

SEL Power-Ups: Your Cheat Code to Teen Connection



A Sharing with our Parent Support Group

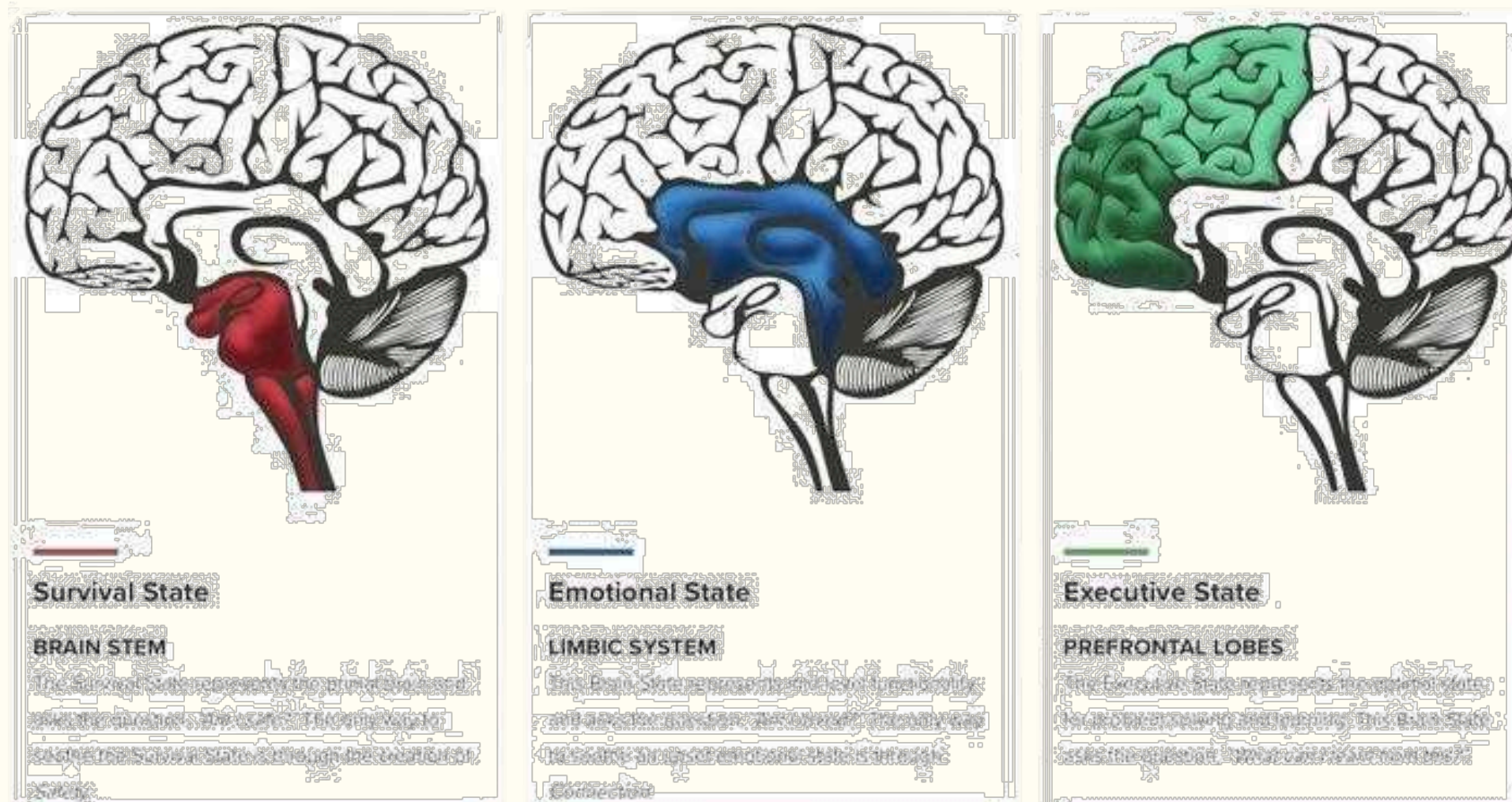
22 August 2025



Understanding Your Teen's Operating System



The Teenage Brain – A Work in Progress



The Brain “Thinks” when it’s Regulated

Regulate from the Bottom Up



Source: <https://consciousdiscipline.com/methodology/brain-state-model/>



What is Social Emotional Learning (SEL)?



The process through which we:

- Understand and manage emotions
- Set and achieve goals
- Feel and show empathy
- Build positive relationships
- Make responsible decisions

Think of it as your teen's emotional operating system! 🧠

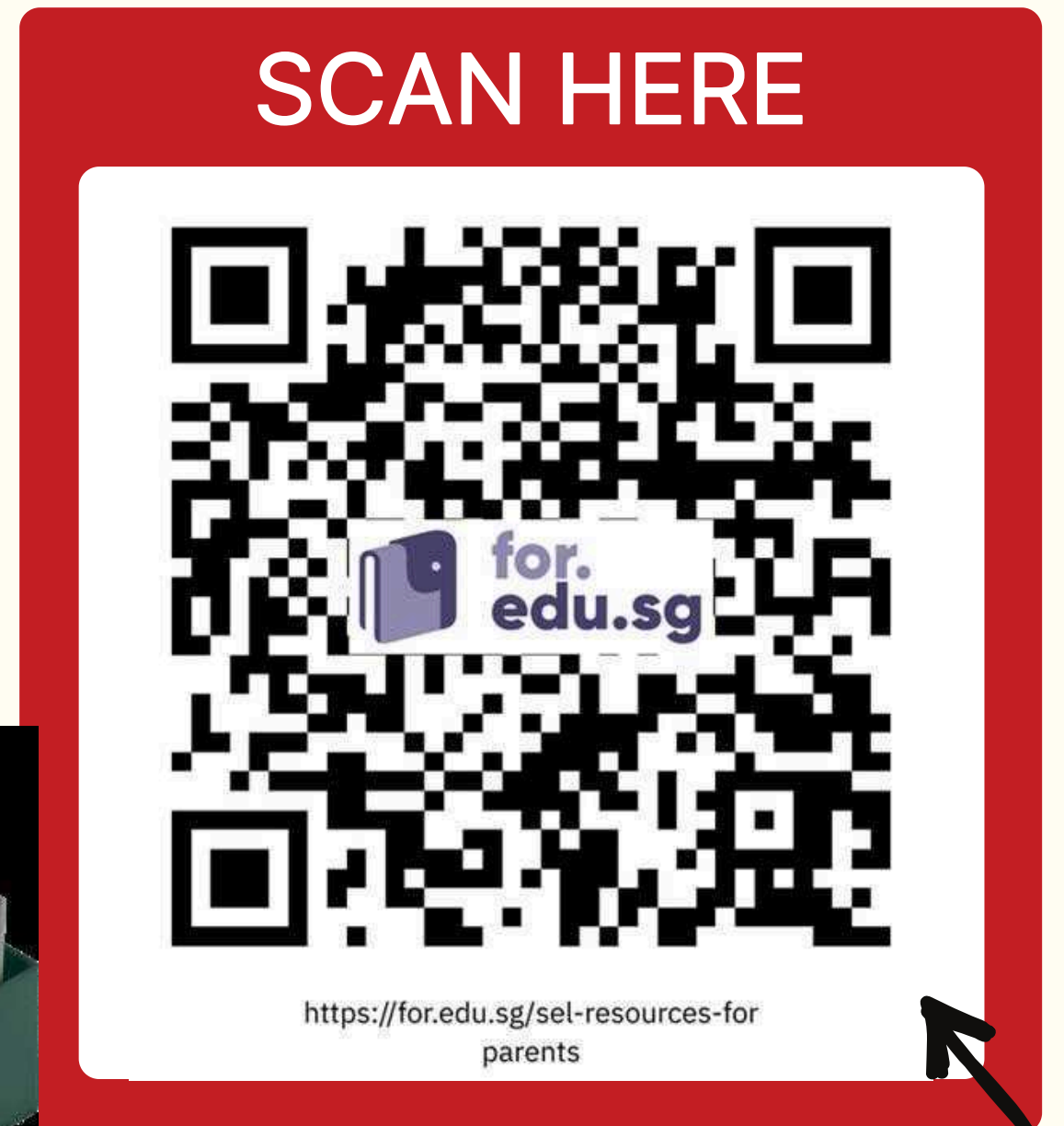
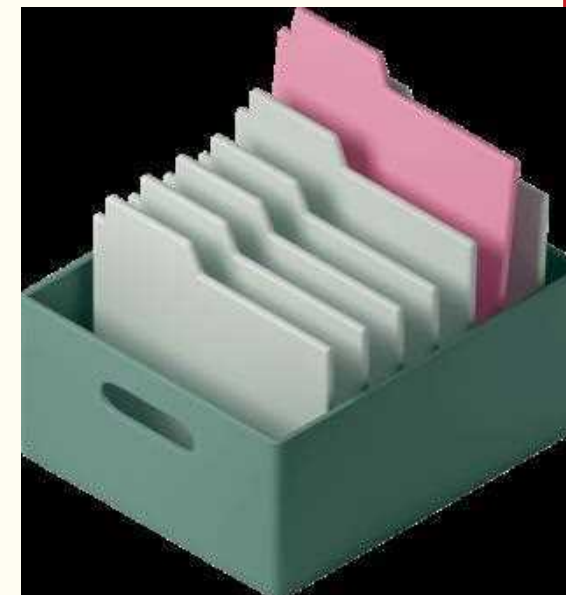


SEL Competencies



Why it Matters?

- Better academic performance
- Stronger relationships
- Higher resilience
- Improved mental health
- Future-ready skills



Resources from MOE

**Think of their brain as
a computer getting a major upgrade –
there might be some glitches
during the installation**



Upgrading...





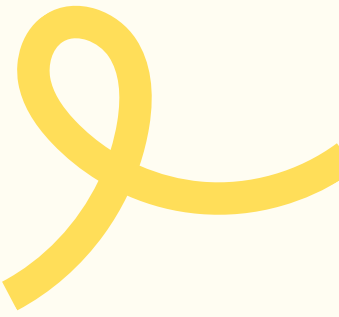
Emotional Intelligence Boosters



Power-Up #1: Brain-Aware Responses



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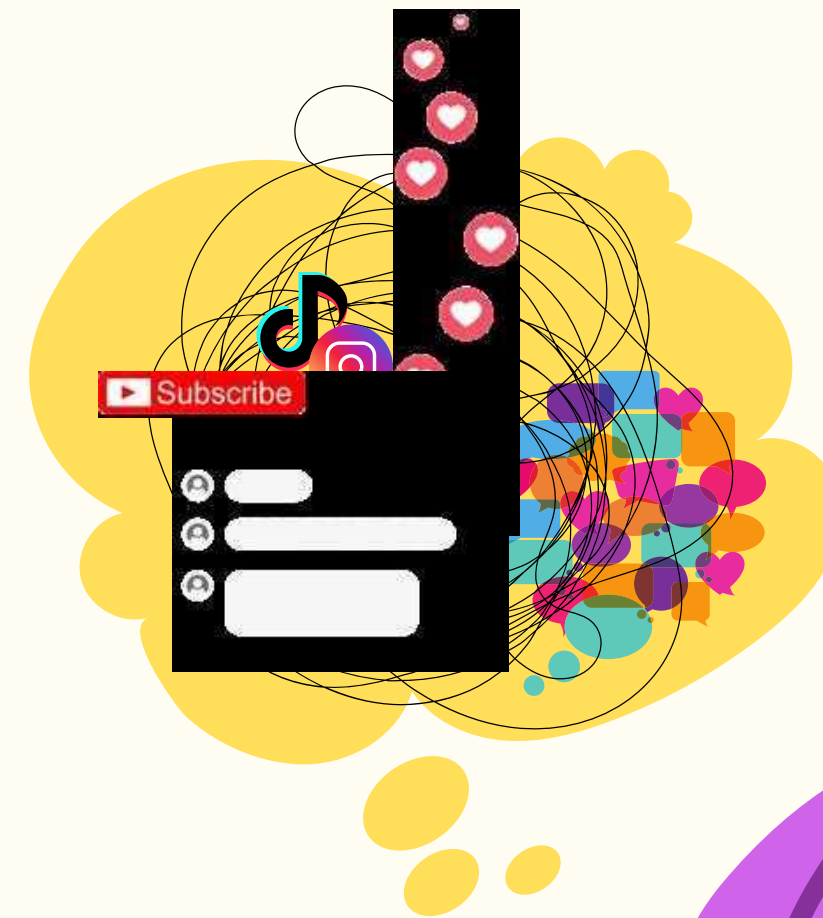
- Pause before reacting
 - Validate before problem-solving
 - Allow processing time
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Emotional Complexity

- Basic emotions become more complex during adolescence
- Mixed emotions are normal and healthy



Understanding Today's Teen Challenges



Digital age challenges:

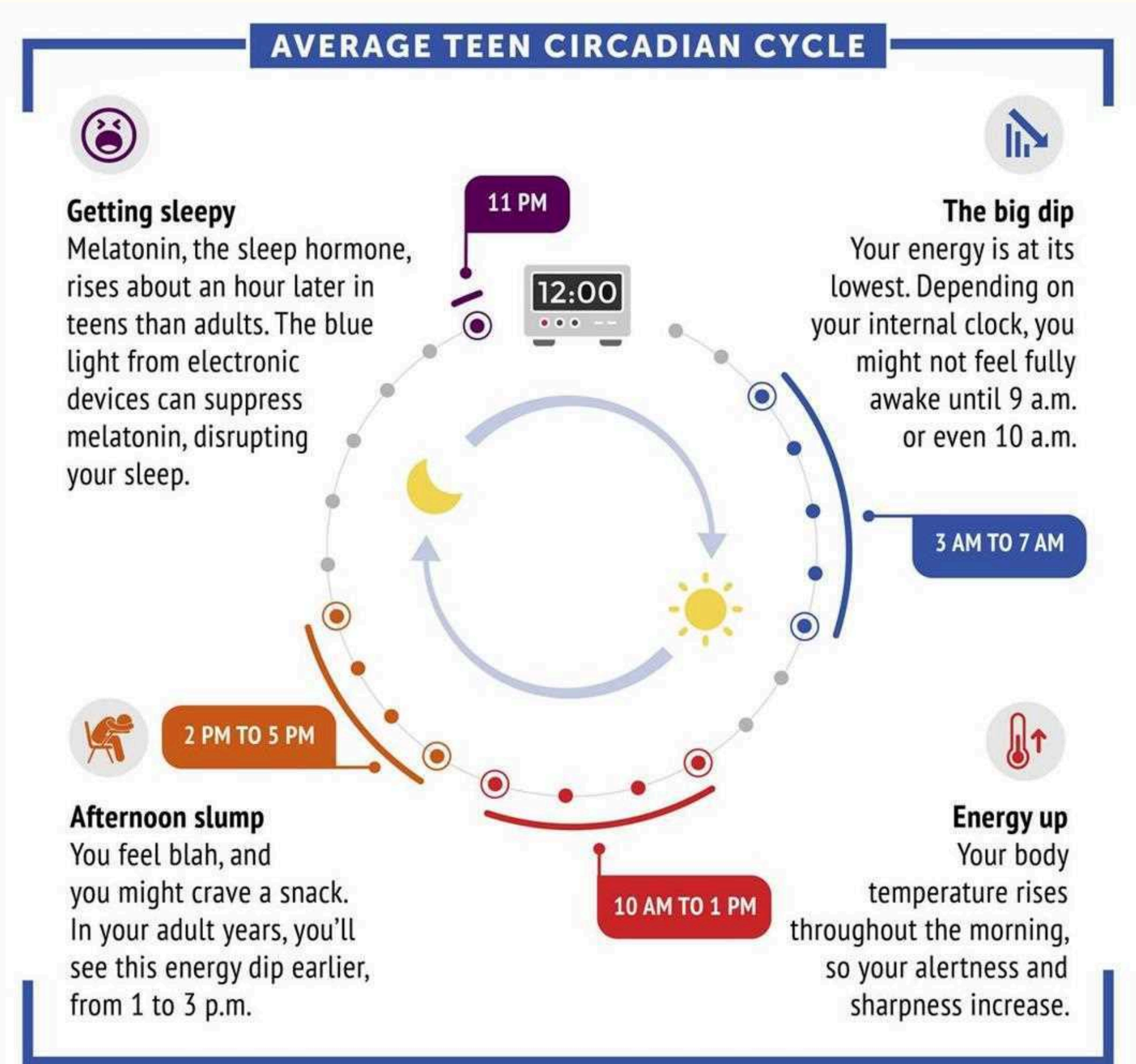
- Information overload
- Social media comparison
- 24/7 connectivity

Academic expectations:

- Multiple commitments
- Future uncertainty
- Competition



How do changes in Circadian Rhythms influence teens' sleep and study habits?



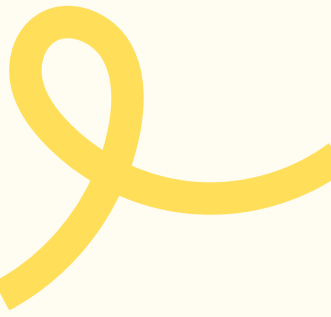


Power-Up #2:

Parent Response Impact



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Listen without fixing

Empathize first

Validate feelings

Explore together

Let them lead

Understand their world

Plan next steps together



Stress Management Arsenal

Power-Up #3: Connection Combos



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Daily connection opportunities:

- Car ride conversations
- Study break check-ins
- Dinner table "highlights"
- Weekend "side-by-side" activities





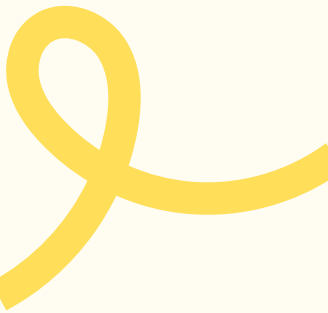
Academic Support Strategies

Power-Up #4: CALM Technique

- **C**heck in with body signals
- **A**cknowledge emotions
- **L**ist options
- **M**ake a plan



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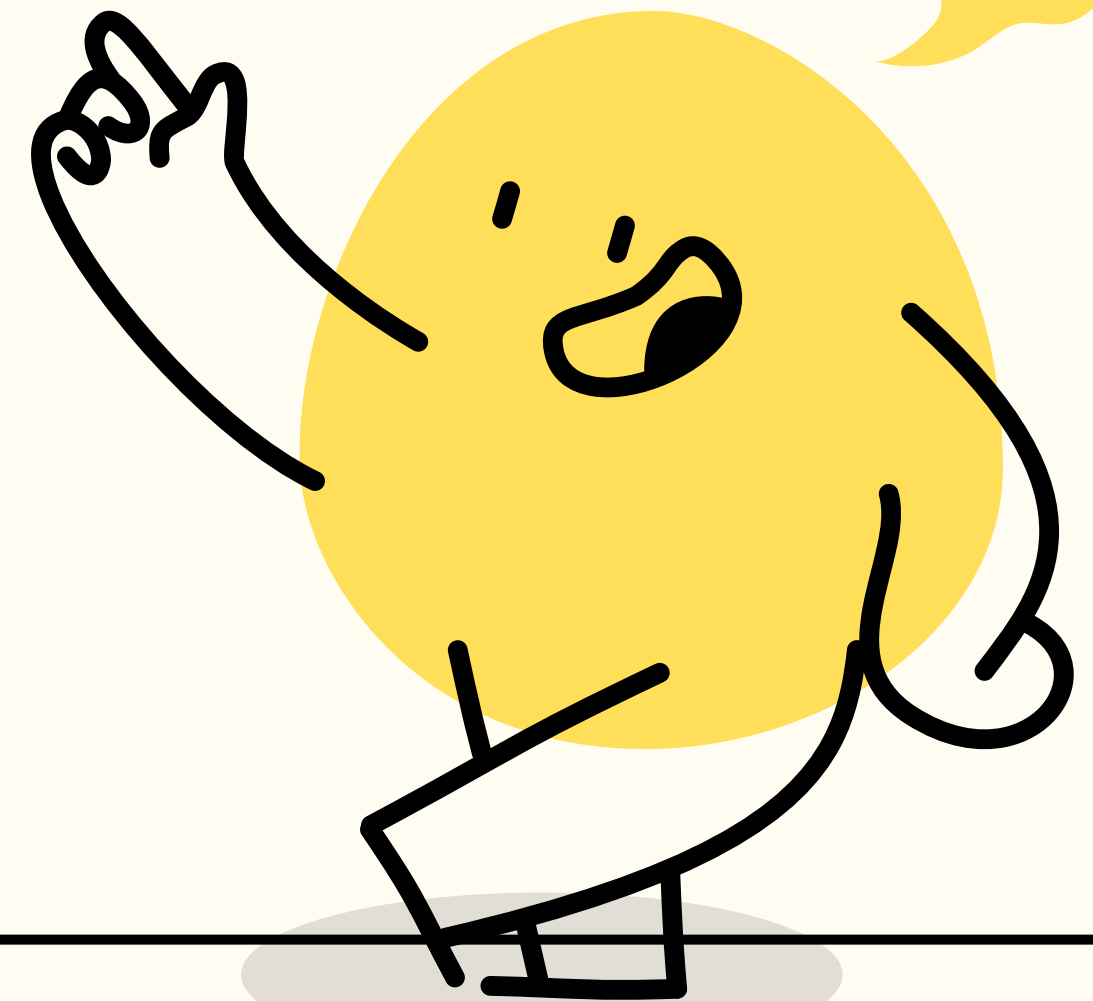
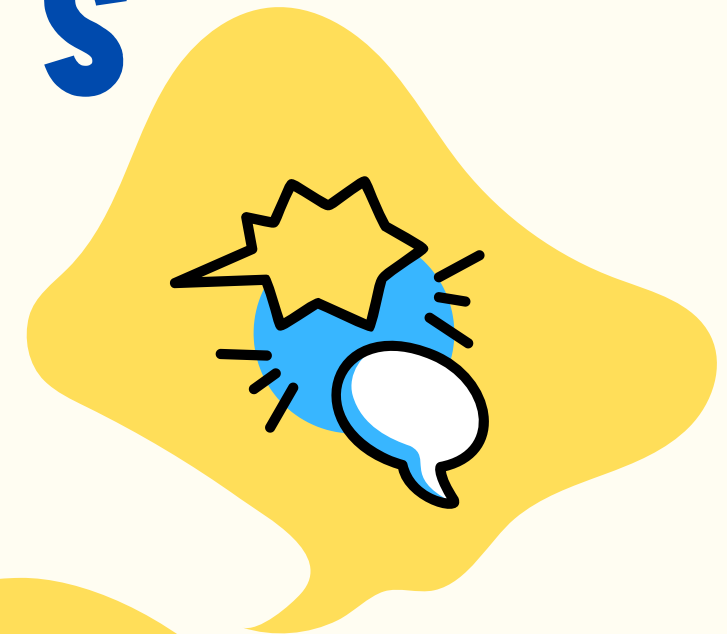
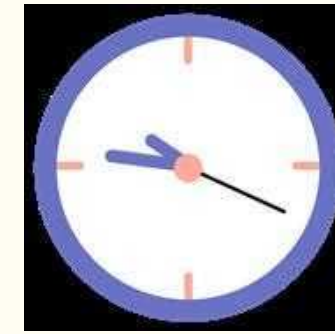
The SMART Study Space

- **S**et up distraction-free zone
- **M**aintain organization system
- **A**rrange resources effectively
- **R**efresh regularly
- **T**rack progress visually



Time Management Boosters

- Time blocking technique
- Energy management
- Regular review system



Useful Tools



pomodoro timer



30/5 Pomodoro Timer - Lofi Study/Work Deep Focus
Sponsored • Focus Station • 226K views
Chill Lo-fi hip hop Relaxing Beats Outside Rain helps Stay Motivated



25 / 5 Pomodoro Timer - 2 hours study || No music - Stud
Study timer
5.4M views • 3 years ago
Countdown Time
Study 25 minutes, break 5 minutes; NO music. Bell ringing when break starts. 25 min



Communication Power-Ups

Imagine your child asking you these questions when you return home from a long day at work, every day...

**How is your work today?
Are you doing well with your boss?
Who do you go lunch with?**

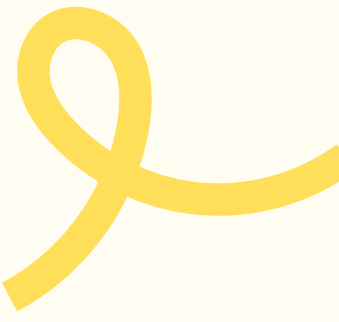




Power-Up #5: Conversation Starters



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Instead of "~~How was school?~~"

- "What was the most interesting thing you learned today?"
- "Any drama in class/CCA worth sharing?"
- "Any interesting conversations during lunch?"
- "What's the latest trend everyone's talking about?"
- "Any friend you're worried about?"
- "Found any new music/shows worth recommending?"





- Ask casually, not like an interrogation
 - Share your own day too
 - Listen more, advise less
 - Follow up on previous conversations
 - Respect when they're not in the mood to talk
 - Text these questions if face-to-face feels too intense
-



Crisis Management Tools

Examples of Everyday **CRISIS** at Home



- **Exam Stress**

- Child crying or snapping at parents because they feel overwhelmed about an upcoming test.
- Refusing to study because they “can’t do it” or fear failure.

- **Competition or Performance Loss**

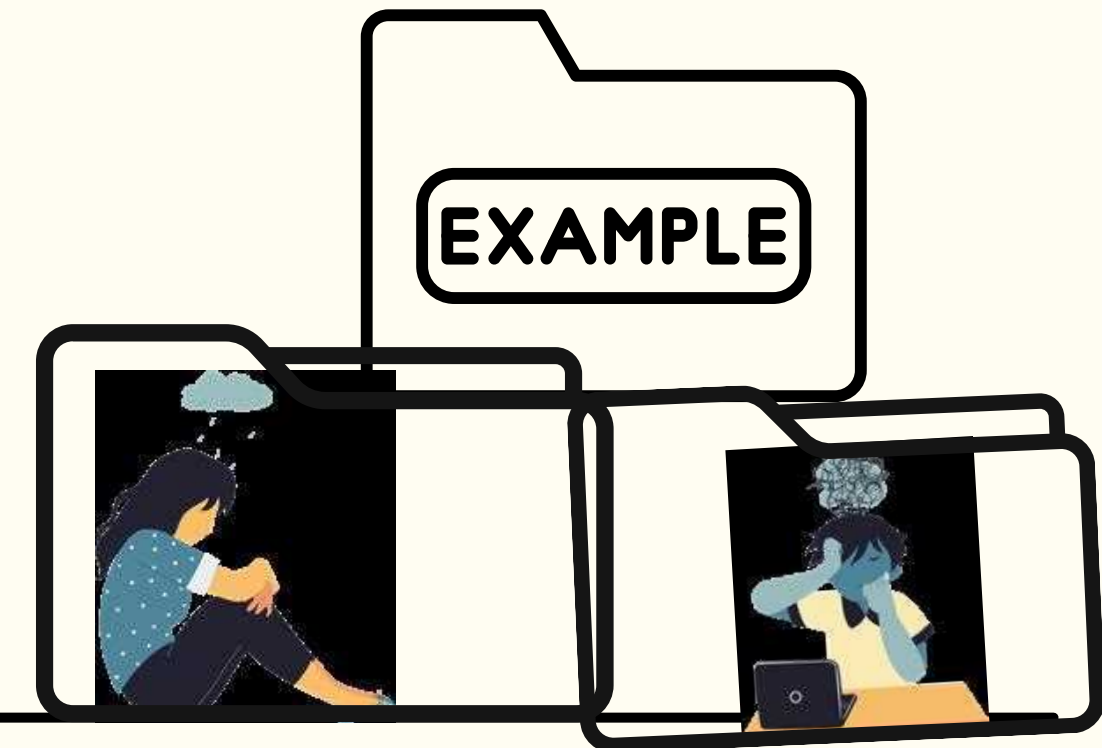
- Child gets upset after losing in a sports match, debate, or performance.
- Saying things like “I’m useless” or “I don’t want to do this anymore.”

- **Friendship Troubles**

- Child comes home upset after a quarrel with a best friend.
- Refusing to talk and shutting down emotionally.

- **Disappointment / Unmet Expectations**

- Not being chosen for a school role (e.g., class leader, CCA team).
- Feeling left out of a social gathering or birthday party.

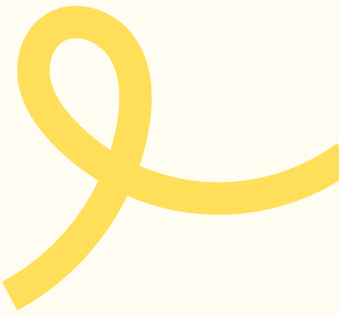




Power-Up #6: The SOS Strategy



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S - STOP and BREATHE

For Parents:

- Take 3 deep breaths before responding
 - Step away if emotions are intense
 - Use the 5-5-5 technique:
 - Breathe in for 5 seconds
 - Hold for 5 seconds
 - Release for 5 seconds
-

Power-Up #6: The SOS Strategy



O - Observe without Judgement

Mood Radar





- 🤔 Irritability: Short fuse? Snapping at family?
 - 🏃 Withdrawal: Avoiding family time? Room isolation?
 - 😟 Anxiety: Excessive "what-ifs"? Constant worrying?
 - 😞 Interest: Dropping CCAs? Leaving friend groups?
 - 🎭 Moods: Quick switches between emotions?
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Power-Up #6: The SOS Strategy



O - Observe without Judgement

Behaviour Watch

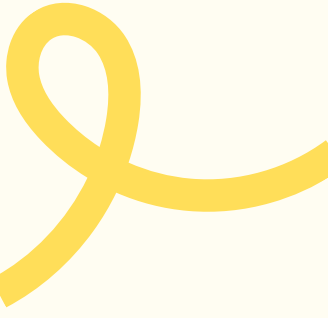
-  Studies: Grades dropping? Missing homework?
 -  Social: New friend groups? Avoiding old friends?
 -  Screen Time: Sudden increase? Late-night usage?
 -  Study Habits: Procrastination? Giving up easily?
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Power-Up #6: The SOS Strategy



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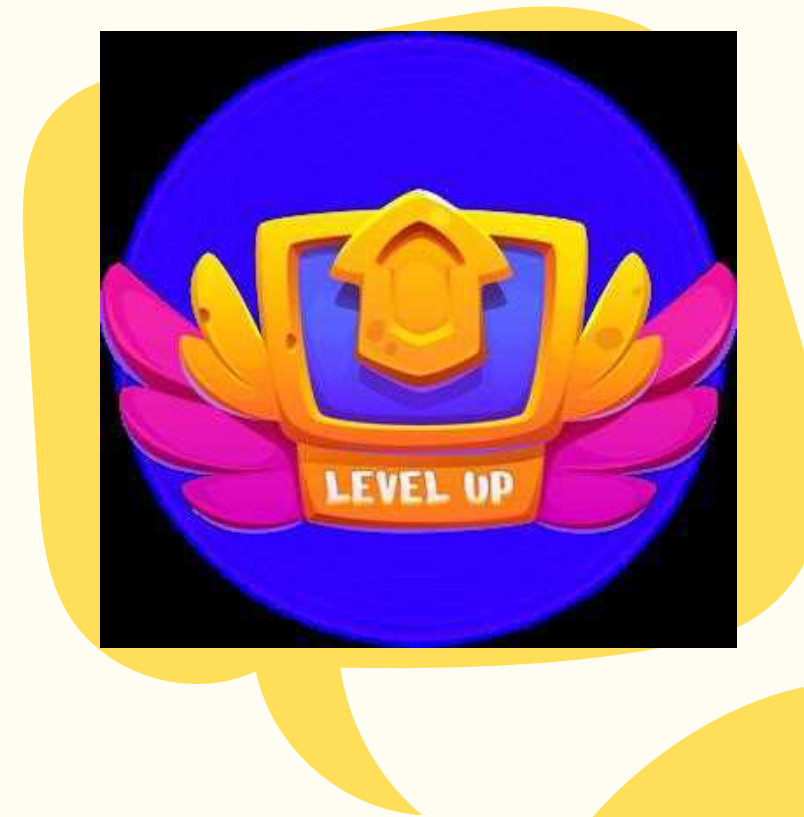
S - SUPPORT and SEEK Help

Immediate Support Strategies:

1. Open Communication
 2. Practical Help
 3. Professional Support When Noticing:
 - Persistent changes in mood/behavior
 - Academic performance significantly dropping
 - Social isolation
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BONUS Level: Self-Care for Parents

- Set boundaries
- Practice self-compassion
- Connect with other parents
- Maintain own interests







Thank You
So Much

