

RETHINK BENEFITS PRESENTS

Social and Emotional Learning for Your Child and Family

Social and emotional learning is vital for children and teens to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. Rethink Benefits is designed to provide parents/caregivers with efficient, targeted instruction of the elements and indicators grounded in the five core competencies of the Center for Academic, Social, and Emotional Learning (CASEL). Rethink Benefit's Social and Emotional Learning (SEL) draws from the applied learning and social psychology literature and was developed by experts in the field. On-demand learning modules and home-connection resources provide parents/caregivers with solutions to act as role models for the SEL skills they want to see in their child(ren), as well as tools for building healthy environments that support the well-being of the whole family.

RETHINK SEL LESSONS AND PROFESSIONAL LEARNING TOPICS

Awareness of Self and Others	Self-Management	Social Skills	Social Awareness	Self-Care	Mental Health
Self-Knowledge	Self-Control	Fairness	Cultural Competence	Mindfulness	Bullying Prevention
Emotions	Stress Management	Respect	Empathy	Self-Efficacy	Suicide Prevention
Values	Focus	Friendship	Safe and Ethical Behavior	Optimism	Anxiety
Wants and Needs	Problem Solving	Relationships	Support Systems	Self-Compassion	Depression
Learning Skills	Goal Setting	Cooperation	Social Contributions	Self-Advocacy	
Growth Mindset	Resilience	Conflict Resolution	Actions and Consequences	Healthy Boundaries	

KEY ELEMENTS OF THE SUITE

- Evidenced-based materials — Aligned with CASEL competencies
- 38 on-demand SEL learning modules for adults, parents and caregivers
- 4 on-demand mental health learning modules for adults, parents and caregivers
- More than 500 resources and activities categorized by age/ability (PreK-grade 12)

FOR MORE INFORMATION

Contact us at **800-714-9285** or email support@rethinkbenefits.com