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Tip of the Month

What feels “easy” for one person might seem overwhelming to someone else, and all of those reactions are completely normal. Parents might also use this opportunity to discuss how a positive outlook can help future performance.

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Time to Talk

The kids are going to be off doing many different kinds of activities this summer. Some of those activities might be new or cause a bit of apprehension. Find some time to talk and use these 5 - SEL confidence builders listed below:

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1. How are you feeling about this activity?
2. What was the most important/interesting thing that you learned?
3. What was the hardest task that you accomplished?
4. Which of your strengths did you use?
5. What mistake did you learn from the most?

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Photo Gallery



Social Emotional Learning