



Social Emotional Learning *at Home*

Social and Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. - [CASEL](#)

The Importance of Play!

Did you know that the research shows that doing things just for fun and not because they serve any other purpose, a.k.a. PLAYING, is vital to human development? While we may understand this to be true for children, it is just as true and important for adults! [Read more here.](#)

The benefits of play for adults includes:

- Stress relief
- Improved brain function
- Boosts in creativity and stimulation of the mind
- Improved relationships and connections with others
- Keeps you feeling young and energetic

With Spring break in our rearview mirror and Summer break on the horizon, we look forward to opportunities to relax, play, explore, and connect with friends and family. Offering more than just a fun break, resting and playing are critical aspects of our social and emotional well-being!

Reflection:

What makes you happy? What makes you laugh? What do you really like to do? We often fill our vacation itineraries and breaks with things that we honestly don't even enjoy. Take time to get in touch with what brings you happiness. Then give yourself permission to play! Life is too short not to!

Resources:

[Click here](#) or on the image below for tons of simple activities you can do for fun with your kids from toddlers to teens!



[Click here](#) or on the image below to see the fun things for families to do together right here in Fort Wayne!



Looking for ways to have fun with SEL at home and grow as a family? [Click here](#) or on the image to check out the printable Family Bucket List Activity!



[10 Things Every Parent Should Know about Play!](#)

[Summertime, Play time](#)

"In a tightly scheduled world, the need for play has never been greater." (A look at its benefits and how to encourage it.)

For more ideas on play at home [click here!](#)
 Visit the Social Emotional Learning Page under "Parents" on the EACS website for more resources and past newsletters.