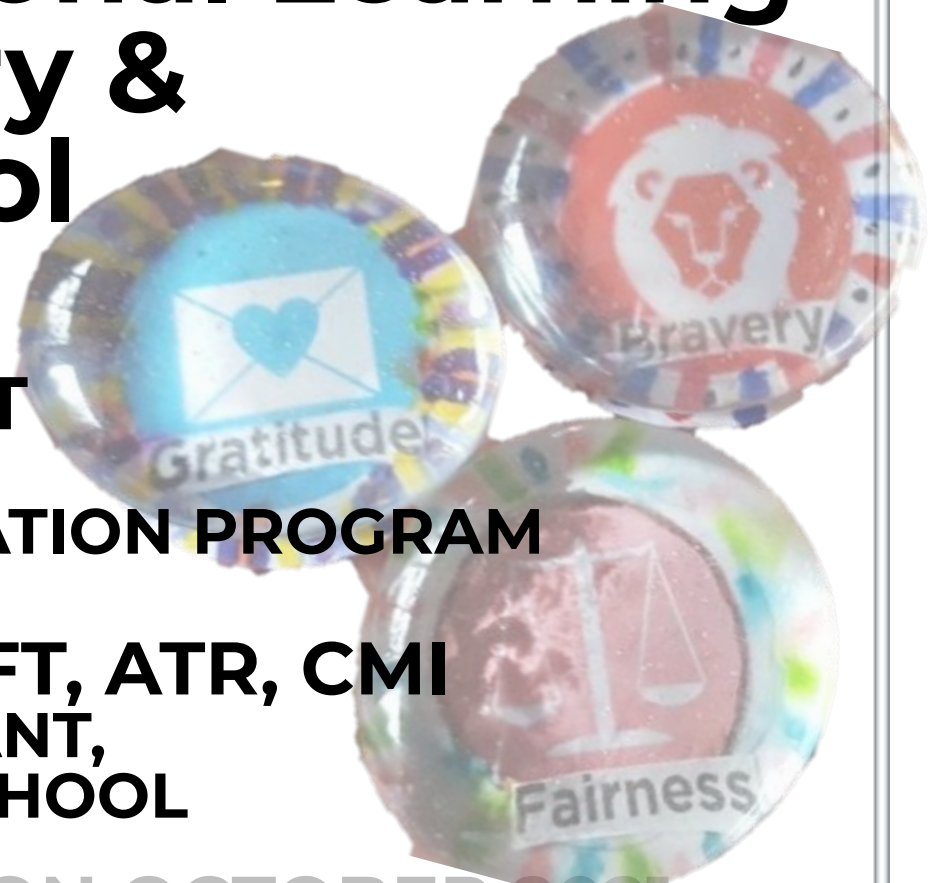


Social Emotional Learning in Elementary & Middle School

**TRACY LYONS, LMFT
DIRECTOR,
RESILIENCE CONSULTATION PROGRAM**

**EMILY WEINER, LMFT, ATR, CMI
RESILIENCE CONSULTANT,
REDWOOD MIDDLE SCHOOL**

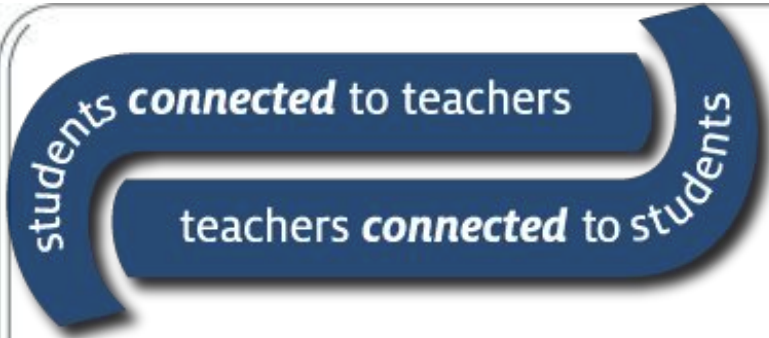
SUSD PARENT SESSION OCTOBER 2021





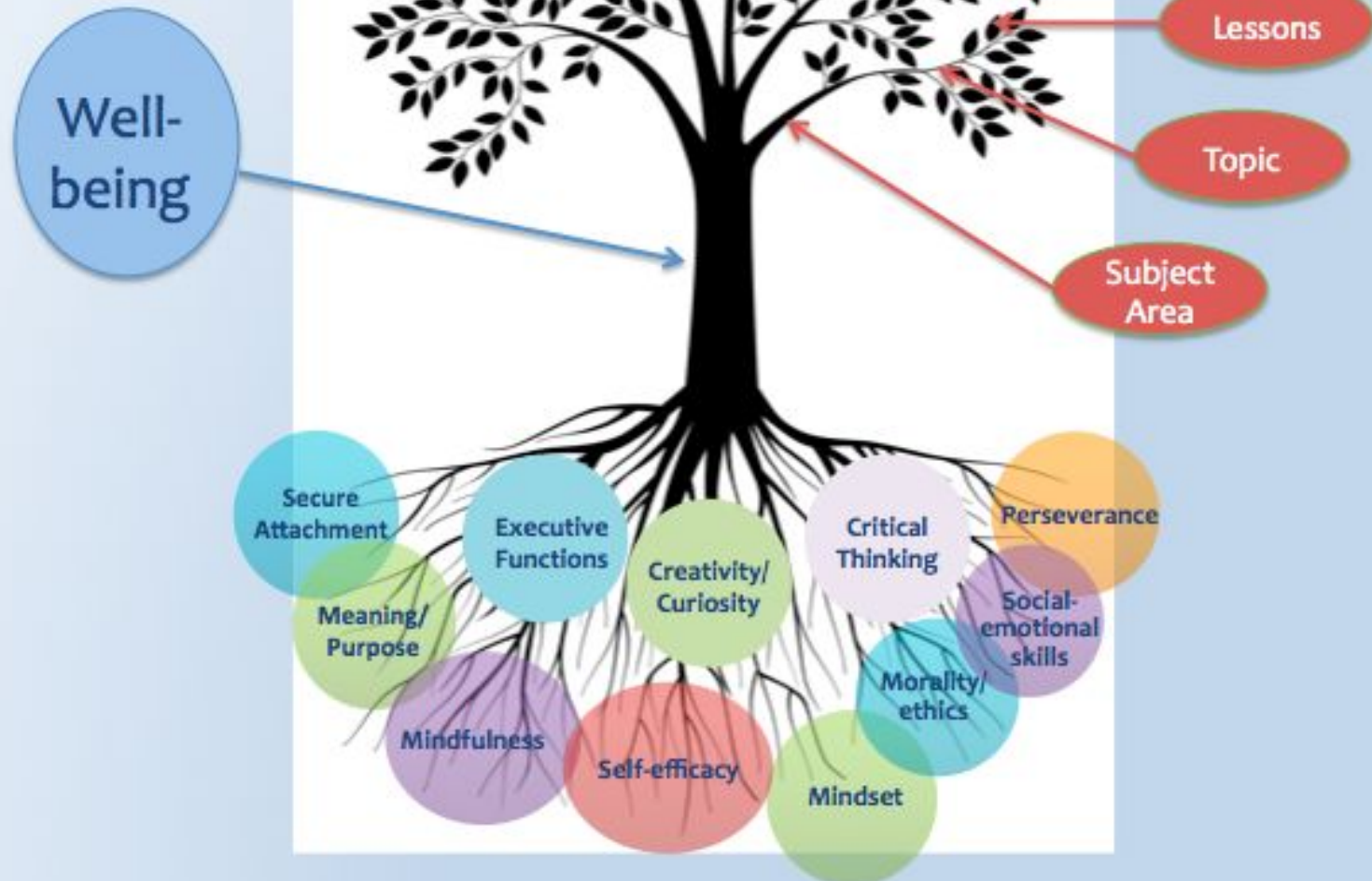
Cleo Eulau

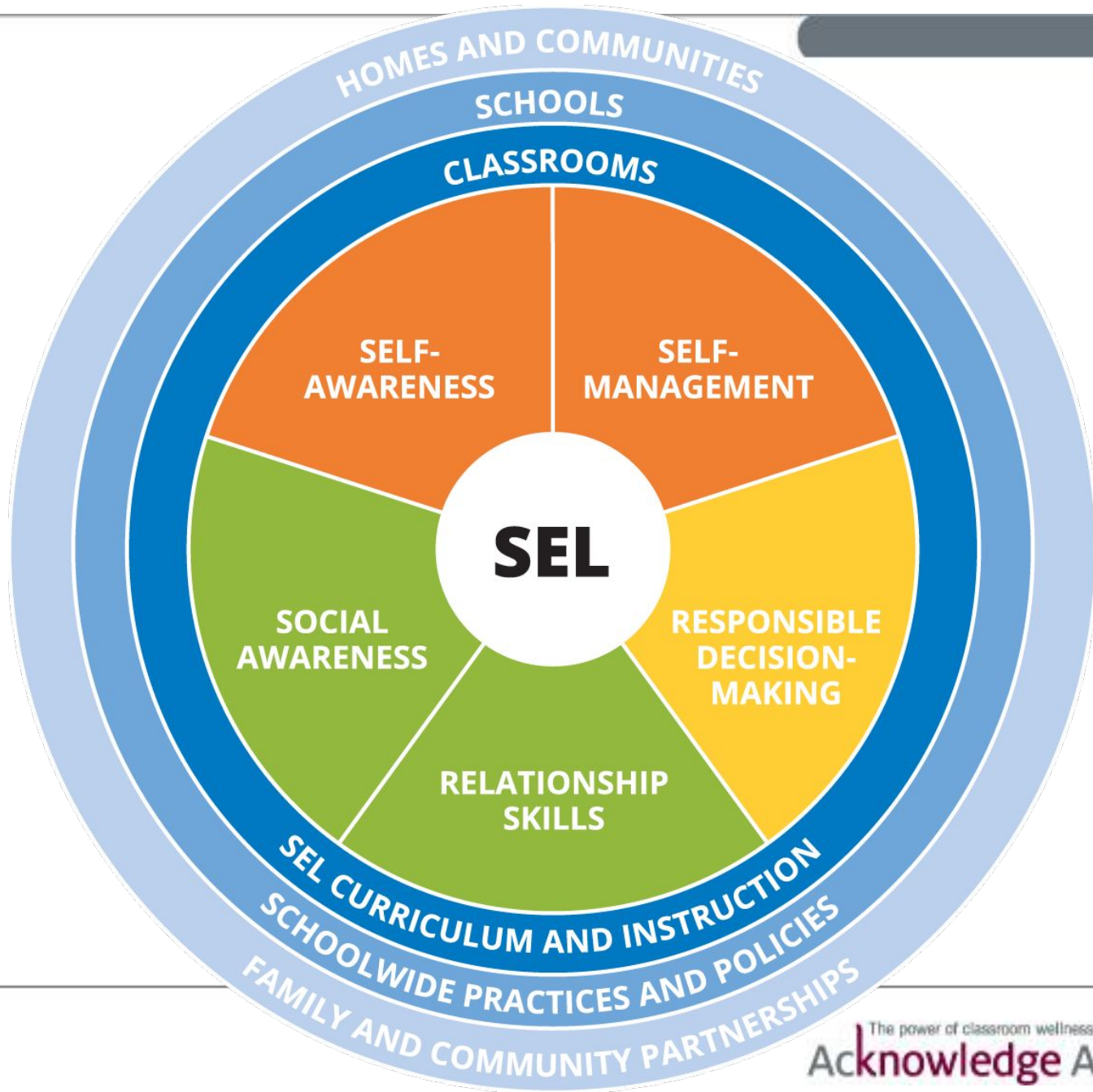
- Originally founded in 1994 as Cleo Eulau Center
- Mental health agency focused on education and learning environments
- Support teachers, students and entire school community by
 - fostering healthy relationships
 - developing resilience in both youth and educators
- Educate on direct connection between emotions and learning
- Create more vital, healthy, and positive learning environments



Mission

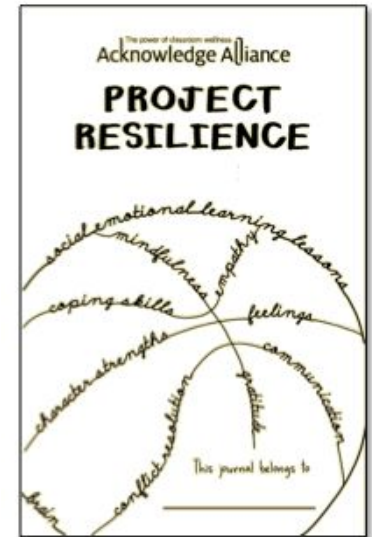
Acknowledge Alliance is dedicated to promoting lifelong resilience in children and youth by strengthening the caring capacity of the adults who influence their lives





Project Resilience Social Emotional Learning program

- Elementary Curriculum 3rd - 5th grade: 10 lessons
- Middle School Curriculum 6th - 8th grade: 7 lessons
- Led by mental health professionals
- Teachers collaborate - but do not prepare
- Mid-lesson activities for teachers
- Original Project Resilience journals for student use during lessons, to take home once the program ends.



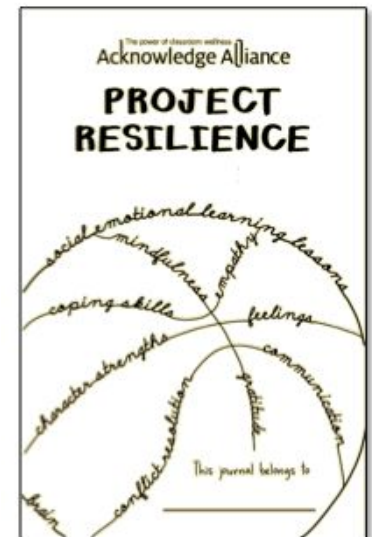
Follows CASEL's recommended practices

Sequenced: Planned set of activities to develop skills sequentially in step-by-step fashion

Active: Use active forms of learning such as role-plays and behavioral rehearsal with feedback

Focused: Devote sufficient time exclusively to developing social and emotional skills

Explicit: Target specific social and emotional skills



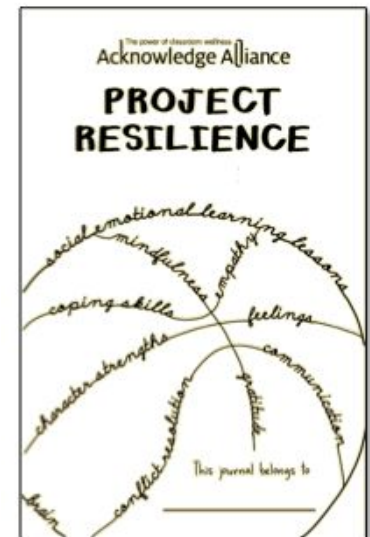
Foundational Concepts

- Resilience
- Empathy
- Mindfulness
- Gratitude

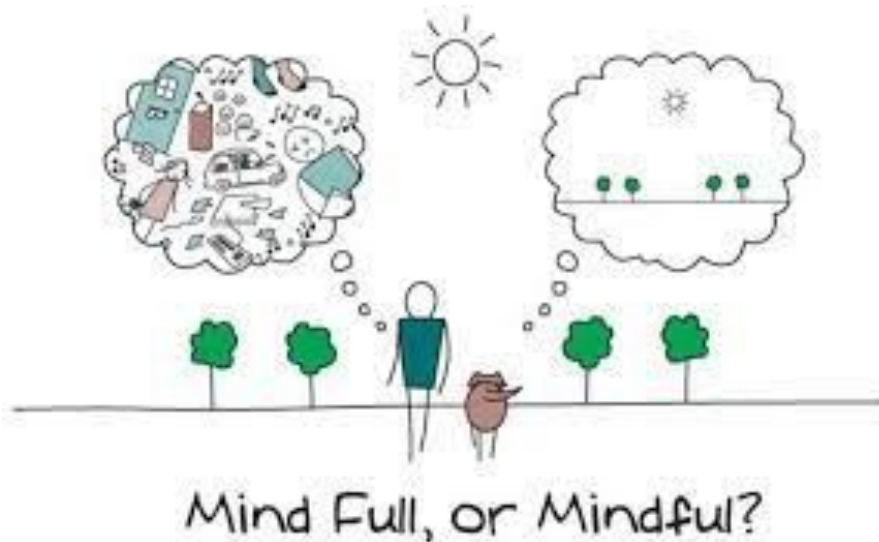


Lesson Activities

1. Character Strengths
2. Brain Development & Emotions
3. Coping Skills
4. Communication
5. Team Work & Conflict Resolution
6. Review and Celebration

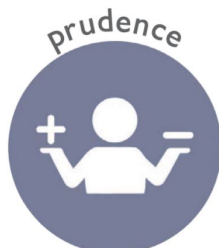
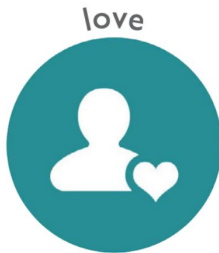


Mindfulness



Character Strengths

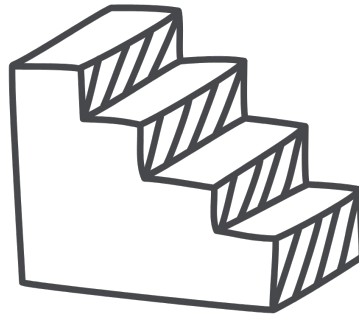
Character Strengths



Understanding the Brain

Upstairs brain

Thinking Brain/
Pre-frontal Cortex



Downstairs brain

Emotional Brain/
Amygdala

Coping Skills

Coping Skills Categories



GET IT OUT: some kind of outward release
examples - running a lap, crying, singing, squeezing a stress ball



CALM WITHIN: inward focused relaxation
examples - deep breathing, meditation, journaling, positive self-talk



SET IT ASIDE: temporary distraction
examples - listening to music, taking a nap, having a snack



POSITIVE SPIN: see the positive or help another
examples - community service, learning from another point of view



SIT WITH IT: notice your feelings without trying to change them

examples - name what you're feeling, be with the experience like a friend, with kindness and curiosity



ASK FOR HELP: Ask someone you trust for help
examples - family members, guardian, teacher, coach, counselor, mentor, friend, classmate, neighbor...

© Acknowledge Alliance

Problem Solving & Teamwork

S stop

T take a breath

O observe what is happening*

P plan

*Things you can observe:

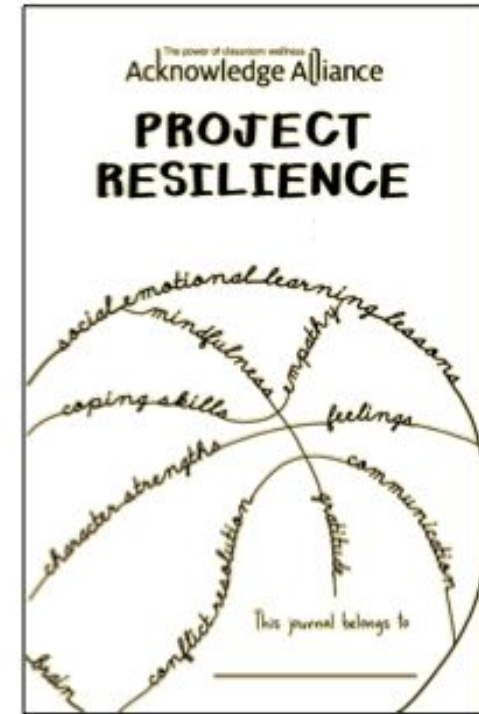
- Observe your body
- Observe your feelings
- Observe your mind
- Observe the other person



100% of educators served would recommend us to colleagues at another school

“It teaches them coping skills that are practical in life. The kids can get stressed out a lot and they are under a lot of pressure so knowing what they can do is helpful. For example, mindful breathing is easy to do and they can do it any time.”

“It's been beneficial each year because the students are different every year. A lot of times there are conflicts between students, and working together on tasks and interacting with each other in a non-academic way allows them an opportunity to be open to each in other ways.”



What students say...

- “I’ve been trying the different skills on my own and it’s improved my mood and decisions.” *7th grade student*
- “Mindfulness makes you relax. Character Strengths make me proud to be myself. Problem solving makes me think and stop for a moment.” *6th grade student*
- “Communication skills helped me with group projects, and mindfulness helped me pay attention to what I’m doing in many situations where I get carried away.” *6th grade student*

Resilience, Gratitude, and Grace



Resilience doesn't mean we don't experience hardship. Resilience is what happens when we experience something difficult and make it through.

*Thank you for
your support!*



Tracy Lyons, LMFT

Licensed Marriage and Family Therapist,
tracylyons@AcknowledgeAlliance.org

Emily Weiner, LMFT, ATR, CMI

Licensed Marriage and Family Therapist, Art Therapist,
Certified Mindfulness Instructor
emily@AcknowledgeAlliance.org