

SEL MONTHLY™ COMMUNITY NEWSLETTER

*SOCIAL AND EMOTIONAL LEARNING (SEL)
& CONNECTING TOGETHER*

June 2021
Vol 1 Issue 11



ELEMENTARY SCHOOL

Children will remember the overall relationship and sense of attachment they felt with their parents and guardians during their young years. They will remember if you spent time with them, had fun, and if you were there for them when they needed you. It is crucial to set personal time to connect with your family weekly. Summertime is the perfect time to spend quality time together as a family. [Click here](#) for fun activities that also help build the social and emotional learning skills of your little ones.

MIDDLE SCHOOL

As children grow more independent during their middle school years, it can be hard for parents and guardians to stay connected with them and maintain a strong relationship. Quality time and support play an important part in helping preteens succeed in middle school and beyond. Intentionally setting aside time together will be valuable for their personal growth and will set the foundation of your relationship during their teenage years. Eating dinner at the table together every night, going on summer vacations, bike rides, and having movie nights are all great ways to build a strong bond with your middle schooler. Another great way to have fun together as well as work on their social skills is to play games. [Here](#) are a handful of social and emotional learning activities that you can do together.

HIGH SCHOOL

Spending time as a family is good for teens and their guardians, but we know how hard this can be since teenagers are at the age where independence is what's most important in their lives. This is also a time where adults are welcomed to be a bit more lenient with their control and the day-to-day things they do with, and for their teens, because they no longer are needed to the extent as what they were when their child was little. A healthy parental connection at this age is so important. A touchpoint of family time helps reset teens to their core values and guides them in making responsible decisions when they are on their own. [Here is a short blog](#) from a parent who shares her experience and thoughts on why it's important to spend family time together during their teenage years.

RECONNECTING DURING SUMMER BREAK

*by Charese Cook
Senior SEL Program Specialist*

Summer break can be a wonderful time for families, friends, and individuals to reconnect and build relationships, which acts as the foundation for social and emotional learning. The school year is often spent running from one activity to the next while schedules remain jam-packed. The transition to summer break can offer a wave of relief from constant activity, with intentions being set on slowing down and spending quality time together. Dedicated space can be set aside to engage friends and family members' interests and hobbies as well as opportunities to learn new things about others. Creating an outlined plan can encourage you to connect in ways that may be new and fun. This month we will help to provide strategies, research, and resources to help fuel healthy and successful connections this summer.



*Alone we can do
little, together
we can do much.*

HELEN KELLER

COPING SKILLS & ACTIVITIES



WAYS TO CONNECT WITH YOUR COMMUNITY

by *Jordan Sims*
Community Programs Specialist

This summer break will look and feel much different than last summer as we progress toward reopening and reconnecting. Taking a break from school and extracurricular activities can offer us more time and energy for connecting with our neighborhoods and communities. There are so many ways you and your children can get involved, give back, and feel connected. Here is a list of ten ideas to get you started!

1. Plant flowers and trees in your community
2. Participate in your local library's summer reading challenges
3. Write a thank you letter to community heroes
4. Organize a park or beach cleanup
5. Volunteer at a local charity
6. Plan a block party
7. Help a neighbor with their chores or yardwork
8. Compete in a charity walk or run
9. Make a neighborhood sidewalk chalk mural
10. Join a summer sports team or program

For more resources, visit www.myframeworks.org



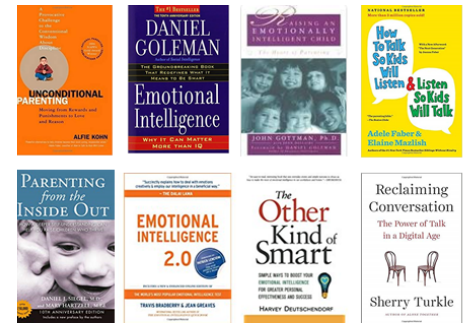
[Recursos en Español](#)

BENEFITS OF SPENDING TIME CONNECTING WITH FAMILY

by *Eddie Underwood*
SEL Program Specialist

One of the wisest investments you will ever make is spending quality time with your family. The word “family” is not just people that live under the same roof, but a group of individuals that are connected during the high and lows. Family is not always perfect, but they stick with you through the challenges of life, they love you no matter what, and as you spend more time together the bonds that you build only become stronger. There are many benefits to spending time connecting as a family; below is a list of the benefits of family time.

- **Strengthens Family Bonding:** The benefits of family bonding are deeply related to a family’s ability to better adapt to the changes that come with life.
- **Quality Family Time Improves Childrens' Academic Performance:** Spend time letting your child know that you value education and also let them know you expect them to put forth their best effort.
- **Spending Time with Family Helps Kids Develop Parenting Skills:** Children learn by example. They will naturally apply these “parenting skills” in the future with their children.
- **More Family Time Results in Less Behavioral Problems:** Children who communicate more with their parents tend to have fewer behavioral problems because they are learning interpersonal skills from the way we treat them.
- **Spending Time with Family Results in Less Violence:** When a child knows they can turn to someone who cares, and that someone understands what they are going through, it helps calm them and leave them less frustrated.



RESOURCES AND READINGS

by *Lauren Reneau*
SEL Assistant

With the school year coming to an end, it can be difficult for some children to keep up with relationships and stay connected to the friendships they made during the school year while away for summer break. It is important to continue fostering these friendships as they offer support, social interaction, companionship, and emotional wellbeing for our children that helps them live happier, healthier lives. While many of us spend our summers traveling and on vacation, the distance doesn’t have to affect our ability to stay in touch with those that matter the most. Here are a few resources that outline ideas and activities that children can do to keep in touch with friends, that can be done virtually and in person!

- [How to Keep Kids Connected to Friends Over Summer Break](#)
- [How to Help Kids Stay Connected with Peers \(Not Electronics!\) in the Summer](#)
- [Six Creative Ways for Kids to Stay Close to Friends, Online and Offline](#)

**FRAMEWORKS SUMMER HOURS:
CLOSED ON FRIDAYS**



**APPLICATIONS FOR THE
2021-22 PROGRAM YEAR
CLOSE ON JUNE 11TH**

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MAKE AN IMPACT