

Social Emotional Learning (SEL)

Wednesday, February 17, 2021
6:00 pm (virtual)

Presenter - Geoff Hewitt, SHRSB Director of Curriculum, Assessment, and Instruction

Social Emotional Learning (SEL)

Social emotional learning is a process for learning life skills, including how to deal with oneself, others and relationships, and work in an effective manner. In dealing with oneself, SEL helps in recognizing our emotions and learning how to manage those feelings. In dealing with others, SEL helps with developing sympathy and empathy for others, and maintaining positive relationships. SEL also focuses on dealing with a variety of situations in a constructive and ethical manner.

Why SEL?

- A 2017 study (done by [CASEL](#)) involving students from kindergarten to high school showed that:
 - Students exposed to SEL programs performed better academically (13 percentile points higher) than their non-SEL peers
 - Can have a positive impact on school climate
 - Can reduce mental health issues among students
 - Can reduce drug use among students

5 SEL Competencies

1. Self-Awareness
2. Self-Management
3. Social Awareness
4. Relationship Skills
5. Responsible Decision-Making

<https://www.nj.gov/education/students/safety/sandp/sel/SELCompetencies.pdf>

Introduction Video - <https://www.youtube.com/watch?v=DqNn9qWoO1M> (6 minutes)

SHRSD Initiatives

Universal practices that address social, emotional, behavioral, and academic needs of students:

- Mindfulness
- SEL
- Crisis Prevention Intervention (CPI)
- Conscious Discipline

Link to [Mindfulness/Conscious Discipline - SHRSD Presentation \(10/2019\)](#)

Self-Awareness

Self-Awareness May Look Like:

- Identifying emotions
- Having an accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Self-Awareness May Sound Like:

- How am I feeling and why?
- When am I at my best?
- When do I feel angry?
- What kind of person do I want to be today?
- What stresses me out?
- Where do I fit into my family/community?

Source - <https://www.panoramaed.com/>

Self-Management

Self-Management May Look Like:

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

Self-Management May Sound Like:

- I need a break right now
- May I please have space? I am not ready to share.
- I think I need help with _____.
- I don't understand yet, but I will _____ to reach my goal.

Social Awareness

Social Awareness May Look Like:

- Perspective taking
- Empathy
- Appreciating diversity
- Respect for others

Social Awareness May Sound Like:

- I wonder how that made _____ feel?
- How would I feel if I were in that situation?
- What is _____ thinking?
- They seem sad right now. Maybe I should _____.
- Thanks for sharing! My family does it this way.

Source - <https://www.panoramaed.com/>

Relationship Skills

Relationship Skills May Look Like:

- Communication
- Social engagement
- Relationship building
- Teamwork

Relationship Skills May Sound Like:

- When you _____ it made me feel _____.
- Can you explain what you mean by that?
- I disagree with you because _____.
- What did you mean by _____?

Source - <https://www.panoramaed.com/>

Responsible Decision-Making

Responsible Decision-Making May Look Like:

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

Responsible Decision-Making May Sound Like:

- How will this impact others?
- Is it worth it?
- Why do I want to make this choice?
- Was this a strong choice?
- Will this help me?

Source - <https://www.panoramaed.com/>

Strategies for Instruction:

- (a) explicit instruction through which social and emotional skills and attitudes are taught and practiced in developmentally, contextually, and culturally responsive ways;**
- (b) teaching practices such as cooperative learning and project-based learning; and**
- (c) integration of SEL and academic curriculum such as language arts, math, science, social studies, health, and performing arts.**

Tips for Staying Calm and Growing Happiness:

SELF CARE

- ★ Pay attention on Purpose
- ★ Practice breathing, 10 diaphragmatic breaths a day, reduces anxiety, calms the central nervous system.
- ★ Connect with nature
- ★ Spend time in stillness
- ★ Waiting time
- ★ Affirmations
- ★ 5 fingers

Link to this information (as a Google Doc):

https://docs.google.com/document/d/1dHkZgu2Uw1D_usOTwfCG32KcddxspHx0iM_AMK4TkP8/edit?usp=sharing

Tips for Staying Calm and Growing Happiness:

WHAT YOU FOCUS ON GROWS

- ★ Cultivate Gratitude
- ★ What went Well
- ★ Acts of Kindness
- ★ Respond instead of React
- ★ Body Scan
- ★ Start fresh after a “mistake” - reset and be present

Link to this information (as a Google Doc):

https://docs.google.com/document/d/1dHkZgu2Uw1D_usOTwfCG32KcddxspHx0iM_AMK4TkP8/edit?usp=sharing

Tips for Staying Calm and Growing Happiness:

MOVE EVERY 30 MINUTES

- ★ Stand and focus
- ★ Visualization
- ★ Walking
- ★ Swing your Arms for 2 minutes
- ★ Stretch
- ★ PRACTICE, PRACTICE, PRACTICE

Link to this information (as a Google Doc):

https://docs.google.com/document/d/1dHkZgu2Uw1D_usOTwfCG32KcddxspHx0iM_AMK4TkP8/edit?usp=sharing

Putting it all together:

SEL for Parents (Casel video) -

<https://www.youtube.com/watch?v=y2d0da6BZWA> (English)

https://www.youtube.com/watch?v=xz_aCbDI9uk (En español)

Questions





شكراً جزيلاً

ngiyabonga

рахмат
danke 謝謝

tesekkür ederim

Баярлалаа
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vinaka blagodaram
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