

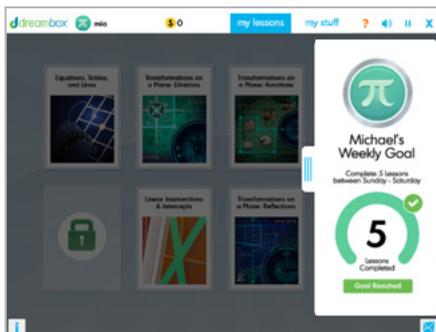
TOP 3

SOCIAL-EMOTIONAL LEARNING TIPS

Building Math Confidence



Parents, we are in awe of all you do! As many schools engage in distance learning this Fall, you're adding the role of co-teacher to your plate, as well. While DreamBox® is here to support your math instruction, we also want to offer some tips and guidance around Social-Emotional Learning (SEL) to build math confidence. SEL is naturally woven throughout your child's day in school and can be included in your at-home learning too.



The Weekly Goal Tracker keeps students informed of lessons completed.

[Learn more here.](#)

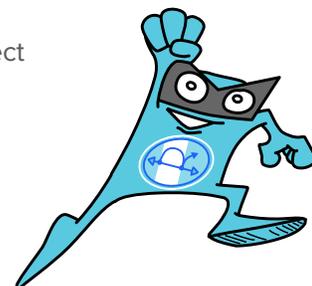
WHAT IS SEL?

- Social-Emotional Learning (SEL) is “the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”¹
- As mathematicians, students practice SEL through goal setting, grit, and learning from mistakes. This fosters positive mindset around math. A [Stanford University study](#) showed that having a positive attitude about math is a strong predictor of which students will perform better, even after accounting for differences in IQ and other factors. Embrace these moments, where SEL is actively happening, and incorporate SEL into your child's daily math routine in these simple steps:

1

GOAL SETTING. Goal setting helps students practice self-discipline and self-awareness, ultimately building confidence and self-esteem.

- Challenge your child to set goals both in the short-term— *today I'll complete 3 DreamBox lessons*—and long-term— *I'll understand these math concepts this quarter*.
- Students can monitor their own progress on DreamBox ensuring they're active, not passive, in their goalsetting. Students also select which topics and lessons to work on, so they're invested and engaged. Studies show when students have ownership in their learning, through the power of choice, they're more intrinsically motivated which in turn drives academic achievement.



¹CASEL <https://casel.org/what-is-sel>

2

ENCOURAGING GRIT. Learning new concepts involves making mistakes, struggling through the process and still showing perseverance. Grit requires having the social-emotional tools and self-management skills to stick to it. Students also discover how to advocate for themselves when they need help problem-solving. Best of all, DreamBox brings those “aha moments” when kids make learning connections and realize their persistence was worth it. The intrinsic motivation that derives from these moments keeps the learning momentum going.



- Model this for your child. Tell your child about a time you felt frustrated but chose not to give up and as a result, you grew from the experience. Provide opportunities for your child to reflect on their learning— which moments felt frustrating and when have they kept a positive attitude? Pile on the positive praise that reinforces these skills.
- As students play DreamBox they continually earn badges for perseverance and persistence. As they reach their DreamBox goals, students earn coins to shop on DreamBox and celebrate their achievements.
- If your child is playing on a school account, our student-teacher messaging features allows your child to communicate with their teacher so they can receive personalized messages that keep motivation up and encourage the productive struggle that is a key part of learning.



3

CELEBRATING MILESTONES. Marking milestones, whether leveling up on DreamBox or acing a test, reinforces the social-emotional skills used to meet those goals.

- Login to your [Parent Insight Dashboard](#) on DreamBox to monitor accomplishments in your child’s math learning. Download our [Student Certificates](#) to celebrate achievements.
- As student monitor their Weekly Goal Tracker, they’ll celebrate with DreamBox as they reach the milestones of completing 5, 10, and 15 lessons.

Remember to help your child find balance between their academic hours and break times. [Click here for more Remote Learning Tips](#) and check out our [Kids Hub](#) for monthly activity calendars.



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