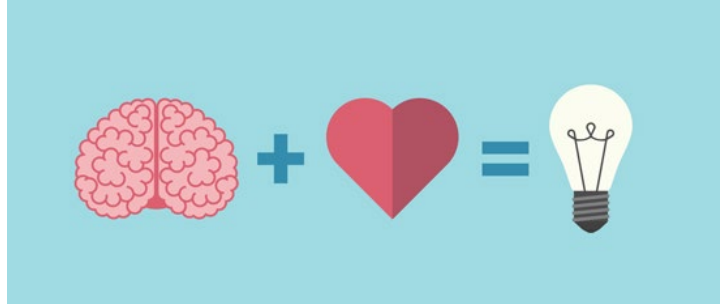




Tools for Success: Parent Resources for Navigating the Social/Emotional Journey

Highlighted Social/Emotional Learning (SEL) Goals:

- **self-awareness:** *students identifying and managing their emotions*
- **self-efficacy:** *students motivating themselves and seeing themselves as capable*
- **social awareness:** *students developing empathy and compassion for others, taking the perspective of others from varying backgrounds*
- **social engagement:** *students not only considering others but contributing to the well-being of the school community*

Resources for Parents and Students:

Articles

[Beyond Wellness: Building Resilience in Your Independent Students](#)
[Reimagining Social-Emotional Learning to Include Social Media](#)
[What Children Lose When Their Brains Develop Too Fast](#)
[Why SEL is Essential for Students](#)
[Guide to Core SEL Competencies](#)
[150 Ways to Show Kids You Care](#)

Axis Parent Guides

[A Parent's Guide to Friendship](#)
[A Parent's Guide to Teen Emotion](#)
[A Parent's Guide to Social Media](#)
[A Parent's Guide to Depression & Anxiety](#)

Videos

[Managing Social Media Use and Creating a Culture of Resilience](#)
[Screenagers Next Chapter \(About page\)](#)
[Screenagers Podcast](#)
[SEL 101: The CASEL Framework](#)

Books

[Stand In My Shoes](#)

[My Moods, My Choices Flipbook](#)

[Brain Rules for Baby](#)

[How to Talk So Your Kids Will Listen and Listen So Your Kids Will Talk](#)

[Cloud's Best Worst Day Ever](#)

[Parenting from the Inside Out](#)

[The Whole Brain Child](#)

Coping Skills

[Laura Kastner PhD A-Z Toolbox](#)

Organizations & Websites

NAMI

[JED Foundation](#)

[Big Little Feelings Website](#)

[Kimochi's Family Resources](#)

[Bear Creek Empathy Part 1 Blog](#)

[Bear Creek Empathy Part 2 Blog](#)

Songs

What Do People Do? by Hap Palmer

Feelings by Hap Palmer

[Kimochi's Character Songs](#)