

SEL HOME LEARNING: WEBS OF SUPPORT

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INTRO TO THE FRAMEWORK

The webs of support framework is a tried and tested SEL model rooted in research in the fields of youth development, resilience and social and emotional learning. It is easy for kids and adults to understand and when applied to one's life it can have significant positive effects on the individual's social and emotional wellbeing. Having a healthy "web of support" is important at the best of times, and arguably even more important during this evolving pandemic.

Video Link:

<https://youtu.be/-Snv7C5Y6oI>

HOMEWORK FOR APRIL 20th-24th: THINKING ABOUT ANCHORS

Elementary – parents/guardians

1: Watch the video explaining the webs of support model and have a conversation with your child.

2: Explain who your "Anchors" were when you were growing up. Then ask your child who their "Anchors" are. (Depending on the age, you may just want to use "loving adults" instead of "Anchors".)

Some Guiding Questions for parents/ guardians to ask:

- Why is he/she your Anchor?
 - What is it about him/her that makes them a great Anchor?
- What makes up great anchor?
- Who do you think grandpa and granny's Anchors are?
- Does everyone need Anchors?
- Who can be an Anchor?
 - Do they have to be related to us?
 - Can a neighbor be an Anchor?
 - Can one of my best friends be your Anchor?
 - Can one of your best friends' parents be an Anchor?
 - Who else can be an Anchor?