#RescueRecess
and SEL Day

healthi KIDS — A Common Ground Health Initiative

children's institute — STRENGTHENING SOCIAL AND EMOTIONAL HEALTH

Recess teaches...

1. Self-Esteem
2. Stress Regulation
3. Compassion
4. Empathy
5. Cooperation & Teamwork
6. Problem Solving
7. Planning
8. Active Listening
9. Conflict Resolution
10. Ability to Focus

What is social emotional learning (SEL)?

Social emotional learning is how youth learn and gain the skills needed to regulate their emotions, create, and manage goals, show empathy for others, create positive relationships, and make responsible decisions.

Why is social emotional learning important to whole child health?

Social emotional learning goes hand in hand with social emotional health. SEL provides the tools and processes on how kids gain those important soft skills that lead to their success later in life and improve their overall health and well-being throughout their lifetime.

Recess creates opportunities for social emotional learning!

Play is the easiest way students can learn social emotional skills – because play is how kids learn best! Studies show that 20 minutes of daily active recess provides the opportunity for peer interactions that advance SEL and development in children.

Resources for parents to support SEL at home:

- Pathway 2 Success: 10+ Social Emotional Activities for Home
- Playworks: 34 Conversation Starters for Your Family
- Understood.org: Social-Emotional Activities for Children
- Onslow County Schools: 25 At-Home Social-Emotional Learning Activities

Resources for parents to advance SEL and recess in schools:

- Join Healthi Kids and parent leaders advocating for daily active recess in the Rochester City School District.
- Sign the Rescue Recess Pledge!
- Share the RCSD Wellness Policy with the principal and other administrators at your child(ren)'s school.
- Ask your child(ren)'s principals and administrators about what recess looks like at your school.

Spread the word about SEL Day:

- March 10 is National SEL Day.
- Join us in teaching our community about the importance of SEL! Use the hashtags #SELDay #SEL #SELCI #RescueRecess
- Tag Healthi Kids and Children's Institute to connect your circles with our resources:
  - Instagram: @healthikids & @ci_connection
  - Twitter: @healthikids & @CIConnection
  - Facebook: @HealthiKids & @childrensinstituteROC
  - LinkedIn: @healthikids & @ci-connection