



# SEL Resources for Families

**WE ARE. WE BELONG. WE CAN.**

“With self-discipline most anything is possible.” Theodore Roosevelt

**SEL REFLECTIONS TO SUPPORT**

**SELF-DISCIPLINE:**

**SELF AWARENESS:**  
WHAT IS HARD FOR ME?

**SELF-MANAGEMENT:**  
WHAT STEPS DO I NEED TO TAKE TO ACCOMPLISH THIS TASK?

**SOCIAL AWARENESS:** IF I DON'T GET THIS DONE, HOW MIGHT OTHERS FEEL?

**RELATIONSHIP SKILLS:** WHO ELSE CAN HELP HOLD ME ACCOUNTABLE?

**RESPONSIBLE DECISION MAKING:**  
WHAT ARE THE CONSEQUENCES OF MY ACTIONS OR INACTIONS?

**GROWTH MINDSET:**  
HOW MIGHT I EXPAND MY PREFRONTAL CORTEX IF I FOLLOW THROUGH AND GET THIS DONE?

## Online Resources for

### Families :

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

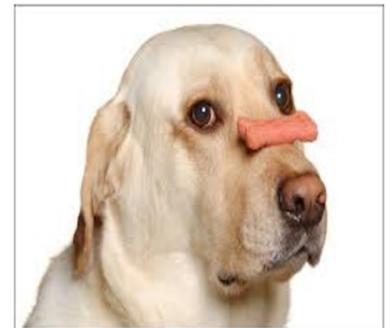
## April SEL Theme: **Self-Discipline**

Self-discipline means that you have the ability to confront and motivate yourself, stay on track and do what is right.

Because their brains are not fully developed, a child's ability to think about the consequences of their actions is limited. This is especially true with students who have suffered severe stress or trauma. This is not an excuse, but important to remember when your child handles

a situation poorly. Understanding that children's brains still need to be “exercised” and are still developing helps. Having good self-discipline takes practice and time, and lots of parental forgiveness.

## Self-Discipline



I am capable of meeting goals and managing my emotions.

## Practicing Self-Discipline at Home!

- Praise children when they demonstrate self-control.
- Encourage children to prioritize preferred activity ( play- ing video games) only after they've completed non-preferred activity (homework).
- Daily Check-ins: “What is one thing you did today that helped you to stay focused and disciplined?”