主題：父母如何與孩子一起進行社會情感學習

A. 內容撮要：

1. 父母是 SEL 的關鍵推動者
   - 透過日常對話與示範，培養情緒覺察、同理心、合作與問題解決
2. 建立開放支持的溝通
   - 每天固定交流時間；專注傾聽、不打斷；用簡短回應與點頭確認感受
3. 教授情緒識別與表達
   - 擴充情緒詞彙（快樂、悲傷、憤怒、沮喪、擔心等）
   - 連結「情緒—想法—行為」，鼓勵把感受說清楚
4. 提供情緒管理工具
   - 深呼吸、慢數、喝水、短暫活動轉換
   - 衝突後簡短復盤：下次可改進的一步
5. 示範與強化同理心
   - 共情句式：「我明白你很生氣，因為……」
   - 角色扮演不同視角，練習理解他人感受與需要
6. 創造合作與社交機會
   - 家庭合作活動（拼圖、烹飪、運動）
   - 鼓勵參與同儕與課外興趣，練習輪流、協商、分享
7. 教孩子解決問題步驟
   - 定義問題→思想多個方案→評估後果→選擇並實行→檢視調整
   - 用小情境常規化練習
8. 具體正向回饋
   - 讚賞可見行為與其影響，必要時小獎勵以鞏固新技能
9. 父母以身作則
   - 面對壓力示範暫停、深呼吸、清晰表達需求
   - 互動中展現尊重與同理，讓價值觀「看得見」

10. 家校一致
    - 參與學校 SEL 活動，理解校內語言與策略
    - 在家同步練習，兩個場域使用同一套方法
11. 關鍵原則：小步持續
    - 將 SEL 融入日常，累積小成功，建立自信、韌性與良好人際；促進家庭和諧

==========

B. 家長反思題：

1. 我家每天的固定交流時段已建立了嗎？我可以加入哪一個「傾聽儀式」（例如先復述對方一句）來提升質量？
2. 孩子最需要哪一個 SEL 微技能（情緒調節／同理／合作／問題解決）？本週我能設計哪個 5 分鐘情境練習去強化它？

Subject: How Parents Can Engage in Social-Emotional Learning with Their Children

A. Content Summary:

1. Parents are key drivers of SEL
• Through daily conversations and modeling, build emotion awareness, empathy, cooperation, and problem-solving

2. Build open and supportive communication
• Set a daily check-in time; listen with full attention, don't interrupt; use short replies and nods to confirm feelings

3. Teach emotion identification and expression
• Expand emotion words (happy, sad, angry, frustrated, worried, etc.)
• Link "feelings–thoughts–behaviors," and encourage clear sharing of feelings

4. Provide emotion management tools
• Deep breathing, slow counting, drink water, brief activity switch
• Short after-conflict review: one step to improve next time

5. Model and strengthen empathy
• Empathy phrases: "I understand you're very angry because…"
• Role-play different viewpoints to practice understanding others' feelings and needs

6. Create cooperation and social chances
• Family cooperation activities (puzzles, cooking, sports)
• Encourage peer and extracurricular participation; practice taking turns, negotiating, sharing

7. Teach problem-solving steps
• Define the problem → think of multiple options → evaluate consequences → choose and act → review and adjust
• Practice regularly with small situations

8. Give specific positive feedback
• Praise visible behaviors and their impact; give small rewards when needed to strengthen new skills

9. Parents lead by example
• When under stress, model pausing, deep breathing, and clearly stating needs
• Show respect and empathy in interactions so values are "visible"

10. Home–school alignment
• Join school SEL activities; learn the language and strategies used at school
• Practice the same methods at home so both settings match

11. Key principle: small steps, ongoing

• Build SEL into daily life, stack small wins, and grow confidence, resilience, and good relationships; enhance family harmony

==========

B. Parent Reflection Questions:

1. Have we set a daily fixed check-in time at home? What “listening ritual” (for example, first repeat one sentence from the other person) can I add to improve quality?
2. Which SEL micro-skill does my child most need (emotion regulation / empathy / cooperation / problem-solving)? What 5-minute practice can I design this week to strengthen it?