



PARENT GUIDE

BUILT FOR IT (7) TAKEAWAYS:

- Adversity is a state of difficulty or misfortune.
- It helps to know that nobody is immune to adversity.
- We have the choice to either focus on the Adversity, or our ability to overcome it.
- It's important to ask ourselves while in a state of adversity, "Is my behavior making things better, or worse?"
- Everyone is born with the ability to display resilience.

TO CREATE CULTURE:

- Align your home reward systems to reward displays of resilience.
- Allow your child to be upset, but remind them that no one is immune from adversity.
- Remind your child often that there is nothing they cannot overcome.
- Read and implement strategies from ["Yes Brain."](#)

FOR ADULT GROWTH

- Check out one of our favorite Ted Talks about [Adversity & Resilience](#).
- Take the time to remind yourself of all of the things you've overcome in your life.
- Make it a habit at home to cultivate and express gratitude.
- Read [Option B](#), by Sheryl Sandberg



PARENT EMAIL

FOR 'MENTAL HEALTH MATTERS LV.2'(7)

COPY & PASTE THIS INTO AN EMAIL TO PARENTS:

Hi *Enter School Name* Parents & Caregivers!

We hope everything's great with you. We just wanted to keep you posted on our Social and Emotional Learning (SEL) Curriculum that your child's been receiving. This month we've been focusing on MENTAL HEALTH during our video series entitled, "MENTAL HEALTH MATTERS LV. 2." Check out the Parent Guide that we've attached. It'll help you to keep the conversation going at home. If you have any questions or want to know more, please don't hesitate to reach out!

Thanks for Your Support!

Enter School Name SEL Team



PARENT GUIDE

MENTAL HEALTH MATTER LV.2 (7) TAKEAWAYS:

- The more we know about something, in this case Mental Health, the less scary it is.
- Mental illness is a medical problem, just like heart disease or diabetes. But instead of affecting our heart or our kidneys, it affects our brain.
- Not all mental health issues are full-blown mental illness. Anxiety is a good example of this.
- Anxiety, by definition, is our brain's response to a perceived threat. EVERYONE experiences it, yet everyone does not have a mental illness.
- No matter what situation you go through in life, there will ALWAYS be people who are willing to help you. Especially while you're in school.

WHAT TO DO AT HOME:

- Align household expectations to encourage students think before they speak.
- Reassure your child that you are always there to help them, regardless of your relationship.
- Make sure your child is able to articulate at least 3 people in their school that could help them if they were in need.

FOR ADULT GROWTH

- Check out one of the videos from [this Ted Talk Playlist](#) about Mental Health.
- Take up [mindfulness](#) or [meditation](#) to increase your own mental health and happiness.
- Seek counseling if you feel like it could help you.
- Read [10% Happier](#) by Dan Harris as a fun way to learn more.



PARENT EMAIL

FOR 'MIND YOUR MANNERS' (7)

COPY & PASTE THIS INTO AN EMAIL TO PARENTS:

Hi *Enter School Name* Parents & Caregivers!

We hope everything's great with you. We just wanted to keep you posted on our Social and Emotional Learning (SEL) Curriculum that your child's been receiving. This month we've been focusing on USING MANNERS AND COURTESY during our video series entitled, "MIND YOUR MANNERS." Check out the Parent Guide that we've attached. It'll help you to keep the conversation going at home. If you have any questions or want to know more, please don't hesitate to reach out!

Thanks for Your Support!

Enter School Name SEL Team



PARENT GUIDE

MIND YOUR MANNERS (7) TAKEAWAYS:

- Manners are a basic sign of acknowledgement and respect.
- Middle Schoolers often complain of lack of respect. Using manners is a great way to EARN respect.
- People with manners are more likely to succeed in life.
- Manners are a responsibility.
- If we want the world to be a nicer place, we have to do our part if we expect others to as well.
- A first impression is when one person first encounters another person and forms an opinion about that person.
- Using manners and writing emails correctly to teachers is very important.

TO CREATE CULTURE:

- Align home expectations to encourage your child to use manners consistently.
- Model manners for your child when speaking to them and other adults.
- Practice basic etiquette for a minute or two at the beginning of meals or around the house.

FOR ADULT GROWTH

- Check out [THIS](#) Ted Talk about manners and etiquette.
- Read up on [contemporary manners](#) and why they are important for us, as adults, to use.



PARENT EMAIL

FOR 'REARVIEW MIRROR' (7)

COPY & PASTE THIS INTO AN EMAIL TO PARENTS:

Hi *Enter School Name* Parents & Caregivers!

We hope everything's great with you. We just wanted to keep you posted on our Social and Emotional Learning (SEL) Curriculum that your child's been receiving. This month we've been focusing on SELF-REFLECTION AND IMPROVEMENT during our video series entitled, "REARVIEW MIRROR." Check out the Parent Guide that we've attached. It'll help you to keep the conversation going at home. If you have any questions or want to know more, please don't hesitate to reach out!

Thanks for Your Support!

Enter School Name SEL Team



PARENT GUIDE

REARVIEW MIRROR (7) TAKEAWAYS:

- Having an improved view of what's happening around us helps us to make better decisions ahead.
- Self-Reflection isn't easy.
- Self-Reflection- giving serious thought or consideration to your thoughts, feelings, experiences, and actions.
- Clearing our mind using breathing techniques or mindfulness meditation can help us to have a more productive self-reflection experience.
- As hard as it is, it's important to not only look at the best parts of your last year, but the worst parts as well.

WHAT TO DO AT HOME

- Encourage your child to think about mistakes they can learn from.
- Model self-awareness and a desire for continuous self-improvement.
- Align your rewards system so that it encourages Self Improvement.

FOR ADULT GROWTH

- Read more about [Energy Management](#).
- Check out [THIS ARTICLE](#) from Harvard Business Review on Self-Reflection
- Reflect and Journal regularly.