

Franklin Public Schools  
Social-Emotional Learning (SEL)  
"Focus of the Month"

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Dear Franklin Families!

FPS remains committed to supporting student development in the five CASEL SEL competency areas: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.



To accomplish this, we are excited to roll out the Franklin Public Schools (FPS) SEL ["Focus of the Month"](#). Our goal is to provide teachers and families with strategies that support students' social and emotional learning skills development. Our current focus during November and December is on [Self-Awareness](#), and each school is participating in this initiative. We encourage families to participate, as well!

If you're ready, begin by taking the ["Try 2" Challenge](#), which can be found on our [FPS SEL](#) website. There you will find some easy-to-implement strategies you can use with your child at home!

**Click Here to Get Started!**

[Franklin Social and Emotional Learning Website](#)

If you have a strategy that works for you or general feedback, you can share it by using the [Focus of the Month Feedback Form](#).

The SEL website will continue to develop as we progress through each month. Please be on the lookout for SEL news and information in your school newsletter throughout the year!

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**Self-Awareness.**

*The ability to “accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a ‘growth mindset’”. This includes the skills of identifying emotions, having an accurate self-perception, recognizing strengths, developing self-confidence, and self-efficacy.*

