



SOCIAL & EMOTIONAL LEARNING SUMMER PROGRAM



Dear Parents and Guardians,

It's no secret that kids today are under a great deal of stress. While helping your child(ren) with their education is, and always will be, the main focus of our program, we have been working to find a way for our tutors to help them learn about their emotions and manage some of this stress. This summer, School on Wheels is incorporating social and emotional learning into our academic program. We wanted to let you know about a few things your child(ren) are learning in case you see them doing new things or using different language.

- To stop and take deep breaths when they are feeling emotional, or if they want to focus better during tutoring or at other times.
- That they are in control of their emotions. No one can “make” them mad, frustrated, or anything else. Other people can influence how they feel, but ultimately it's in their control.
- To focus on the things they are grateful for and brings joy in their lives. We're encouraging them to write down something that they're grateful for, either in a journal or in a phone app.

We are also teaching them about empathy, having a growth mindset, and grit (perseverance). So, you may notice your child(ren) talking about these things, writing in a journal or taking deep breaths. This is all to help them better understand their feelings and those of others.

If you have questions or concerns, we're happy to speak to you about this new program

Sincerely,

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