

# ReSELient<sup>TM</sup>

## CONVERSATIONS:

ReSELient Conversations is a form of restorative practice partnered with Social-Emotional Learning and Character Development. The purpose of this activity is to have healthy transparent conversations in the home about past struggles with family members and obstacles one has overcome to become ReSELient. This will foster healthy relationship skills and allow your home to become a social-emotional safe space.

Review each Social-Emotional Competence below and use this as your guide when having ReSELient conversations. Name some SEL skills you have struggled with off this list below and what you would like to work on in your home and why?

We encourage you to print this out, discuss in your home/community and set goals for each person to model a SEL skill per month.

| Social Awareness  | Self Awareness  | Responsible Decision-Making   | Self-Management   | Relationship Skills   |
|---|---|---|---|---|
| Perspective-taking<br>Empathy<br>Appreciating diversity<br>Respect for others | Identifying your emotions<br>Accurate self-perceptions<br>Recognizing strengths and limitations<br>Self-confidence<br>Self-efficacy | Identifying problems<br>Analyzing situations<br>Solving problems<br>Evaluating<br>Reflecting<br>Ethical<br>Responsibility | Impulse Control<br>Stress Management<br>Self-Discipline<br>Self-Motivation<br>Goal-Setting<br>Organizational skills | Communication<br>Social Engagement<br>Relationship-Building<br>Teamwork<br>Negotiate conflict constructively<br>Seek and offer help when needed |

## #LessTalkMoreSEL