

# SEL

# Home Connections



# SEL Home Connections

Dear Teachers,

We hope these activities can help you introduce social emotional learning tools to your students during this time.

This packet contains 6 home connection activities for Turbo Leader SEL modules: Turbo, Relationship, Mindset, Skill, Voice, and Impact. Each of the home connections includes letters to parents and families that describe the social emotional learning tool and provide ideas for increasing learning at home.

These letters are designed to be guides but feel free to edit them to suit the needs of your classroom, students, and parents.

Parents and families are huge resources for the social-emotional journey that your students are on. Bring them in as mentors, as discussion facilitators, and as panelists. If it works for your classroom, consider having a “Family Share Day” where students and families talk present their work. This is especially great if you do the Impact Project for the final module.

Thank you for your work and all your care for your students,

ACT SEL Team

# Choose the Best Turbo Plan: Home Connection



Dear Families,

This letter is going to introduce your student to their “Turbo Buttons.” The Turbo Button is a metaphorical button that symbolizes our willingness to take action to improve our lives and the lives of others. When we face a problem or a challenge, we can hit our Turbo Buttons and take action to improve the situation. We are learning how to identify at least two different ways to solve a problem, and then choose the best Turbo Plan. Your student can identify one challenge that they face, identified at least two different ways to solve the problem, and selected the best Turbo plan. Now it is time to implement the plan!

There are lots of ways you can help with this at home. Here are a few ideas:

- Ask your student to share their Turbo Plan with you. Support them in implementing the steps in the plan. Ask your student about the different plans s/he considered. Why did they choose this plan?
- If your student faces a problem or challenge at home, help them generate multiple strategies to solve the problem. Prompt your student to choose the best Turbo plan with questions such as:
  - Is your plan likely to be effective? Why or why not?
  - Is your plan safe? Why or why not?
  - Is your plan kind? Why or why not?
- Use the chart below to help your student practice choosing the best Turbo Plan.

Thank you for your support!

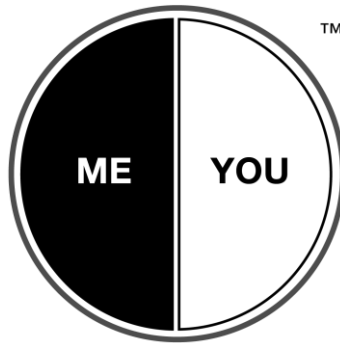
# Choose the Best Turbo Plan: Practice

<b>Name:</b>	<b>Date:</b>	
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Describe your problem	Turbo Plan A	Turbo Plan B

Circle the best Turbo Plan. Why did you choose this plan?

# Compromise is You *and* Me: Home Connection



Dear Families,

For the relationships lessons, we are practicing the very important skill of compromise. First, we brainstormed times when we might have a conflict with a friend or a family member. It's natural that sometimes we want one thing and a friend or family member wants something different. We can use the Me and You Circles to find solutions that are balanced between our own interests and the interests of others.

Your student can identify one situation in which they frequently disagree with a friend or family. They can a plan for how they will use their Me and You Circles to compromise the next time they have a disagreement.

There are lots of ways you can help with this at home! Here are a few ideas:

- Ask your student to share their plan to compromise using the Me and You Circles.
- Help your student recognize situations at home that in which they could compromise using the Me and You Circles. You can use the Me and You Circles images attached to guide your conversation.

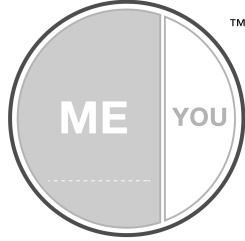
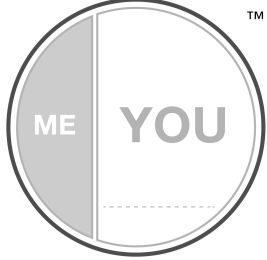
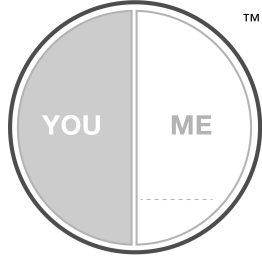
Thank you for your support!

# My Compromise Plan

Name:

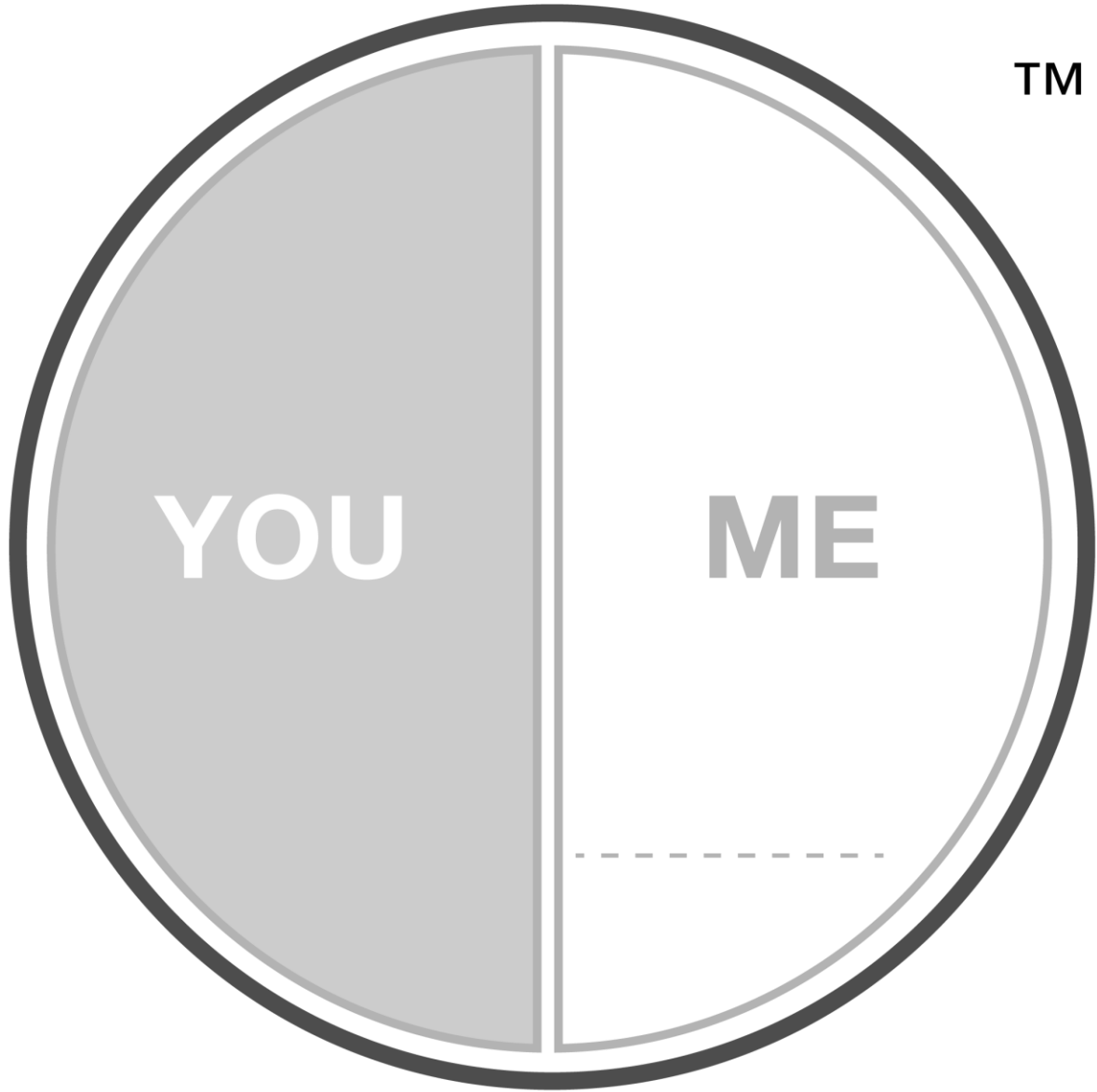
Date:

**Think of a real-life situation in which you could compromise. Make a plan for how you will compromise.**

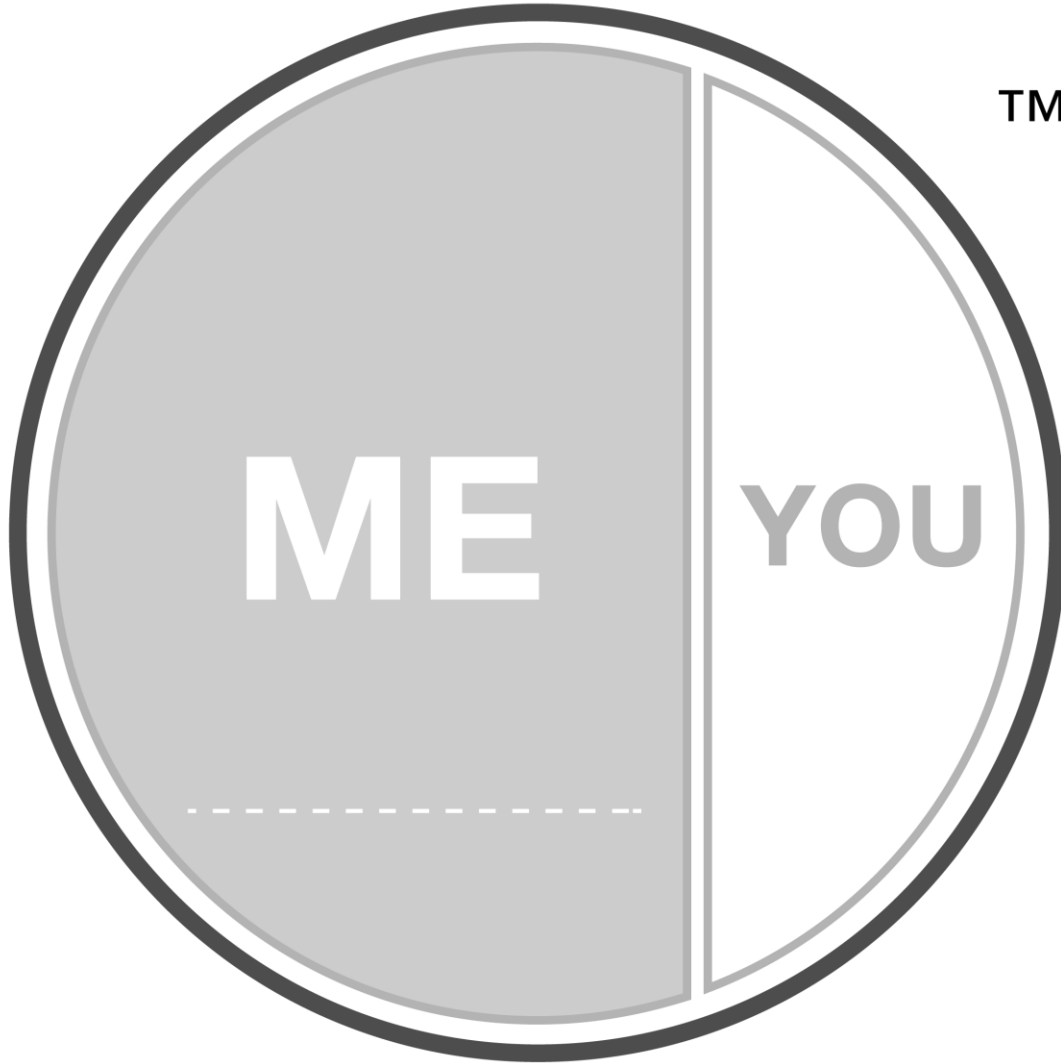
People Involved	What each person wants	Me and You Circle if the person gets what they want
		
		
<p><b>How can you compromise?</b></p>		<p><b>Me and You Circle</b></p> 

**Visualize.** Draw a picture of yourself making this compromise.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of themselves making a compromise. The box occupies most of the page below the instruction header.

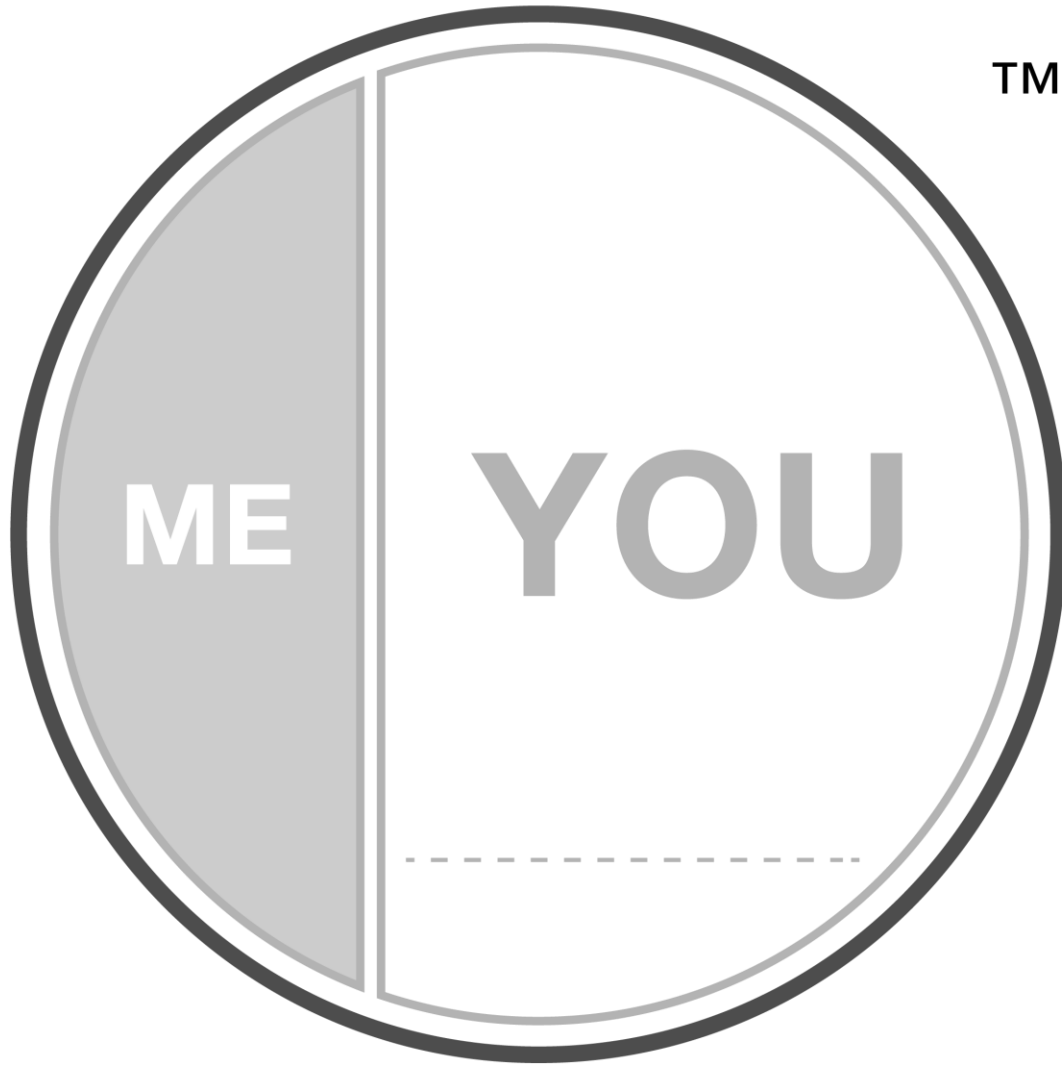




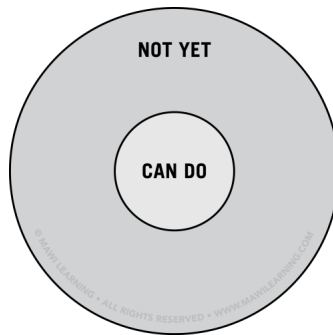


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# Make Mistakes to Grow Your Can Do: Home Connection



Dear Families,

Here, we will explore the concept of Growth Mindset (Carol Dweck, 2006). People with a fixed mindset believe that intelligence and other abilities are fixed -- you either have it or you don't. People with a growth mindset believe that, through hard work and sustained effort, you can grow your abilities and skills. Research has shown that students with a growth mindset consistently outperform their peers.

To help students build a growth mindset, you can work on reframing "I can't" statements as "Not Yet" statements and explored the idea of Can Do Circles (skills you have already mastered) and Not Yet Circles (skills you have not yet mastered). We focus on how we can use our mistakes as learning opportunities to grow our Can Do Circles.

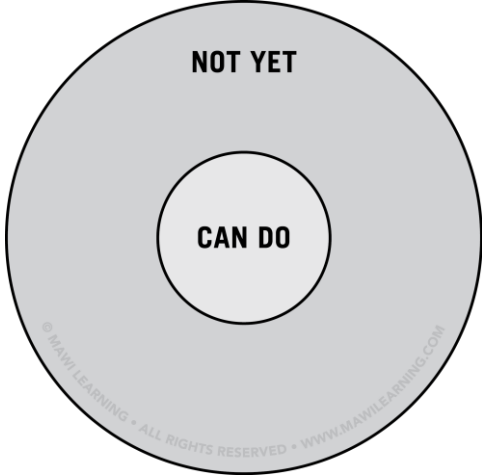
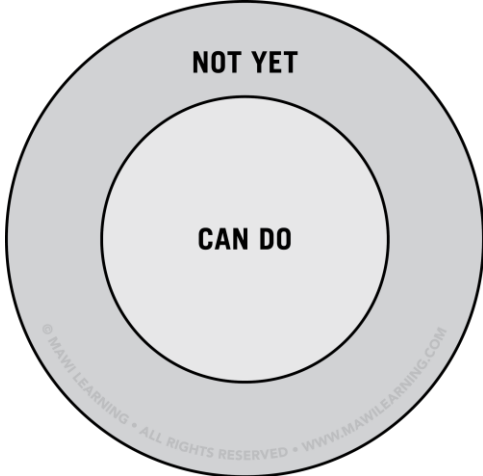
Your student has made a plan for how they can use mistakes to grow their Can Do Circle. They selected a situation in which they thought they might make a mistake and planned how they could learn from that mistake.

There are lots of ways you can help with this at home! Here are a few ideas:

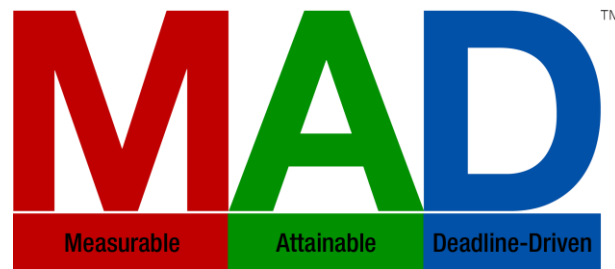
- Ask your student to share their plan with you. Ask questions to encourage them to explain how they will use mistakes to grow their Can Do Circle:
  - What situation did you choose? What kind of mistakes do you think you might make?
  - How will you use your next mistake to grow your Can Do Circle?
- Help your student notice opportunities to use mistakes to grow their Can Do Circle. If your student makes a mistake at home, celebrate the mistake as an opportunity for them to grow their Can Do Circle. Help them fill in the attached chart to keep track of how they use their mistakes to grow their Can Do Circles.

Thank you for your support!

## Make Mistakes to Grow Your Can Do Circle!

A mistake I made...	How I used the mistake to grow my Can Do Circle	My Can Do/Not Yet Circle before the mistake	My Can Do Circle now
			

# Setting Goals for Building Skills: Home Connection



Dear Families,

With MAD goals, we learned a key strategy in our Learning Toolkit - setting goals for success. We have learned that our goals need to be **Measurable, Attainable, and Deadline-Driven** in order to make them strong goals.

There are lots of ways you can help with this at home! Here are a few ideas:

- Make a MAD goal with your student and follow through! Commit to spending 10 minutes per day on your goal and talk about your progress with your student. You may wish to select and share your own, personal MAD goal or to work on creating a shared one with your student. Some examples might include:
  - Reading a book for 20 minutes every
  - Training to run/walk a 5K
  - Reducing phone usage
  - Volunteering
- If you or your student doesn't meet a goal, model the behavior of checking where things went off-track, learning from our mistakes without negative self-talk, and planning for how to succeed in the future
- Fill out the attached Instant vs. Lasting zone sheet with your student and for yourself. Were there activities in the instant zone that could be moved to help build toward your goal?

Thank you for your support!



# Find Your Voice: Home Connection



Dear Families,

We can find our sunlight in our lives by finding areas that maximize each person's strengths and interests. We call these strengths and interests our passions. We can start by identifying our unique strengths and interests.

There are lots of ways you can help your student learn to Find their Voice at home! Here are a few ideas:

- Ask your child about their passions. What gives them energy? How do they feel when they are energized? What can you do to help them "find their sunlight" more often?
- Talk with your student about autonomy and freedom. Where do they feel they have enough freedom? Not enough? What could they do to earn more autonomy in their lives?
- Complete the values activity with your student. Instructions are on the following page. Talk about why you picked the values you did and how your values are similar or different from your child's values.

Thank you for your support!

# Find Your Voice: Values

**Directions:** Circle three values that matter the most to you in your life.

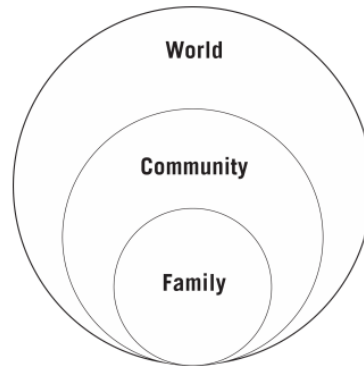
Success	Truth	Beauty
Fame	Happiness	Friendship
Money	Diversity	Compassion
Love	Honesty	Fairness
Popularity	Excellence	Hard Work
Family	Generosity	Peace
Culture	Courage	Wisdom
Power	Strength	Justice

**Step 1:** Talk with your partner about your values. Share and compare. Why did you choose those values?

**Step 2:** Now, choose only one of those three values to be your primary value. Why is that value the most important to you?



# Expand Your Impact: Home Connection



Dear Families,

In Impact, your student can learn how to use their leadership skills to impact others. Your student can practice improving their own life with their Turbo tools, and now they are working on how to help improve the lives of those in their family, community, and world. This is where students are applying everything that they've learned over their leadership journey and putting it into practice.

There are lots of ways you can help your student learn to Expand their Impact at home! Here are a few ideas:

- Talk to your student about how they can impact their family. What do they already do to be helpful? Are there ways they can do more?
- Plan a group project with your family (and friends of the family if you like). Use the planning sheet to identify each family member's unique interests and talents, and then plan how you will combine your passions to maximize your success. Think about how your project will benefit your family, your community, and your world!

Thank you for your support!

# Impact Project: Plan

**Plan** how you will combine your family and friend's passions to create an impact.

Name	Passions (Strengths and Interests)	Jobs