



**WINGS**  
helping kids soar®



**Wings For Kids**

# **WINGS at Home Toolkit for Families**

**A resource for enhancing social emotional learning**



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I soar with wings.  
Let me tell you why.  
I learn lots of skills  
that help me reach the sky.

**I LOVE AND ACCEPT**  
who I am on the inside  
and know my **EMOTIONS**  
**ARE NOTHING TO HIDE.**

**LIFE'S FULL OF SURPRISES** that  
make me feel different ways.  
If I can **CONTROL MYSELF**,  
I'll have much better days.

# Words to Live By

I understand the  
**CHOICES I MAKE** should be  
what's best for me to do,  
and **WHAT HAPPENS IS ON ME**  
and not any of you.

I understand **OTHERS ARE UNIQUE.**  
I want to learn more about  
everyone I meet. I want to  
**STEP INTO THEIR SHOES** and  
see what they are going through.

I am a friend.  
**I SUPPORT AND TRUST.**  
Working together is a must.  
**KIND AND CARING** I will be.  
I listen to you. You listen to me.



**WINGS**  
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I soar with wings.  
I just told you why.  
All of these things are  
why I fly high.



# Connecting the Lessons



There are ten essential lessons embedded in Words to Live By—two lessons for each of the five core competencies of social emotional learning (SEL). See how each lesson connects to the stanzas in Words to Live By and the core competency:

| Competency  | Words to Live By  | Lesson  |
|---|---|---|
| <br><b>Self-Awareness</b>                | <p>I love and accept who I am on the inside and know my emotions are nothing to hide.</p>   | <p>Love and accept who you are.<br/>Share your emotions.</p>  |
| <br><b>Self-Management</b>             | <p>Life's full of surprises that make me feel different ways.<br/>If I can control myself, I'll have much better days.</p>                              | <p>Understand that life is full of surprises and different feelings.<br/>Learn to control yourself.</p>                       |
| <br><b>Responsible Decision-Making</b> | <p>I understand the choices I make should be what's best for me to do and what happens is on me and not any of you.</p>                                 | <p>Make choices that are best for you.<br/>What happens as a result of your choices is on you and no one else.</p>            |
| <br><b>Social Awareness</b>            | <p>I understand others are unique. I want to learn more about everyone I meet. I want to step into their shoes and see what they are going through.</p> | <p>Others are unique and it's important to learn more about them.<br/>Step into the shoes of others to see how they feel.</p> |
| <br><b>Relationship Skills</b>         | <p>I am a friend. I support and trust. Working together is a must. Kind and caring I will be. I listen to you. You listen to me.</p>                    | <p>Be a friend who supports and trusts. Work together by being kind, caring, and listening.</p>                               |

# The Role You Play



You have a lot on your plate. Between jobs, extracurricular activities, household chores, keeping up with what's happening at school, and navigating an unpredictable world, it's hard to dedicate time to anything outside of the usual routine.

The good news is that you don't need special training or hours in the day to promote social emotional development with your child. In fact, you're probably already doing a lot of the right things without even knowing it!

You can use moments that happen organically to grow your child's SEL skills. Trips to the grocery store, playing a board game, or interactions at the playground are full of opportunities for social emotional growth. SEL doesn't have to feel like a lesson from a textbook. Instead, parents and caregivers can weave it into teachable moments that happen daily.

You've already taken the first step of introducing your child to SEL by reading *I Soar With Wings*. When you're ready to take it a step further, notice opportunities to:

- Practice saying Words to Live By with your child at home.
- Reinforce positive behavior by praising and encouraging your child when they demonstrate Words to Live By.
- Point out when you or others are not modeling Words to Live By.

On the next page, we've compiled a list of helpful tips you can use to dive deeper into the lessons embedded in Words to Live By.

Being a positive role model doesn't mean you have to be an SEL expert. Try picking one part of Words to Live By to focus on for a week or a month.

# 3 Tips for Using Words to Live By at Home



## Tip #1

### WAYS TO MODEL IT:

Seize opportunities to point out your own strengths and how you became good at them.

Admit your weaknesses and talk about how you're working on them.

Share with your child how your strengths and weaknesses have changed throughout your life.

## Strengths and Weaknesses



### Self-Awareness: Love and accept who you are

Your life is full of experiences where you recognize and celebrate your strengths and where you strive to improve your weaker areas.

A few hints for discussing how to best display strengths and weaknesses:

#### STRENGTHS

- State them and be proud
- Show them to others, don't be shy
- Offer your help to others in a kind way

#### WEAKNESSES

- Admit them, don't be embarrassed
- Work on them so you can get better
- Ask for help when you need it

When you see your child excelling in certain areas, point it out and encourage them to teach others what they know. If your child is struggling, tell them it's ok to ask for help and make a plan on how they can improve.

Show your child how their strengths and weaknesses make them unique. If everyone was the same, the world would be a very boring place. As we grow and change, our strengths and weaknesses change too.

# Tip #2

## WAYS TO MODEL IT:

When you give your eyes, ears and energy to your child, you're modeling what focus looks like.

Point out when you are using your Three E's to limit distractions and remain focused—reinforcing this concept with your child.

## Three E's



### Self-Management: Learn to control yourself

Have you ever been daydreaming while someone was talking to you? Maybe your eyes and ears were open, but your energy was on random thoughts and distractions.

Many times, our thoughts bounce back and forth. We think of one thing, then another, and our energy goes all over the place.

Here are helpful ways to explain what you mean when you say "Three E's":

- **EYES** - Keep your eyes on the task or person you are dealing with; don't look around at other things or people.
- **EARS** - If you are talking to someone, you should only hear what they are saying—try to block everything else out.
- **ENERGY** - Put all your energy into the task/person you are dealing with, don't work on anything else or try to do two things at once.

Once your child is familiar with the Three E's, it's as simple as saying, "Please give me your Three E's" when you see them losing focus or becoming distracted.



Watch our SEL expert explain Three E's in a video [here](#).

# Tip #3

## WAYS TO MODEL IT:

Share choices you are proud of with your child to help them understand that good choices should be celebrated.

Recognize and take ownership of any poor choices that you make.

Showing your child that everyone makes mistakes will help them be open and honest with you when they make one.

# Share Your ID



**Responsible Decision-Making: What happens as a result of your choices is on you and no one else**

Everyday is full of choices. Some are easy; like what to eat for breakfast. Some are complex; like whether to move for a new job.

It's important to take ownership of the choices you make and their outcomes. The choices you make are your responsibility—whether important or mundane.

## What is your ID?

It's important to always take responsibility for yourself and the choices you make, whether good or not so good. When you own up to your mistakes or proudly state something you've worked hard to accomplish (what "I did...") you are sharing your ID.

When your child makes great choices, big or small, celebrate their responsible decision-making.

If your child is hesitant to tell the truth because their choice resulted in a bad outcome, help them understand their role in the choices they made.

When your child does share a negative choice they made, be sure to let them know you appreciate their honesty and the courage it takes to share their ID.



# Resources



Looking for other resources to help you practice social emotional skills at home? Check out these great books designed for **parents** at your local library, bookstore, or online:

- *Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child* by Elias, Tobias, & Friedlander
- *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* by Paul Tough
- *Mindset: The New Psychology of Success* by Carol S. Dweck, Ph.D.

Check out these great reads designed for **kids**:

- **Self-Awareness:** *The Way I Feel* by Janan Cain
- **Self-Management:** *Alexander and The Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst
- **Social Awareness:** *Does a Seal Smile?* by Fred Ehrlich
- **Responsible Decision-Making:** *The Worst Day of My Life Ever!* by Julia Cook
- **Relationship Skills:** *Zach Apologizes* by Williams Mulcahy

## Partnership With Discovery Education

Want even more ways to practice SEL at home? Through our partnership with Discovery Education, you can find FREE social emotional learning digital resources, family activities, and videos for elementary school children. Visit [soarwithwings.com/family-activities](https://soarwithwings.com/family-activities) to learn more.

# About Us



In 1996, WINGS began as a summer camp for girls focusing on emotional intelligence. Back then, we understood the importance of social emotional skills, but had no idea the impact teaching these skills would have. Today, we have a clear picture of the value these skills can bring to our children. We see it in the hearts of the kids we work with everyday.

The pandemic brought unexpected challenges to everyone: especially kids. Now, as we move forward from the aftermath of a world turned upside down, these skills are more critical than ever.

Our kids are resilient. And with SEL, we can fortify that resilience to help make them even stronger—emotionally and academically. After working with kids for more than 25 years, we have the evidence to prove it.

WINGS is committed to equipping kids with life skills like taking on challenges, learning from effort, building healthy relationships, and problem-solving. These lessons start at home, are practiced in the classroom, and reinforced after school so ALL kids can succeed and thrive.

## Support Our Work

If you're interested in making a donation to help us reach more families and children with resources like this one, please visit our website or contact us at [hello@wingsforkids.org](mailto:hello@wingsforkids.org),

## Wings for Kids

476 Meeting Street, Suite E  
Charleston, SC 29403  
Phone: 843-352-3361  
[www.wingsforkids.org](http://www.wingsforkids.org)

