



Overview for Caregivers

We are excited to share a new social and emotional learning curriculum with you. Social Learning and Emotional Regulation (SOLER) is a social skills curriculum we will be using to help support your child's social development. Educational research has found that children engaged in a social emotional learning curriculum make significant improvements in social and academic skills. Using the engaging lessons and activities in the SOLER curriculum, we will provide targeted social skills instruction in the following areas:

Communication

Skills taught include attention and focus, vocabulary comprehension, conversational skills, and identifying social norms.

Friendship

Skills taught include cooperation and play skills, identifying shared interests, play norms, and compromise.

Self-Awareness

Skills taught include identifying social cues, emotions, self-advocacy, growth mindset, and self-confidence.

Self-Management

Skills taught include self-control, emotional regulation, stress management, time management, and planning.

Perspective-Taking

Skills taught include perspective-taking, responding to differences, impacting others, and identifying thoughts and feelings.

Making Connections

Skills taught include collaboration, conflict resolution, empathy, and adjusting behavior to social settings.

To begin, a member of your child's team will complete a brief checklist to identify the appropriate lesson to start with. Your child will then work one-on-one and/or in a small group to begin the selected lesson. Each lesson focuses on one specific skill (e.g., staying on topic), and uses strategies such as video modeling or peer-based interactions to help teach the skill. After a skill is acquired and practiced, your child can move on to the next lesson. Lessons build upon previously learned skills so they will be taught in a specific order.

Meanwhile, after a skill is initially acquired and practiced one-on-one and/or in a small group, it should be practiced elsewhere. Practicing a newly learned skill is an important step toward ensuring it is generalized (i.e., used across people and settings). The SOLER curriculum contains materials to support you in creating these practice opportunities at home and in the community. Your team will be in touch with the information you need.

Thank you in advance for your time and support. Please feel free to contact us if you need anything.