

# Social Emotional Learning: A Joint Effort Between School and Home

Sponsored by Charles County Public Schools'

Department of Student Services

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Charles County Public Schools

# Presenters and Objectives

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    - Spanish Interpreter
- In this course, you will
    - Define Social Emotional Learning
    - Learn benefits of Social Emotional Learning
    - Explain one way that Social Emotional Learning is taught in school
    - Learn how to access Social Emotional Learning lessons at home
  - This workshop is designed to help families explore Social Emotional Learning at home.

# What is Social Emotional Learning?



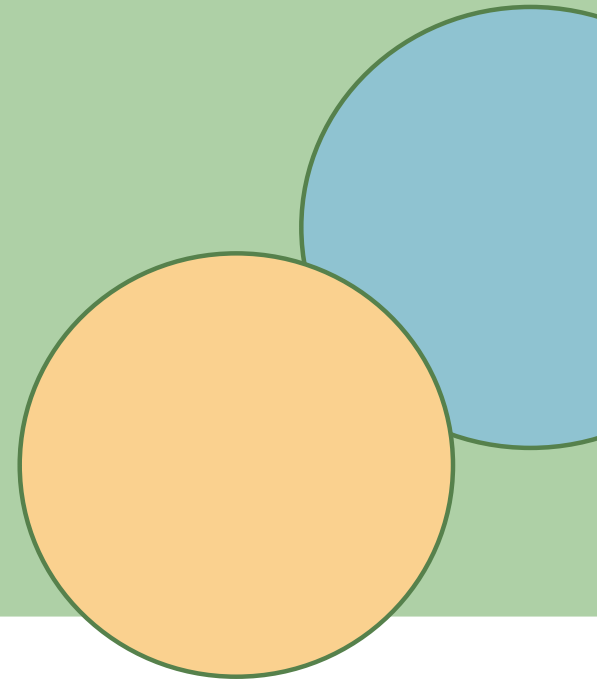
Social emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

*~ Collaborative of Academic, Social and Emotional Learning (CASEL)*

## Think About. . .

What are your students or children's social emotional strength's?

*You are welcome to share in the chat*

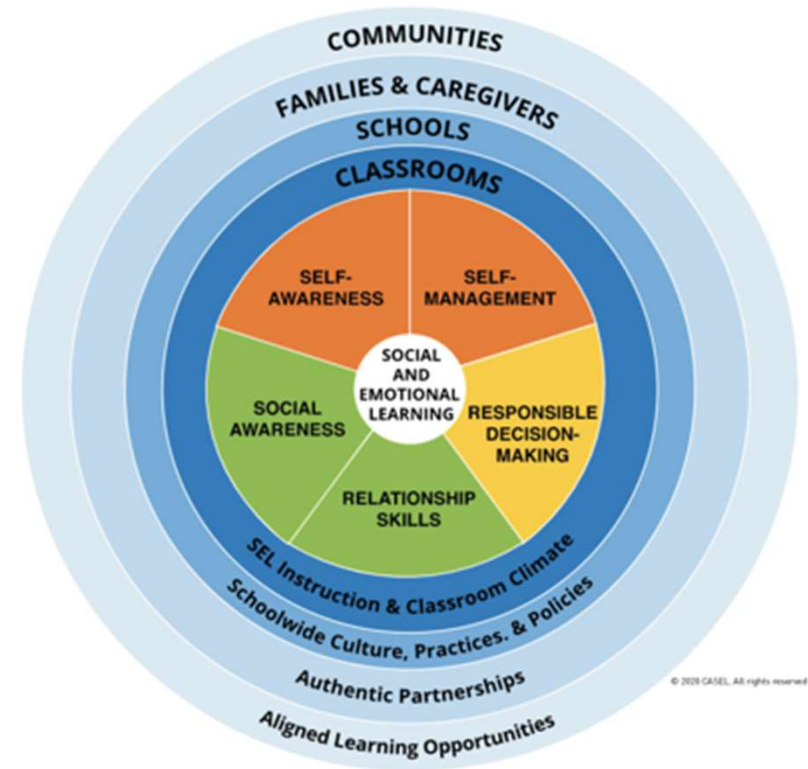


## 5 Core Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

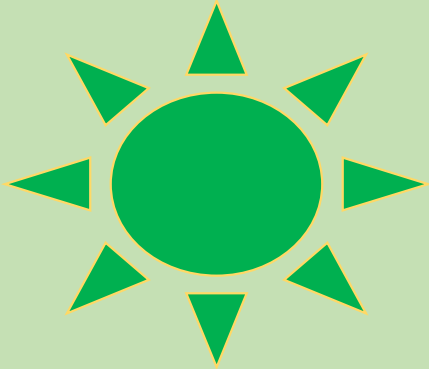
## 4 Key Settings

- Classroom
- Schools
- Families & Caregivers
- Communities



## Self-Awareness

- Identify emotions
- Expressing emotions
- Mindfulness
- Self-confidence
- Recognizing strengths

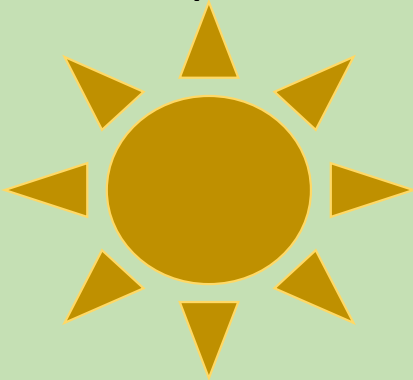


## Self-Management

- Manage emotions
- Coping skills
- Resilience
- Stress management
- Anger management
- Impulse control
- Self-motivation

## Social Awareness

- Empathy
- Discovering differences
- Diversity appreciation
- Civic engagement
- Respect for others

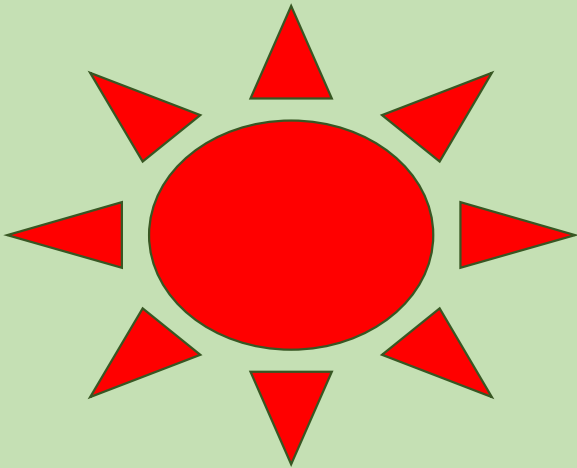


## Relationship Skills

- Conflict resolution
- Active listening
- Cooperation
- Teamwork
- Communication

# Responsible Decision-Making

- Identifying problems
- Solving problems
- Analyzing situations
- Goal setting
- Leadership skills





# Benefits of Social Emotional Learning

Confident students who are able to . . .

- Express emotions in a healthy way and communicate needs
- Self-regulate and manage emotions effectively.
- Demonstrate strong interpersonal skills through communication, collaboration and resolving conflicts.
- Persevere in the face of challenges.

Improved academic outcomes

Improved behavior



## Move This World (MTW)

- MTW is a curriculum with an intentional scope and sequence
- MTW is video-based - it's as easy as pushing play!
- MTW cultivates a common language around SEL
- MTW engages students in movement based exercises



# Common Language: Emotional Building Blocks®



PreK-  
2nd



3rd-4th

# Common Language: Emogers®



PreK-4



5th-8th



# Family Access

Move This World + Charles County


[www.movethisworld.com](http://www.movethisworld.com)

**move**  
THIS WORLD





# Let's Tour the MTW Platform



Username \*

Password \*

Log In

[Forgot your password?](#)



Create a world where everyone belongs.

Log in using your school's MTW Family Account

Move This World

Family Username	Password
Berry.family	charlescounty
Barnhart.family	charlescounty
Billingsley.family	charlescounty
Drbrown.family	charlescounty
Higdon.family	charlescounty
Drmudd.family	charlescounty
Jamescraik.family	charlescounty
Evaturner.family	charlescounty
FBGwynn.family	charlescounty
Galebaily.family	charlescounty
Indianhead.family	charlescounty
JCParks.family	charlescounty
Jenifer.family	charlescounty
JPRyon.family	charlescounty
Malcolm.family	charlescounty
Marybneal.family	charlescounty
Matula.family	charlescounty
MTHope.family	charlescounty
Middleton.family	charlescounty
TCMartin.family	charlescounty
Wade.family	charlescounty
Williamdiggs.family	charlescounty
WJMitchell.family	charlescounty

# Looking Back on our Objectives. . .

In this course, you will

- Define Social Emotional Learning
- Learn benefits of Social Emotional Learning
- Explain one way that Social Emotional Learning is taught in school
- Learn how to access Social Emotional Learning lessons at home



In Move This World style . . .

what is a word, phrase, or  
idea that you are taking  
away from tonight's  
conversation?



Answer in the chat!



# Contact Information

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Your feedback is important to us. Please use the QR code to complete a survey  
or go to <https://forms.office.com/r/YsEnbSCyuT>

