

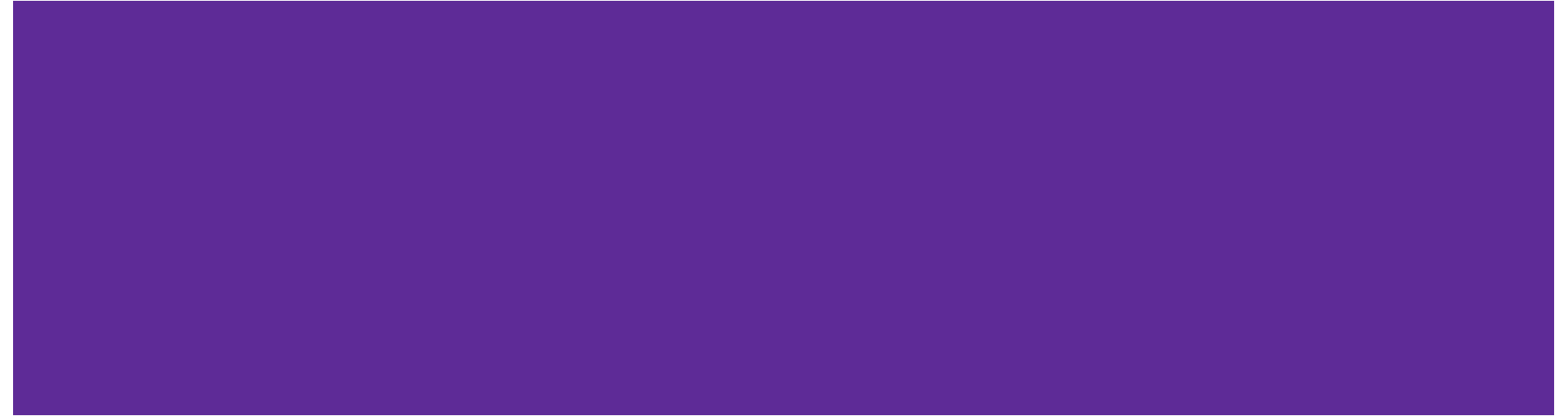
A Parent's Guide To Social Emotional Learning (SEL)

**Parent Academy
Saturday, March 2, 2019**

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Today's Goals

- Overview of SEL Framework
- SEL in the classroom
- An SEL Home Toolkit



How are
you
feeling?

THE  FEELINGS GAME		
<i>FOR EVERY</i>		<i>SHARE</i>
Red		<i>One thing that makes you HAPPY.</i>
Orange		<i>One thing that makes you SAD.</i>
Green		<i>One thing that makes you ANGRY.</i>
Yellow		<i>One thing that makes you EXCITED.</i>
Purple		<i>One thing that makes you AFRAID.</i>

Social Emotional Learning:



Social and Emotional Learning (SEL) is the way that both students and adults learn and practice the knowledge, attitudes, and skills necessary to:

Understand and manage emotions,

Set and achieve positive goals,

Feel and show empathy for others,

Establish and maintain positive relationships,

Make responsible decisions.

An Introduction to SEL.....



<https://www.youtube.com/watch?v=y2d0da6BZWA&t=30s>



SEL Core Competencies

Self-Management

Demonstrate and Practice:

- Resilience in the face of obstacles
- Regulating one's emotions
- Compassion for self and others
- Perseverance
- Pause between stimulus and response
- Healthy boundaries
- Setting and monitoring personal and academic goals

Social Awareness

Demonstrate and practice:

- Empathy
- Awareness of strengths in self and others
- Cultural competence
- Appropriate use of humor
- Recognizing family, school and community resources
- Perspective taking
- Reflective listening

Relationship Skills

Demonstrate and practice:

- Building relationships with diverse individuals and groups
- Listening and communication skills
- Working cooperatively
- Resolving conflicts
- Seeking help



Self-Awareness

Identify:

- Feelings and needs
- Strengths in self, community and culture
- Relationship between feelings, thoughts and behaviors
- Judgments and biases
- Level of optimism

Responsible Decision-Making

Demonstrate and Practice:

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships and school

Source: Acknowledge Alliance



Self-Awareness



Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and challenges and possessing a well-grounded sense of confidence and optimism.

Themes: Inner Strengths, Stress, Stressors, Personality & Learning Styles

Self-Management



Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Themes: Growth Mindset, Perseverance, Goal Setting, Emotion Regulation, Mindfulness

Social Awareness



Social awareness: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

Themes: Teaching empathy, inclusive and safe environments, nurturing civic engagement

Relationship Skills



Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Themes: Model and promote positive communication, teaching social skills, conflict resolution skills, & working with others

Responsible Decision Making



Responsible decision making: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

Themes: Problem-solving thinking, critical thinking skills, service-learning

SEL Classrooms



Classroom SEL lessons typically involves:

- Intentionally cultivating a warm, supportive classroom environment.
- Promoting a safe, supportive learning environment with a foundation of strong relationships among staff and students.
- Explicitly teaching and modeling social and emotional skills.
- Using SEL-informed teaching strategies.
- Providing opportunities to practice SEL skills within academics

Critical Friend Conversation



What are the top three skills, mindsets, or attitudes that your parents instilled in you?

Table Talk



What hopes and dreams do you have for your child/children?

In order for your children to achieve those hopes and dreams, what will they need to learn from you?

Are there SEL skills, mindsets, or attitudes that will help them along the way to achieving those hopes and dreams?

SEL Home Toolkit



Emotional Safety Plan

SEL Developmentally Checklists

Goal Setting Activities

“Let’s Talk About It”

Social Emotional Developmental Checklists

SOCIAL EMOTIONAL

Developmental Checklists

Social-Emotional Development Age 9-10

Nine and ten year olds tend to be more emotionally mature and better able to handle frustrations and conflicts on their own. Here are some additional things you might be seeing from your 9 and 10 year old:

- Self-Management Skills**
 - Expresses emotions appropriately
 - Can control their anger most of the time
 - Stands up for themselves
 - Shows good sportsmanship
- Self-Awareness Skills**
 - Explores likes and dislikes
 - Strong sense of what's fair
- Social Awareness Skills**
 - Sensitive to the feelings of others
 - Interested in current events
 - Interested in social issues (i.e. homelessness)

Social-Emotional Development 16-18


Children between the ages of 16 and 18 are typically able to exert self control. Their relationships with their friends are more meaningful and they are starting to feel comfortable being themselves. Here are some additional things you might see from teens ages 16 to 18:

- Self-Management Skills**
 - Increased emotional stability
 - Shows increased independence
 - Takes responsibility for own actions
- Self-Awareness Skills**
 - Knows their strengths and weaknesses
 - Increased desire to seek out new experiences
 - More self assured and comfortable in their skin
- Social Awareness Skills**
 - More sensitive to other people's emotions
 - May emotionally distance self from family
 - Appreciates other people's opinions
 - Increased curiosity about political issues and social causes
- Responsible Decision Making Skills**
 - Learns to use deductive reasoning to make educated guesses
 - Knows that their actions now can impact them in the future
- Relationship Skills**
 - Has more interest in the opposite sex
 - Has a deeper capacity for caring and sharing
 - Interested in dating and being intimate

Social-Emotional Development Age 3

Three year olds are beginning to understand their own personality, really begins to shine through. They have their own ideas and know what they like and don't like. Children at this age are starting to use words to express their feelings, which means fewer tantrums. Here are some additional things you might be seeing from your 3 year old:

- Self-Management Skills**
 - Expresses emotions (e.g. tantrums) more often
 - Shows independence (e.g. puts on shoe by themselves)
- Self-Awareness Skills**
 - Expresses feelings with words
 - Shows awareness of own feelings
- Social Awareness Skills**
 - Shows awareness of other people's feelings
 - Shows awareness of social norms
- Responsible Decision Making Skills**
 - Learning to connect behaviors to consequences
- Relationship Skills**
 - Take turns with others
 - Plays with other kids
 - Copies other kid's behaviors
 - Begins to have real friendships (e.g. shares toys with friend from adult)
 - Engages in imaginative play (practice for how to interact with people in real life)



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Resources



Parent Toolkit:

<https://www.parenttoolkit.com/>

Supporting Parents & Caregivers through Social Emotional Learning

http://casel.org/wp-content/uploads/2017/11/CASELCaregiverGuide_English.pdf