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**EQuip Our Kids! SEL Tip of the Week - Apr 13, 2023**

1 message

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## **EQuip Our Kids! SEL Tips**

**This week's tip:** “Let’s talk about SEL,” won’t get your kids’ attention. But, “High, Low, Jack” can.

During the [EQuip Our Kids’ SEL Day 2023 Parent Webinar](#), Dr. Gwen Bass said the easy, daily check-in she uses at home is “an excellent jumping-off point for so many conversations around Social-Emotional Learning” that has become a beloved ritual.

High: What’s the best thing that happened today?

Low: What’s the worst thing?

Jack: What surprised you?



After her kids answer, Dr. Bass said she asks questions like how they felt in the situation, if they had to support anyone, and how their peers reacted. “Being able to unpack some of those situations with them that feel really contextually relevant is much easier and more organic.”

For more great tips from Dr. Bass and her colleagues, view the webinar [here](#).

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