



SEL REFLECTIONS
TO SUPPORT

PERSPECTIVE-
TAKING:

SELF-AWARENESS:
WHAT EMOTIONS ARE
COMING UP FOR ME
AS I CONSIDER SOME-
ONE ELSE'S PERSPEC-
TIVE?

SELF-MANAGEMENT:
WHEN DO I NEED TO
TAKE A BREATH SO I
CAN HEAR WHAT
SOMEONE ELSE IS SAY-
ING?

**SOCIAL AWARE-
NESS:** HOW DO I
LEAN IN MORE SO I
CAN STAY CURIOUS
TO LEARN?

**RELATIONSHIP
SKILLS:** WHAT DOES
THIS PERSON NEED
FROM ME RIGHT NOW?

**RESPONSIBLE-
DECISION MAKING:**
HOW CAN I MAKE
THIS PERSON FEEL
SAFE SO THEY ARE
ABLE TO FREELY
SHARE?

GROWTH MINDSET:
IF I LISTEN WITHOUT
JUDGMENT, WHAT
MIGHT I LEARN?

Online Resources for

Families :

- Parenttoolkit.com
- www.scusd.edu/sel
- www.scusd.edu/parent-resources
- www.skillsyouneed.com

SEL Resources for Families

WE ARE. WE BELONG. WE CAN.

“You’ll miss the best things if you keep your eyes shut.” Dr. Seuss

January SEL Theme: **Perspective-Taking**

Perspective-taking is re-
specting diverse points
of views, cultures, and
races.

On average, the prefrontal cortex, the region of the brain responsible for higher-order thinking skills, is not fully developed until our mid to late 20s. Being able to take on the perspectives of others and to interpret them meaningfully is complex and takes explicit practice . We often view and under-

stand the actions of others through the lens of our own experiences and values. In order for children to develop their ability to understand and respect the perspectives of others, children must be given multiple and diverse opportunities to practice taking on diverse points of view in order to nurture perspective-taking skills.

perspective- Taking



I can respect diverse
perspectives, cultures, and
races.

Practicing Perspective-Taking at Home!

- When there is a conflict with a sibling or another individual, help your child to consider the other person’s perspective .
- Practice role-playing.
- Daily Check-ins: “If you were in your teacher’s shoes today, how do you think she/he might say their day went?”