

MENTAL HEALTH MEMO: SOCIAL-EMOTIONAL LEARNING SUPPORTS MENTAL HEALTH THROUGHOUT LIFE

A great way to care for your child's mental health is to focus on social-emotional learning (SEL). SEL is how we develop skills to support our mental health and success through life. SEL skills help kids to be successful at home and school by teaching them how to:

- Manage stress
- Identify emotions
- Stay positive and keep moving forward
- Nurture relationships
- Know and feel good about themselves
- Plan and problem-solve



Social and emotional skills are taught at school as part of everyday classroom life and through a specific focus within the Ontario Curriculum. Teaching social-emotional skills at school helps to promote positive mental health and create mentally healthy classrooms.

And caregivers can teach SEL skills too!

Please click on the link to activities that you can try at home from School Mental Health Ontario:

[12 Easy and Fun Mental Health Practices](#)

These mental health activities are suggestions—but sometimes you might have so many things on the go that you don't feel like you can do an activity. Don't underestimate how important free time, playing outside and just being together is for everyone's mental health and well-being.

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com