

The Best Resource for Promoting Social and Emotional Development

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Recent emphasis on promoting social and emotional development has received a great deal of attention in the education community. I have reviewed several approaches to this challenge and one that has been developed and researched at the University of Connecticut by Dr. Sandra Chafouleas and her colleagues is unquestionably the most effective and enjoyable program for young people that I have seen.

A brief description of this award-winning no-cost program is available to teachers and parents simply by clicking on the FYBS site below. Please help make this wonderful program available to educators around the world by forwarding it to teachers, administrators, and parents.

[Feel Your Best Self \(FYBS\)](#) offers caregivers fun, easy-to-use products—including videos, strategy cards, tip sheets, reflection activities, and even puppets!—to help kids build emotion-focused coping skills to calm themselves, catch their feelings, and connect with others. In schools, the FYBS toolkit offers a fun way to complement existing classroom activities and strengthen family collaborations. The toolkit includes an introductory lesson and 12 FYBS strategies that can be used across life stages, with the toolkit generally geared towards elementary-aged kids. How we feel in everyday moments is an important part of overall emotional well-being, and learning and practicing simple strategies can make it easier to experience lifts in emotion, feelings, or moods: meaning feeling your best self. Using FYBS, kids explore different strategies to feel their best—and finding those that work for them gives them tools to carry through life. You can read the [FYBS OneSheet](#) for a brief description of what is included, and to see FYBS in action, you can watch [this video on Edutopia](#).

