriculum.

For any questions or concerns about the SELF program please contact SELF Coordinator at SELFprogram@ecsd.net



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Group Outline

Children Portion	Weeks 1-7	Parent Portion
Meet and Greet Learning Compliments	Introduction and What is Social and Emotional Learning?	Meet and Greet What is SEL?
Identify Basic Feelings	Emotional Literacy Part One	Basic Feelings Feelings vs. Behavior
Understanding Comfortable/Uncomfortable Calm and Relaxed Introduction to Turtle	Emotional Literacy Part Two	Understanding Comfortable/Uncomfortable Calm and Relaxed Introduction to Turtle
Working with Others Caring and Sharing Stress Play Risky Play	Play and Physical Literacy	Importance of Physical Literacy Natural Play Silly and open-ended Play Age-appropriate expectations
Book on Self Regulation Turtle Review Contingencies and Social stories	Intentional Self-Regulation	Turtle Review Understanding Behaviour Positive Reinforcement Continuum Framework
Steps for Problem Solving Choices	Problem Solving Part One	Steps for Problem Solving Q & A Period
Review of steps for problem solving, opportunities to use skills Group project with parents Celebrations/Relationships and Friendships	Problem Solving Part 2 and Wrap Up of Session	Review of steps for problem solving and wrap up Group project with children Celebrations/Relationships and Friendships

Session Schedule

Children Session Schedule 1.5 hrs

- 10 Min – Meet and Greet activity with the children (small or large group)
- 20 Min – Dinner and mealtime conversations. (small groups)
- 30 Min Play sessions in timed intervals (small or large group)
- 10 Min – Group gathering and focus (small or large group)
- 20 min – Parent – Child activity (individual family)
- End of Session – Good-byes and take-home kits handed out

Parent Session Schedule 1.5 hr

- 10 Min – Gather and dish up evening meal
- 1 Hour– Parent presentation given while meal is eaten. Includes reflective questions, videos, discussion groups and question period
- 10 min – Wrap-up and discuss that week's homework, address any questions or concerns
- 20 min – Parent – Child activity (individual family)
- End of Session – Good-byes and take-home kits handed out.



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Session Dates & Times

Month	Morning Programs (9:30-11:00 am)	Afternoon Programs (1:00-2:30pm)	Evening Programs (5:30-7:00pm)
September	-	Sept. 17-Oct. 29, 2019 (St.M)	Sept. 17-Oct. 29, 2019 (ST.M) Sept. 18-Oct, 30, 2019 (St.G)
October	Oct. 21-Dec. 9, 2019 (St.M)	Oct. 24-Dec. 12, 2019 (St.V)	-
November	-	Nov. 5 -Dec. 17, 2019 (St. M)	Nov. 5- Dec. 17, 2019 (St.M) Nov. 6- Dec. 18, 2019 (St. G)
January	Jan. 13- Mar. 2, 2020 (St.M)	Jan. 9-Mar. 5, 2020 (St. V) Jan. 14-Mar. 3, 2020 (St.M)	Jan. 14- Mar. 3, 2020 (St.M) Jan.15 -Feb. 26, 2020 (St.G)
March	Mar. 30-May 25, 2020 (St.M)	Mar. 10-Apr. 28, 2020 (St.M)	Mar. 10 -Apr. 28, 2020 (St.M) Mar. 11- Apr. 29, 2020 (St.G)
April	Apr. 2 – May 28, 2020 (St.V)	-	-
May	-	May 12 – Jun 23, 2020 (St.M)	May 12 – Jun. 23, 2020 (St.M)

