Social Emotional Learning and Support in Grades K-5

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Education

BA Psychology, Smith College

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Experience and Interests

I have ten years of experience in education, with a particular interest in social-emotional development in girls, supporting LGBTQ youth, and eating disorder prevention and early intervention.

I've worked with all grade levels, and have spent the last four years as a school psychologist at a small diverse elementary school in East Boston.
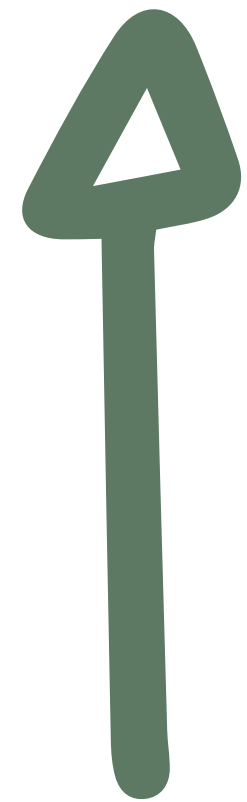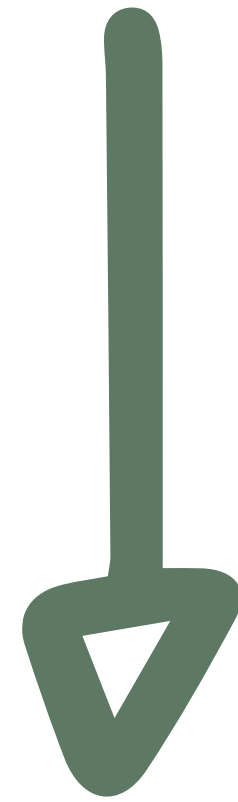
What is social-emotional learning?

Social-emotional learning is the process by which all students acquire and apply the knowledge, skills, and attitudes to...

- ✓ Develop healthy identities
- ✓ Recognize and manage emotions
- ✓ Achieve personal and collective goals
- ✓ Feel and show empathy
- ✓ Establish and maintain supportive relationships
- ✓ Make responsible and caring decisions

Why is social-emotional learning important?

↑ **academic skills**

feelings about self

feelings about school

feelings about others

↓ **emotional distress**

behavioral concerns

mental health concerns as young adults

Taylor, R., Oberle, E., Durlak, J., & Weissberg, R. (2017). Promoting Positive Youth Development Through School-Based Social and Emotional Learning Interventions: A Meta-Analysis of Follow-Up Effects. *Child Development*,88(4), 1156-1171.

Benefits for all students

All students in elementary school are developing social-emotional skills, including the most thriving. Positive effects from social-emotional learning benefit students into adulthood.

Preventative and strengths based

Social-emotional learning gives kids skills to discover their strengths and be problem-solvers, instead of waiting for problems to happen.

Teachers take the lead

In consultation with a school psychologist, teachers can implement social-emotional learning in their classroom with no need for specialized mental health training.

Durlak, J., Diminicki, A., Taylor, R., Weissberg, R., & Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*,82(1), 405-432.

Social emotional learning is the most effective in elementary school

Grade 1: Managing Worry

Read a children's book about worried feelings (*Ruby Finds a Worry, The Whatifs, Wemberly Worried*) and have a class discussion about how to recognize worry in our bodies and in others.

Learn and practice three different strategies for helping calm down when we're worried:

- Stop and name the feeling
- Belly breathing
- Count to 10 slowly forwards and backwards

What might a social-emotional lesson look like in elementary school?

Consultation

School psychologists are available to collaborate and provide guidance and strategies around emotional, social, developmental, academic, and mental health issues to parents, faculty, and outside treatment providers.

A grade 2 teacher would like to plan a series of lessons about identity in her classroom.

A family would like some resources to prepare their kindergartener to welcome a new baby.

A grade 4 teacher is concerned that a student in her class may have a reading disability.

Since the pandemic started, a family has noticed their grade 1 daughter is scared to sleep alone, or leave them to go to school.

A family, treatment team, and school work together to make a school support plan for a grade 5 student with an eating disorder, and they continue to talk and collaborate as she gets ready for the transiton to middle school.

What if my child needs more support?

Please reach out. We can work with you and your child to help assess what supports might be beneficial and help connect you to therapists or other providers in the community, if necessary.

Stay in touch: I'm here to support you and your child as she grows.

Email

jlund@lincolnschool.org

Phone

401-455-1126

Make an appointment

https://calendly.com/jessielund/parent

Scan to go directly to my calendar to book a time to talk