







**Ecole Christine Morrison Elementary**  
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# Social Emotional Learning (SEL)

Our school is committed to helping our students expand their social emotional learning skills by developing a growth mindset learning environment where all students believe that with the effort and perseverance, they can succeed.

This year your child has had the opportunity to learn more about mindset through a series of lessons in the classroom based on Dr. Carol Dweck's belief systems about intelligence - growth and fixed mindset - and Leah Kuypers *Zones of Regulation*.

## ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

If you want to learn more about the Zones of Regulation, visit the link below.

<https://zonesofregulation.com/>



## HOW THE BRAIN WORKS

### — Growth & Fixed Mindset —

Your child has been learning about how their brain works. Together we have explored the function of the **Prefrontal Cortex**, **Amygdala**, and **Hippocampus** and how these parts of our brain work in conjunction with our neurons to create information pathways that help us with self-regulation and responding to situations in an appropriate manner.

We have also been exploring how a **fixed mindset** is one where we believe that a person's innate abilities, talents, and intelligence are fixed. They are either good or talented at something or they are not. They can certainly learn new things, but this particular skill or subject is not really their "thing." A **growth mindset** is the belief that intelligence, skills, and talent are malleable, and they can change with effort, perseverance, and practice. Neuroscience explains this as neuroplasticity. We can all get "smarter."

As students engage in educational challenges and risks they have been actively using their growth mindset to remind themselves that just because they cannot do something **YET**, does not mean they will never be able to do it.

# GROWTH MINDSET

## — HOW YOU CAN HELP YOUR CHILD —

In order to make the greatest impact children need to hear consistent messages at home. Here are some things you can do to extend and promote growth mindset in your home:

### PRAISE THE PROCESS

Instead of saying to your child *"Oh, you are so smart!"*, praise their effort, goal setting and creativity as they persevere through challenges. You can say something like *"Wow! I can tell you have worked so hard on this."*

### TALK ABOUT IT

Take time to talk to your child about they day. Here are some guiding questions to prompt discussion:

- *What did you do today that was difficult? What strategies did you use?*
- *Did you make a mistake? What did you learn from that mistake?*

### CHANGING DIALOGUE

We talked a lot about the power of positive self talk on our mindset. If you child says *"This is too hard!"* or *"I can't do this."*, help them change their dialogue to *"I can't do this yet, but I will keep trying."* It is ok to help them find words when they feel defeated. It is also important to model this yourself!

### STRATEGIES

- Breathing
- Exercise
- Stretching
- Electronic breaks
- Fidgets
- Healthy food
- Water
- Communicate
- Identify the size of a problem
- Walk away
- Ask for help

### ENCOURAGE FAILURE

Failure is a normal part of life and your child needs to know it is ok! Remind your child that failure is an opportunity to learn and try again. This is how our brains grow and get stronger. Try not to step in and prevent failure, let them persevere when faced with a challenge.

