

Targeted Social and Emotional Learning Group

Enter School Name:

Dear parents and/or guardians,

Targeted SEL Groups is an intervention aimed at supporting students in gaining key social and emotional strategies and skills connected to one of five social and emotional competencies: Relationship Skills, Self-Awareness, Social-Awareness, Self-Management and Responsible Decision-Making.

Your student has been nominated to participate in Targeted Social and Emotional Learning Group!

Here's how it works: Your student will meet with (Insert person running the group) every (Insert day of the week) at (insert time of day) along with other students who will be participating in this same group. Each student will all be working on (insert the skill/domain student will be working toward). Each week your student will be asked to try out specific strategies as they engage with adults and students in a positive and engaged manner. Each week (insert person running group) will receive feedback from your student's teacher regarding how many times your student has attempted (insert SEL strategy) and to what the degree your student was successful. This data will be shared with you with your weekly along with a report on which reinforcements your student has earned based on trying out new SEL strategies and skills.

On the back of this page, you'll find strategies for supporting Targeted SEL Groups from home.

If you would **not** like your student to participate in Targeted SEL Groups or have any questions, please feel welcome to call me at (425) 385-XXXX, or email me at insertcontact@everettsd.org.

In care,

Insert Contact

How to best support Targeted SEL Groups from home:

- **Consistency**: Students participating in Targeted SEL groups are learning new skills and will need support from caring adults. It is important that students hear consistent messages and language. Look for weekly reports from the Targeted SEL Group coordinator and look for opportunities to foster similar SEL skills at home.
- **Focusing on strengths**: Build your feedback to child off what they do well. As young people begin to implement new strategies it will take time for them to learn to use them fluently. Focusing your feedback on what your student does well and helping them reflect on how they can use their strength to improve areas for growth will help students build confidence and resiliency.
- **Positive praise**: Remember, you get more of what you see and notice. Look for positives in your student but also keep conversations reflective. Work closely with the counselor and/or the SEL Group Coordinator to learn about specific strategies to support (insert student name)