



Summer 2024

Social & Emotional Learning (SEL)

Guide

What is Social and Emotional Learning (SEL)? (from <https://casel.org/what-is-sel/>)

SEL is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

Benefits of SEL

Research confirms and teachers, parents, and principals agree: Social and emotional competencies can be taught, modeled, and practiced and lead to positive student outcomes that are important for success in school and in life.

Decades of research studies demonstrate the following benefits of SEL:



Improvement in students' social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climate



Decline in students' anxiety, behavior problems, and substance use

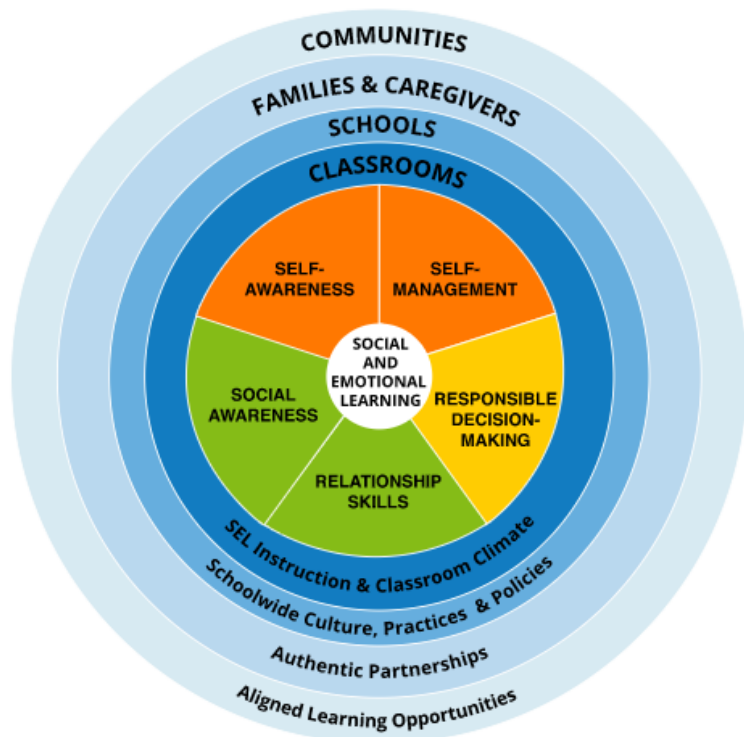


Long-term improvements in students' skills, attitudes, prosocial behavior, and academic performance



Wise financial investment according to cost-benefit research

CASEL's SEL framework fosters knowledge, skills, and attitudes across five areas of competence and multiple key settings to establish equitable learning environments that advance students' learning and development. (from <https://casel.org/sel-framework/>)



The CASEL 5. The CASEL 5 addresses five broad and interrelated areas of competence and highlights examples for each: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The CASEL 5 can be taught and applied at various developmental stages from childhood to adulthood and across diverse cultural contexts. Many school districts, states, and countries have used the CASEL 5 to establish preschool to high school learning standards and competencies that articulate what students should know and be able to do for academic success, school and civic engagement, health and wellness, and fulfilling careers.

Key Settings. CASEL's framework takes a systemic approach that emphasizes the importance of establishing equitable learning environments and coordinating practices across key settings of classrooms, schools, families, and communities to enhance all students' social, emotional, and academic learning. Quality implementation of well-designed, evidence-based, classroom programs and practices is a foundational element of effective SEL. We believe it is most beneficial to integrate SEL throughout the school's academic curricula and culture, across the broader contexts of schoolwide practices and policies, and through ongoing collaboration with families and community organizations. These coordinated efforts should foster youth voice, agency, and engagement; establish supportive classroom and school climates and approaches to discipline; enhance adult SEL competence; and establish authentic family and community partnerships.

Self-awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose. Such as:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset

Self-management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals. Such as:

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

<ul style="list-style-type: none"> • Developing interests and a sense of purpose <p>Social awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.</p> <p><u>Such as:</u></p> <ul style="list-style-type: none"> • Taking others' perspectives • Recognizing strengths in others • Demonstrating empathy and compassion • Showing concern for the feelings of others • Understanding and expressing gratitude • Identifying diverse social norms, including unjust ones • Recognizing situational demands and opportunities • Understanding the influences of organizations and systems on behavior 	<p>Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.</p> <p><u>Such as:</u></p> <ul style="list-style-type: none"> • Communicating effectively • Developing positive relationships • Demonstrating cultural competency • Practicing teamwork and collaborative problem-solving • Resolving conflicts constructively • Resisting negative social pressure • Showing leadership in groups • Seeking or offering support and help when needed • Standing up for the rights of others
<p>Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.</p> <p><u>Such as:</u></p> <ul style="list-style-type: none"> • Demonstrating curiosity and open-mindedness • Learning how to make a reasoned judgment after analyzing information, data, and facts • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions • Recognizing how critical thinking skills are useful both inside and outside of school • Reflecting on one's role to promote personal, family, and community well-being • Evaluating personal, interpersonal, community, and institutional impacts 	

Accessing and Using Wayfinder Content

Access the content for each collection using the instructions below. Use the links provided in this document to access each collection directly. Use [the directions here](#) (Method 1) to log in to Wayfinder via Clever. Contact the Help Desk (support@pghschools.org) if you are unable to access Wayfinder.

1. Click on the link in this document for each collection to access the content in Wayfinder.

Ice Breakers (Grade Band Specific)
These grade band specific Ice Breaker collections have been designed to foster connection and build a positive culture. They encourage students to get to know each other, share their interests, empathy, and teamwork.

Grade Band	Link
PreK-K	PreK-K Ice Breakers
1 st - 2 nd Grade	1st - 2nd Ice Breakers
3 rd - 5 th Grade	3rd - 5th Ice Breakers
6 th - 8 th Grade	6th - 8th Ice Breakers

Ice Breakers
Wayfinder | 18 Items | 24 - 150

About this Collection
This collection of activities offers a variety of engaging and interactive activities designed to foster connection and build a positive classroom environment. These ice breakers encourage students to get to know each other, share their interests, and develop skills such as active listening, empathy, and teamwork.

Curated by
Diana Curtis
District Future Success Manager
Sacramento, California

Diana began her career as an elementary school teacher in Sacramento, California. In order to become a well-rounded educator, she experienced teaching different grade levels, welcomed student teachers into her classroom, and became the lead teacher in supporting colleagues with curriculum development and instruction. After many years in the classroom, Diana moved into administrative roles at both the school and district level. This included middle school Assistant Principal, K-5 Site Instruction Coordinator, elementary school Principal, and District Director of Elementary Education where she increased and sustained both preschool and elementary programs, school administrators, and other special projects. Throughout her career in public education, Diana was an accomplished trainer, coach, and mentor. Her strengths include creating and implementing professional development for teachers and administrators.

Competed	Title	Core Skill	Duration
<input type="checkbox"/>	Brain Impossible	Self-Awareness	1 min
<input type="checkbox"/>	Handshakes	Collaboration	10 mins
<input type="checkbox"/>	Finger to Nose	Adaptability	1 min
<input type="checkbox"/>	30 Second Hurdles	Self-Awareness	1 min
<input type="checkbox"/>	Teacher vs. the World	Collaboration	5 mins
<input type="checkbox"/>	Robot Machine	Collaboration	5 mins

2. Click on the name of each activity or lesson to access the full teaching guide.

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Handshakes
Students watch a video and celebrate their uniqueness by making personal handshakes.

GRADE 1-4
TIME 10 minutes
CORE SKILL Collaboration

PREP

- Cue 1-min video.
- *Note: This activity is in core content lesson 1.2.3, Working Together.

Directions:

- Play this video.
- Invite students to create a personal handshake with a partner.
- When students have finished, invite each group to share their personal greeting.
- Teaching Virtually?** Invite students to create personal synchronized hand movements instead of handshakes.
- More Time?** Invite students to meet with you one on one throughout the month to create their own personal greeting with you.

Discussion Questions:

- How did you and your partner come up with your handshake? (talked about it, tried it out, etc.)
- What made it easy or hard for you to do? (compromising, working together, etc.)

Talking Points:

- Each handshake was unique, even though everyone was given the exact same task!
- Each person in this classroom is also unique, and we need to respect and honor our uniqueness while we work together at school.

3. Follow the instructions for each activity to facilitate with students. Modify and adjust as appropriate based on your teaching style, the needs of your students, and available time.

Tips:

Did you complete this activity?



Click the checkmark to mark each activity “complete” after you facilitate it with students. This will help you to keep track of what you have done and what comes next!



Click the **heart** to note an activity as a “favorite” to find it easily in the future.

Click the **print or download icons** if you prefer to have a PDF or printed copy of the activity directions rather than to work from your device.

Wayfinder Collections @ Summer BOOST 2024

Week 1: June 26 through July 3

- *Back To School activities and lessons are designed for members of the classroom community to get to know each other, and to create classroom agreements that promote collaboration and empathy.*
- *Ice Breaker activities can be repeated as needed when new students come in, to reestablish connections, and to revisit fun games that students enjoy!*

Select content from these two collections for daily SEL time during Week 1 of camp (June 26 through July 3).

Back To School (Grade Band Specific)

These collections of lessons and activities provide a strong foundation for the start of Summer BOOST! It includes resources and activities to help students transition smoothly, build relationships, set goals, and establish a positive classroom culture. Through self-reflection, community-building exercises, and goal-setting strategies, students will feel motivated and supported as they embark on a new academic adventure!

PreK-K	PreK-K Back To School
1 st – 2 nd Grade	1st – 2nd Back To School
3 rd – 5 th Grade	3rd – 5th Back To School
6 th – 8 th Grade	6th – 8th Back To School

Ice Breakers (Grade Band Specific)

These grade band specific Ice Breaker collections have a variety of engaging and interactive activities designed to foster connection and build a positive classroom environment. These ice breakers encourage students to get to know each other, share their interests, and develop skills such as active listening, empathy, and teamwork.

PreK-K	PreK-K Ice Breakers
1 st – 2 nd Grade	1st – 2nd Ice Breakers
3 rd – 5 th Grade	3rd – 5th Ice Breakers
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Weeks 2 & 3: July 8 through July 19

- *Scope + Sequence activities are brief, developmentally appropriate activities that support community building and development of a variety of SEL skills, as students interact with peers and adults in fun, structured ways.*
- *Creating Connection activities and lessons help to connect students and adults with one another, to form a supportive and empathetic learning community.*

Select content from these two collections for daily SEL time during Weeks 2 and 3 of camp (July 8 through July 19). You may also wish to repeat a favorite activity from Week 1!

Scope + Sequence (Grade Level Specific)

These scope and sequence collections contains a curated set of 30 activities for classrooms to facilitate five- to 15-minute activities that build upon one another to engage students in building community and learning skills of self-awareness, empathy, agency, adaptability, collaboration and purpose.

Kindergarten	Kindergarten Scope + Sequence
1 st Grade	1st Grade Scope + Sequence
2 nd Grade	2nd Grade Scope + Sequence
3 rd Grade	3rd Grade Scope + Sequence
4 th Grade	4th Grade Scope + Sequence
5 th Grade	5th Grade Scope + Sequence
6 th Grade	6th Grade Scope + Sequence
7 th Grade	7th Grade Scope + Sequence

Creating Connection (Grade Band Specific)

The activities and lessons in these collections support students with making connections to one another and building belonging within the learning environment. Students reflect and participate in interactive activities and discussions to connect with one another and the broader world.

PreK-K	PreK-K Creating Connection
1 st – 2 nd Grade	1st – 2nd Grade Creating Connection
3 rd – 5 th Grade	3rd – 5th Grade Creating Connection
6 th – 8 th Grade	6th – 8th Grade Creating Connection

Week 4: July 22 – July 26



- *End of school activities and lessons allow for reflection, celebration, and closure at the end of time together.*

Select content from this collection for daily SEL time during Week 4 of camp (July 22 through July 26). You may also wish to repeat a favorite activity from Weeks 1 – 3!

End of School (Grade Band Specific)

These collections of lessons and activities support a fun celebration of time spent at Summer BOOST! They include resources and activities to help students recognize what they've learned, share appreciation and gratitude with the classroom community, and think about what comes next.

PreK-K	PreK-K End of School
1 st – 2 nd Grade	1st – 2nd End of School
3 rd – 5 th Grade	3rd – 5th End of School
6 th – 8 th Grade	6th – 8th End of School

2024 Summer BOOST SEL Planning Calendar Use this template to note the Wayfinder content you will be using during daily SEL time at BOOST. Refer to the guide above and click on the collection links for your grade level to access the activities and lessons. <i>List the names of the activities and lessons here.</i>		Wednesday 6/26	Thursday 6/27	Friday 6/28
Monday 7/1	Tuesday 7/2	Wednesday 7/3	Thursday 7/4	Friday 7/5
			 No Camp! 	
Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12
Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19
Monday 7/22	Tuesday 7/23	Wednesday 7/24	Thursday 7/25	Friday 7/26