

# Moments for MySELf

Dear Family,

This year your child is going to be learning about social and emotional skills in their Moments for MySELf portfolio. Often, students are not taught the social and emotional skills needed to be able to cope with mental health, physical health, or environmental challenges that impact their success both in and out of school. McGraw Hill believes that educators and parents can help teach the skills students need to handle themselves, their relationships, and their work effectively and ethically.

Moments for MySELf offers a creative way for students to learn fundamental life skills such as establishing positive relationships, making responsible decisions, resolving conflicts effectively, calming strategies, and developing concern for others. It provides students with ways to practice these necessary social and emotional skills.

As students work through their Moments for MySELf portfolio, they will create a collection of SEL moments that capture their thoughts and memories throughout the year. This portfolio offers students the opportunity to reflect on who they are, their actions, and how they interact with others.

When you are together at home, look for these moments so you can help your child practice these skills. We encourage you to check-in with your child as they collect and create memorable moments for themselves.

