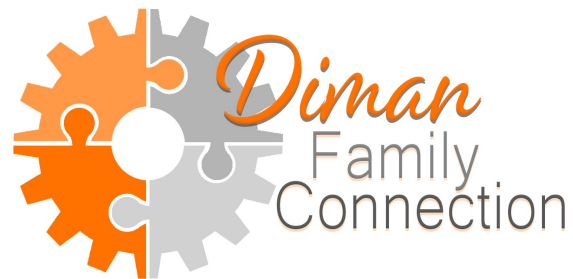


# Social Emotional Wellness

## Social Emotional Learning in the Home



Welcome back to our new Social Emotional Wellness newsletter, brought to you by Diman Family Connection!

*In each newsletter we hope to highlight a hot topic to help support you with common challenges for students and families.*

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### WHAT IS SOCIAL EMOTIONAL LEARNING (SEL)?

According to CASEL, the experts on Social Emotional Learning, "SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions."

### WHY IS SEL IMPORTANT?

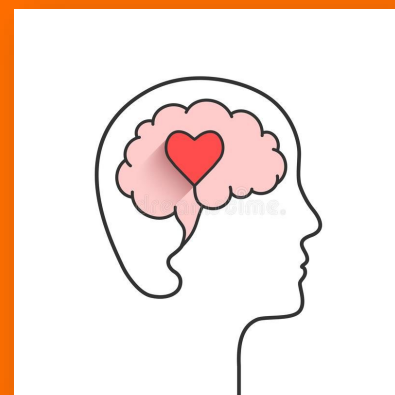
When we strengthen the areas of Self-Awareness, Self-Management, Social Awareness, Relationships Skills, & Responsible Decision-Making for our young people, research repeatedly demonstrates it has a positive impact on a wide range of outcomes, including academic performance, healthy relationships, mental wellness, and more. The more we encourage this development in our school, community, and homes, the stronger our young people will become!

### LEARN MORE

- [SEL 101 \(video\)](#)
- [Social and Emotional Learning: Strategies for Parents](#)
- [10 Ways Parents Can Bring Social-Emotional Learning Home](#)
- [SEL for Parents \(video\)](#)
- [How to Teach Social-Emotional Learning at Home](#)

Please feel free to reach out to School Adjustment Counselor, Michaela Gagne, at [mgagne@dimanregional.org](mailto:mgagne@dimanregional.org) with any questions, comments, concerns, or topics you would like to explore!

Visit the [Diman Family Connection](#) website for more information on Diman, community resources, parent trainings, and various additional supports!



Visit the [Diman Direction Facebook Page](#) for information on community events and resources, employment, and so much more!

