



Family Connection

SEL & Wellness Monthly



This month, we're focusing on **RESPONSIBILITY**. As we settle into the school year, October is a great time to focus on responsibility! Responsibility means making good choices, following through on what we say we will do, and taking care of ourselves, others, and our school community.

Falling Into Responsibility

RESPONSIBILITY is the SEL trait of the month, a skill that grows with practice. Children become more responsible when adults give them chances to make choices, contribute to the family, solve problems, and experience the natural results of their decisions. Here are some conversation starters to talk about responsibility with your child:

- What does being responsible mean to you?
- What is one responsibility you have at home?
- What's a responsibility you have that felt hard at first but got easier over time?
- How do you feel when someone can count on you?
- What is one responsibility you have at school?
- What happens when you don't follow through on something you said you'd do?

Mental Health & Wellness Tips

I can be responsible for my mental health and wellness by:

- **Getting enough sleep.** A regular bedtime routine helps our bodies and brains recharge.
- **Talking about my feelings.** I don't have to handle difficult feelings alone. Talking with a trusted adult is a responsible choice.
- **Making healthy screen choices.** Creating time away from screens can give our brains a chance to rest and connect with others.
- **Taking a break when I need one.** Sometimes our brains need a reset. Taking a few quiet minutes, stretching, breathing, or getting some movement can help.
- **Asking for Help.** Being responsible does not mean doing everything by yourself. Knowing when and how to ask for help is an important life skill.
- **Taking care of my body.** Eating nourishing foods, drinking water, and moving our bodies can support our overall well-being.

Building Responsibility at Home

Being responsible can look different at home. Here are some ways to show responsibility at home:

- Helping with household responsibilities
- Taking care of personal belongings
- Completing routines without constant reminders
- Taking care of pets or younger siblings
- Keeping promises and commitments
- Being honest when something goes wrong



Family Challenge

Give each family member an ongoing responsibility that contributes to the household, whether it's setting the table, feeding a pet, or managing a small chore. At the end of the week, talk together about how each person's contribution made things run more smoothly.

Scan the QR code to check out community resources

