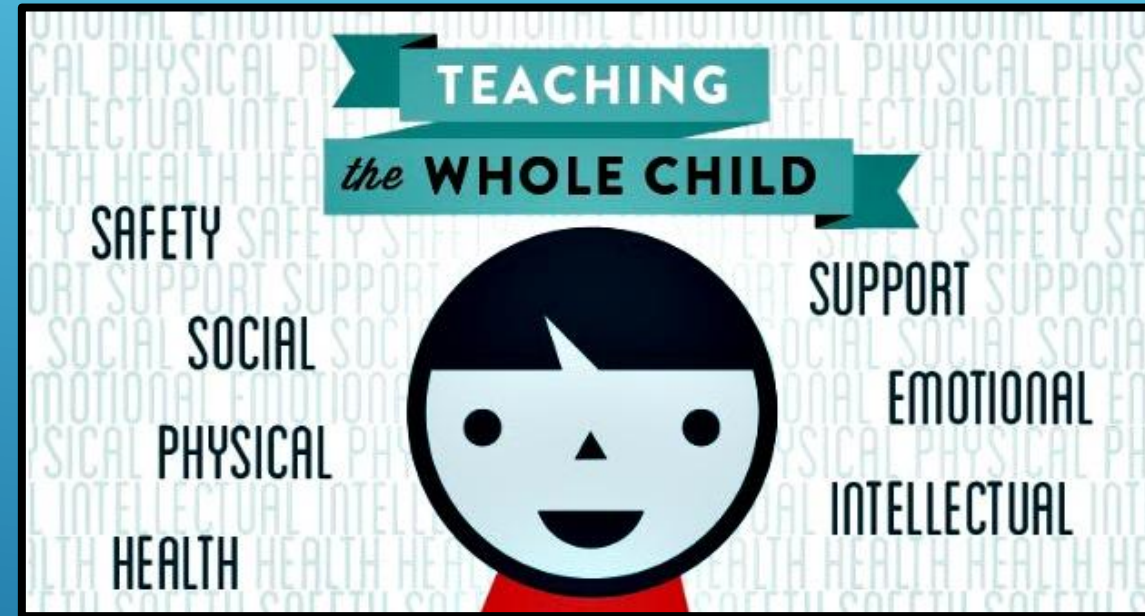


SHARK TIME

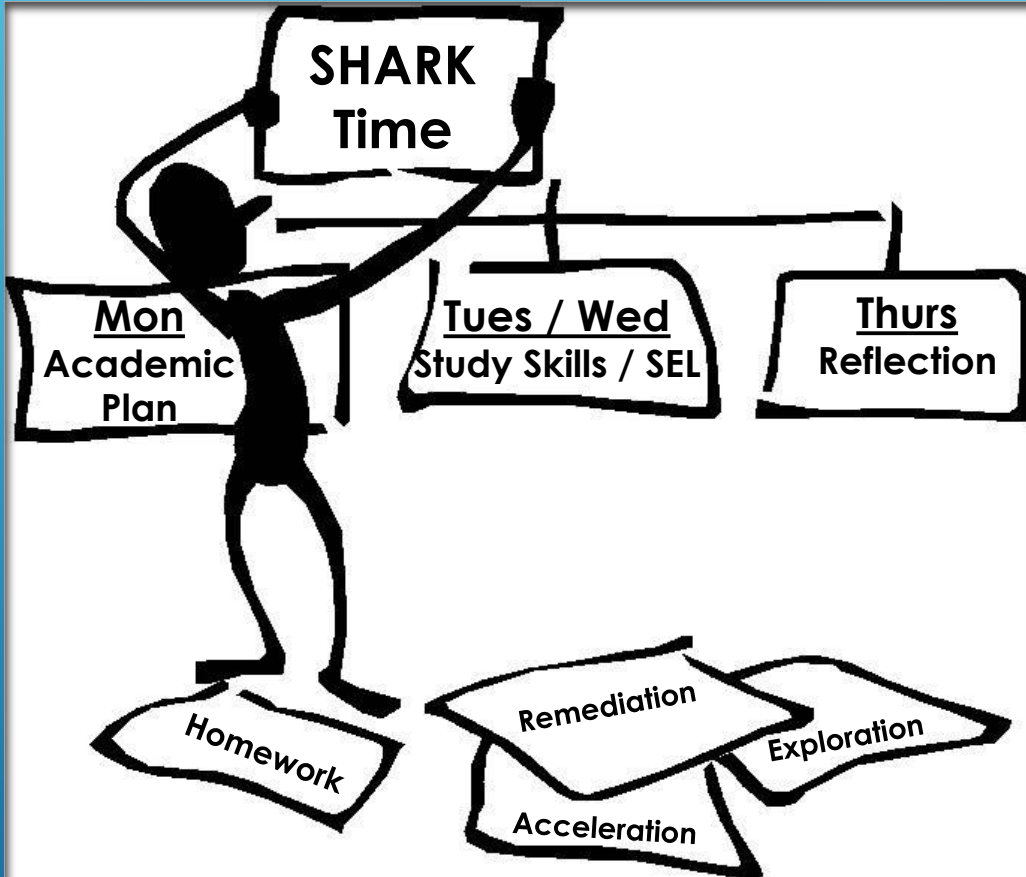


PURPOSE OF SHARK TIME

1. Make Connections
2. Teach the **WHOLE CHILD**
3. Build a culture of positivity and acceptance of self and others
4. Help students take responsibility for their own education



STRUCTURE




1. MONDAY – Academic plan for the week (15 minutes)
2. TUESDAY / WEDNESDAY – Study Skills / SEL Curriculum (15-20 minutes)
3. THURSDAY – Academic reflection of the week (15 minutes)
4. FRIDAY - No SHARK Time



STUDY SKILLS CURRICULUM HIGHLIGHTS

- ▶ ORGANIZATION
 - ▶ Binder System
 - ▶ Planner Use
 - ▶ Time Management
- ▶ GOAL SETTING
- ▶ COMMUNICATING WITH TEACHERS
- ▶ MULTIPLE INTELLIGENCES
- ▶ TEST TAKING TIPS

WHAT IS SOCIAL AND EMOTIONAL LEARNING?

The image features a solid blue background with a gradient from light blue at the top to a darker blue at the bottom. In the bottom right corner, there are several white, parallel diagonal lines that create a sense of motion or depth.



Social and emotional learning (SEL) is the process through which children and adults 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
- Make responsible decisions



<https://casel.org/overview-sel/>

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

SOCIAL AWARENESS

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

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

RESPONSIBLE DECISION-MAKING

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

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY



OUR FOCUS THIS YEAR FOR SOCIAL AND EMOTIONAL LEARNING

BENEFITS OF SOCIAL AND EMOTIONAL LEARNING



**EDUCATING HEARTS
INSPIRING MINDS**

Social and emotional learning (SEL) competencies



BENEFITS OF SEL



↑ Better academic performance



↑ Improved attitudes and behaviors



↓ Less negative behaviors



↓ Reduced emotional stress

OCTOBER 2016

COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING

www.casel.org

“SHARK Time” ties in perfectly to the overall theme for our school



S Safety

H Health

A Achievement

R Respect

K “Konnections”



**WE NEED
EVERYONE
ON BOARD**



YOU



ARE

AMAZING

THANK YOU
FOR YOUR
SUPPORT!!!