

Cultivating Independence in Our Kids



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Our Services



School & District
Consultation



Professional
Development



Teacher Coaching &
Mentor Support

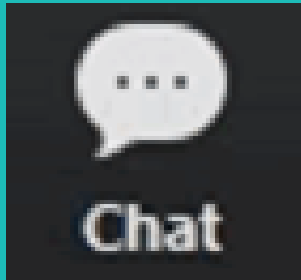


Parent &
Community Engagement



Data & Evaluation

Group Share



What is your favorite thing to do with your family?

Session Goals

- Identify what independence looks like for different age groups
- Explore why independence is an important part of a child's social and emotional development
- Gain tools and strategies for cultivating independence in our kids

Social and Emotional Learning (SEL)

Social and emotional learning (SEL) is an **integral part of education and human development**. SEL is the **process** through which **all young people and adults** acquire and apply the knowledge, skills, and attitudes to:

- develop healthy identities,**
- manage emotions and achieve personal and collective goals,**
- feel and show empathy for others,**
- establish and maintain supportive relationships, and**
- make responsible and caring decisions.**

SEL **advances educational equity and excellence** through authentic school-family-community **partnerships** to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help **address various forms of inequity** and **empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.**

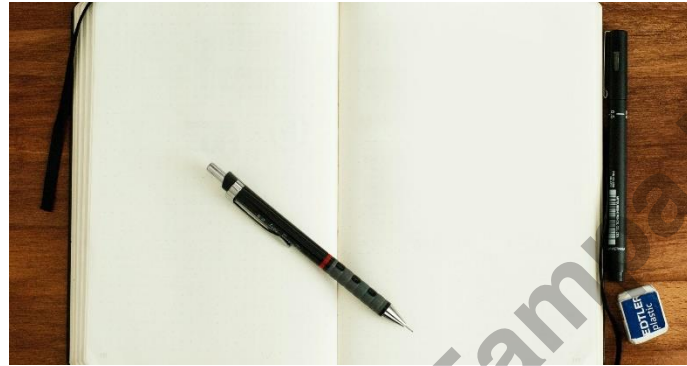


-Collaborative for Academic, Social, and Emotional Learning (CASEL)



Collaborative for Academic, Social, and Emotional Learning (CASEL)

Reflection



Udemy.com

What can your child do independently?

In what area of their overall development do they require support toward gaining independence?

**What does
independence look like
for different age groups?**

Ages and Stages of Development

- Pre-K: 3-4 years old
- Elementary School: 5-10 years old
- Middle School: 11-13 years old
- High School: 14-18 years old



Independence in Pre-K and Elementary School

Pre-K

- Physically able to navigate their environment
- Verbally communicate basic needs
- Imaginative play by themselves and with others
- Comforted by familiar adults
- Express creativity with art and movement

Elementary School:

- Navigate home and school safely
- Make choices based on preferences
- Express interests
- Help with simple chores
- Follow daily routines and procedures

Independence in Middle and High School

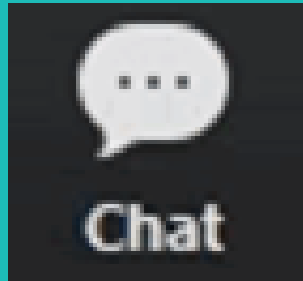
Middle School:

- Develop a variety of friendships and relationships
- Problem solve and set goals
- Understand difference in roles
- Complete daily routines
- Help younger kids
- Express opinions and feelings
- Take pride in accomplishments
- Aware of challenges

High School:

- Make complex decisions
- Set long-term goals
- Obtain drivers license and employment
- Collaborate with peers to make an impact
- Navigate social relationships
- Regulate emotions
- Handle emergencies

Group Share



What compliment would you give to your child or teen based on their independence?

Why is independence an important part of a child's social and emotional development?

The Importance of Independence

- Promotes self-confidence and self-awareness
- Fosters social awareness
- Encourages practicing making decisions and reflecting on choices
- Creates an understanding of what it takes to be patient and resilient when facing challenges on their own



Collaborative for Academic, Social, and Emotional Learning (CASEL)

Building Blocks for Learning

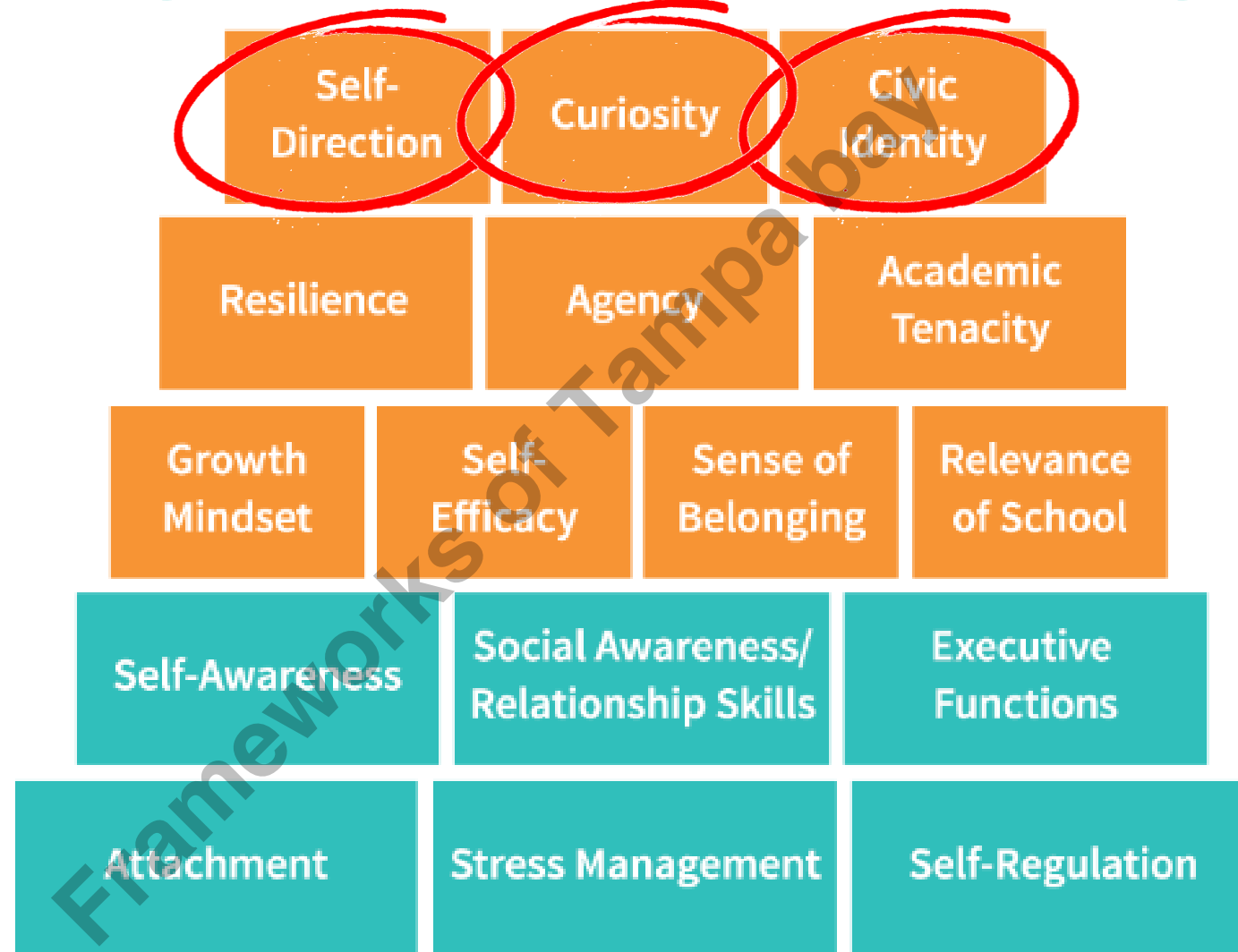
★ Independence and Sustainability

Perseverance

Mindsets for Self and School

School Readiness

Healthy Development



Turnaround for Children

Popcorn Share



What opportunities for independence does your child currently have?

**What tools and strategies can
be used to cultivate
independence in our kids?**

Model Problem-Solving

- Invite kids to “be in the know” of how we face our own challenges by verbalizing our problem-solving processes
- Normalize emotions
- Model self-management strategies
- Be flexible and reflect together



Offer Choices and Opportunities to Try

- Simple options
- Ask follow-up questions
- Include kids in daily activities
- Model the task first
- Give constructive feedback – “feedback sandwich”



Involve Kids in Decision-Making

- Ask for input and ideas
- Refrain from judgement in guiding conversations
- Teach the 3 C's of decision-making
- Reflect together
- Role play making tough decisions

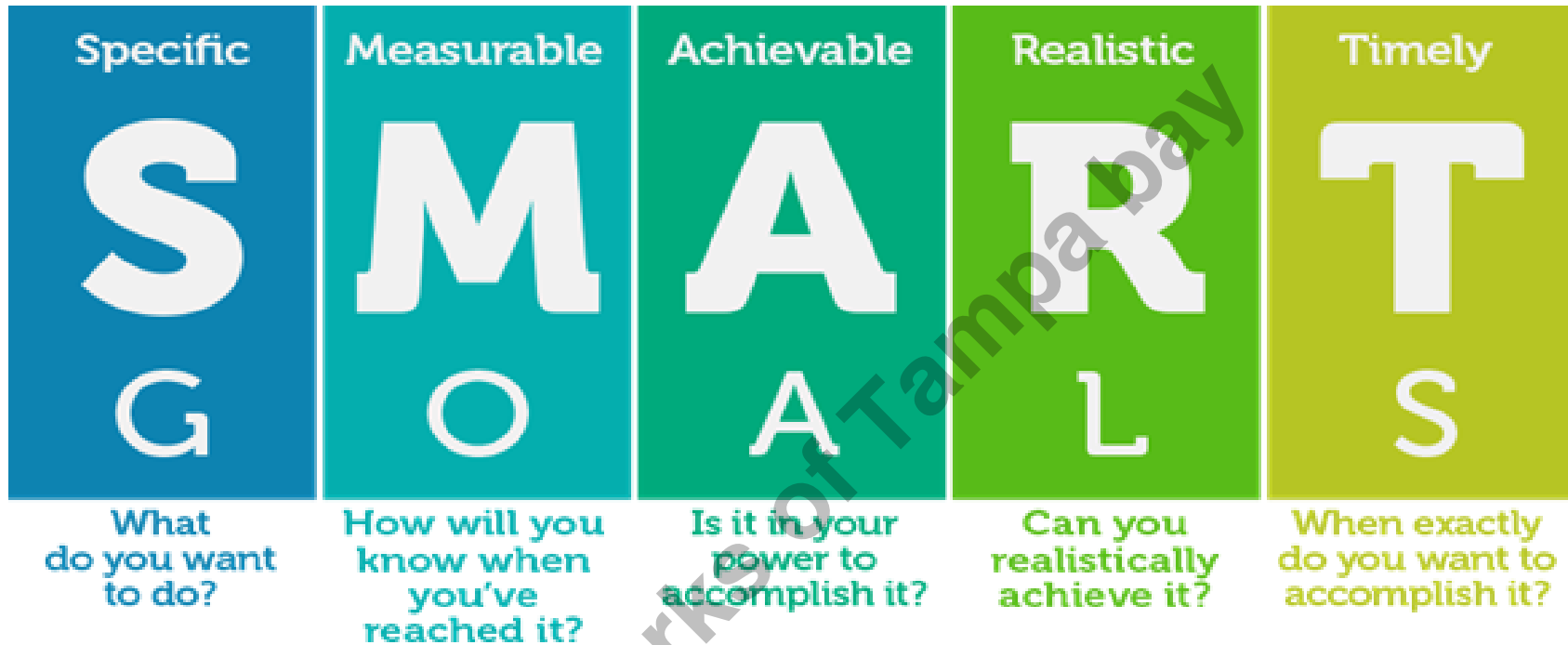
3 C's of Decision-Making:

Clarify

Consider

Choose

Set Goals and Monitor Progress Together



- Set S.M.A.R.T. goals
- Post progress in visible places
- Celebrate growth and discuss challenges
- Encourage independence with setting goals in the future

How confident do you feel in cultivating independence in your child?



Thank You!

Feedback Survey:
Complete using the Survey
Monkey link!



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Q&A

Frameworks of Tampa bay

Thank you!

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