

Social Emotional Learning (SEL)



Presenters



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Objectives for Night One

What, Why, & How

of Social Emotional Learning (SEL)



Objectives for Night 2 and 3

Night 2 (January 29)

What, Why, & How
Of Conflict Resolution



Night 3 (February 12)

What, Why, & How
Of High Trust Psychology



What is SEL?

"Social Emotional Learning (SEL) is the process through which people acquire and effectively apply 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***, and make responsible decisions."

- CASEL



Self - Awareness

- Understanding the impact of thoughts and emotions
- Assessing strengths and weaknesses.

Self - Management

- Ability to regulate emotions, thoughts and behaviors

Social Awareness

- Develop perspective and empathy
- Understanding behavior norms
- Recognition of supports

Relationship Skills

- Communicating clearly
- Listening
- Joining groups
- Resisting negative peer pressure
- Resolving conflicts

Responsible Decision-Making

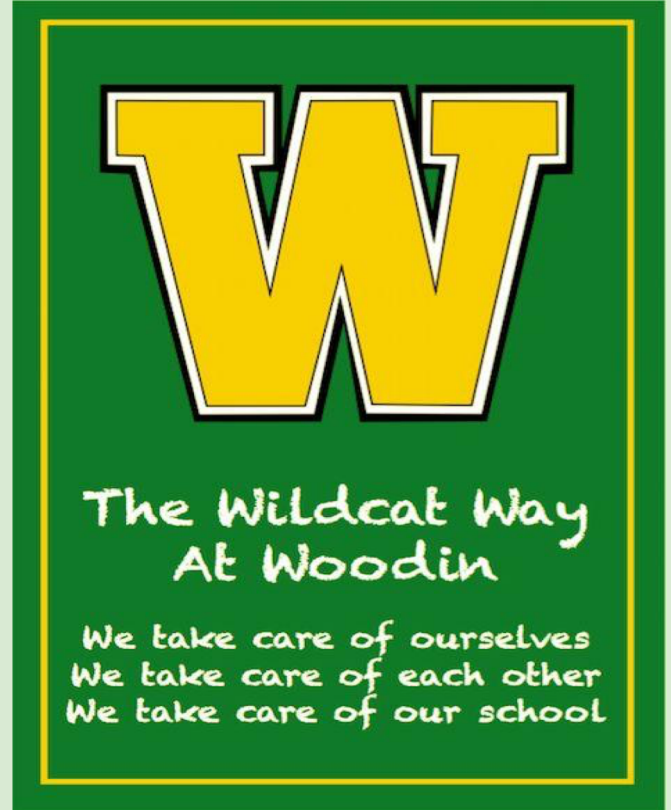
- Ability to come up with multiple options
- Understanding consequences of decisions (positive and negative)

With Your Child in Mind...

What would taking care of
themselves look like?

What would taking care of each
other look like?

What would taking care of our home
look like?



Our Thoughts as Adults...

- 60,000 thoughts a day
- 90% Repetitive
- 70% Negative thoughts
- Thoughts can be changed!!!



Why SEL?

- Proactively prevents violence
- Emotions affect how and what we learn
- Schools are social places - relationships provide foundation for learning
- Reduces barriers to learning such as stress
- Increases school connectedness and essential skills
- Critical to success in school and life

Research says..

- 25% decrease in conduct problems, such as classroom misbehavior and aggression
- 30% decrease in emotional distress, such as anxiety and depression
- 15% improvement in attitudes about self, others, and school
- 23% improvement in social and emotional skills
- 14% improvement in classroom behavior
- 11% improvement in achievement test scores



The Wildcat Way At Woodin

We take care of ourselves
We take care of each other
We take care of our school

Woodin Staff Beliefs

- Common language helps create higher learning & clears confusion
- The school is a safe place to make mistakes
- Staff provides high support and high reinforcement
- The school is a positive environment for learning
- *Social skills need to be taught just like academics*



The Wildcat Way At Woodin

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What Does SEL Look Like at Woodin?

District/School Structures: **Where do students practice?**
ALL DAY

CASEL Framework

PBIS

Wildcat Way

Second Steps/conflict resolution

Recess

Classroom

Transitions

How this looks at Woodin

School counselor

School psychologist

Professional development for teachers

Example Goal: Student Calms Self When Angry

Wildcat Way: Students will take care of themselves

Belief: Positive environment for learning

SEL: Self - Management

Structure: Teacher will teach 2nd step lesson and proper use of break areas.
Teacher will pre-teach skill of calming down. Teacher will model calming.
Teacher will provide visual aids. School counselor will provide additional lessons

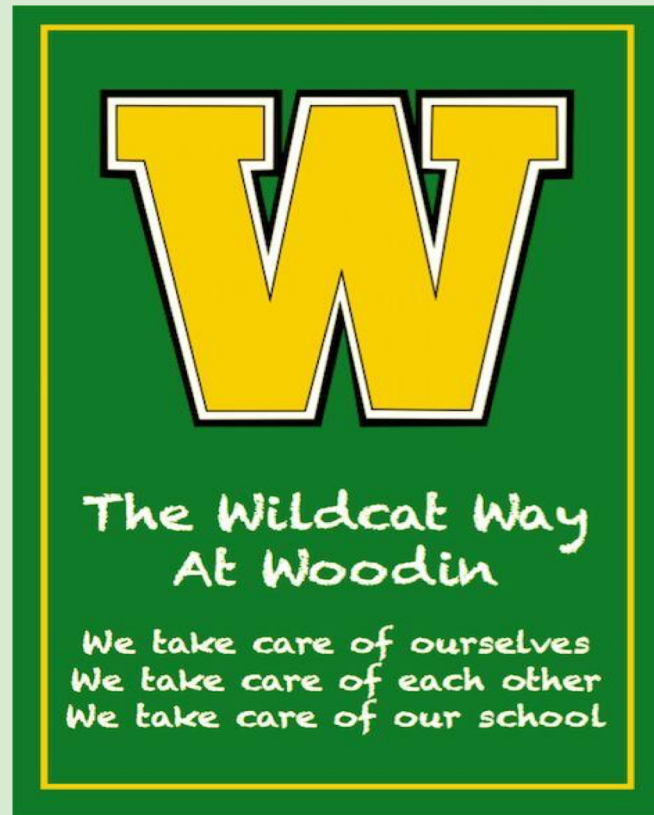
Relationship: Providing feedback. Provide coaching. Providing alternatives.

Connecting the Wildcat Way to Home

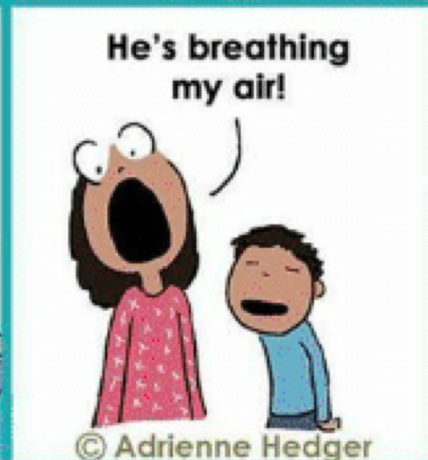
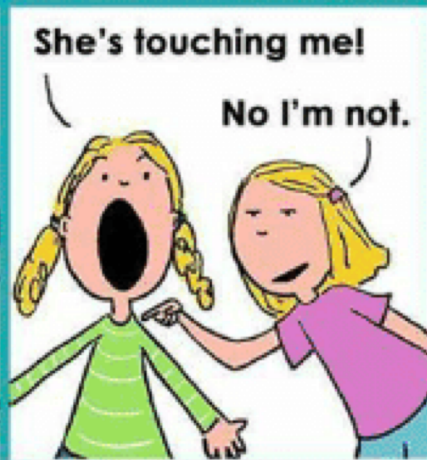
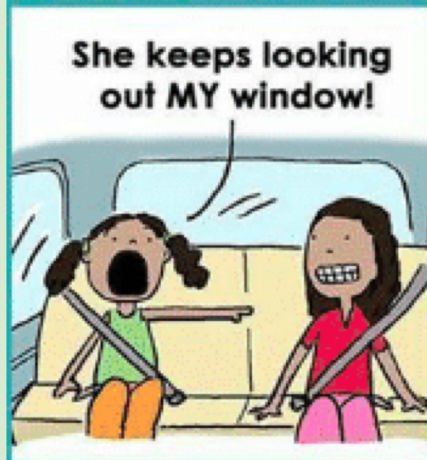
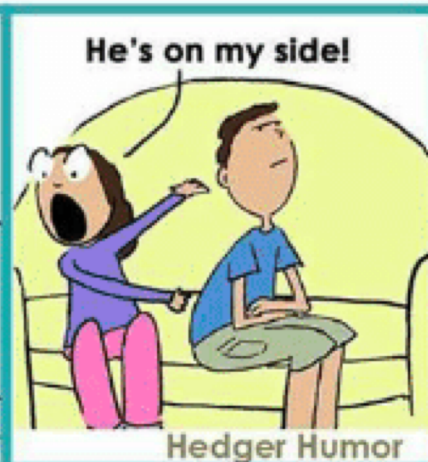
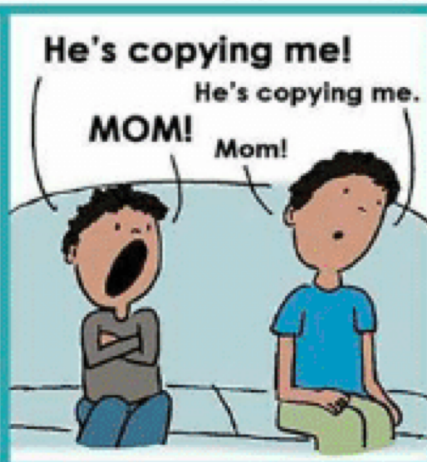
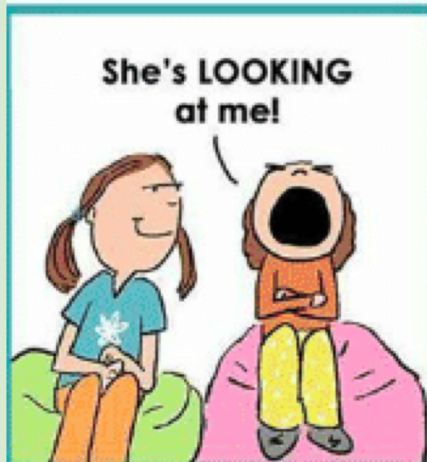
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Classic Sibling Arguments





"SOMEONE NEEDS TO WORK ON THEIR
PARENTING SKILLS!"