



**SEL**

Social & Emotional Learning

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# INTRODUCTION TO SOCIAL EMOTIONAL LEARNING

Social-emotional learning, or SEL, is the process of learning the social-emotional skills that are essential for success in school, work, and life.



# SEL IN AVON SCHOOL

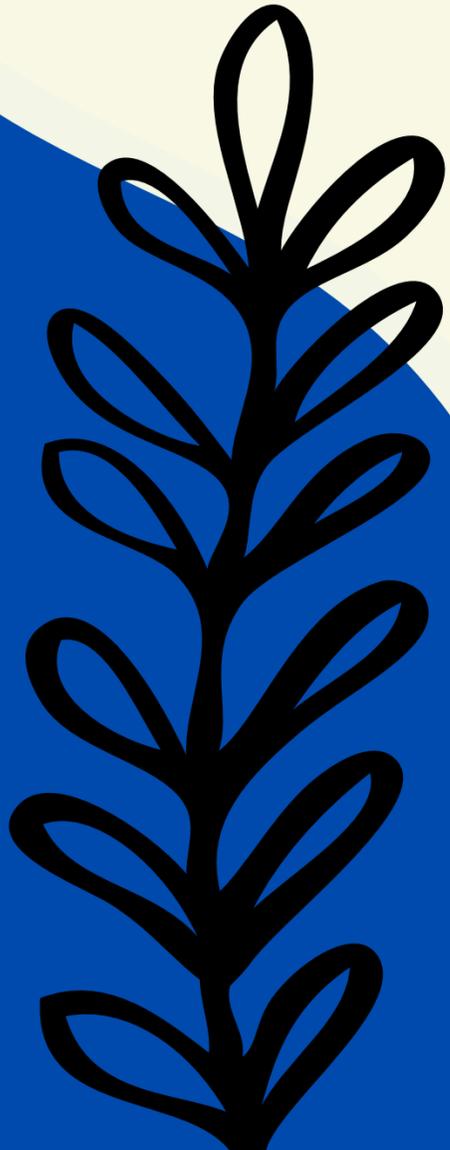
- MORNING MEETING
- THEMED SCHOOL WIDE MEETINGS
- LESSONS WITH THE COUNSELOR
- WALK-IN COUNSELING
- SEL EMBEDDED ACROSS ALL CURRICULUM



# FRAMEWORK

**BASED ON CASEL'S FIVE BROAD AND INTERRELATED AREAS OF COMPETENCE:**

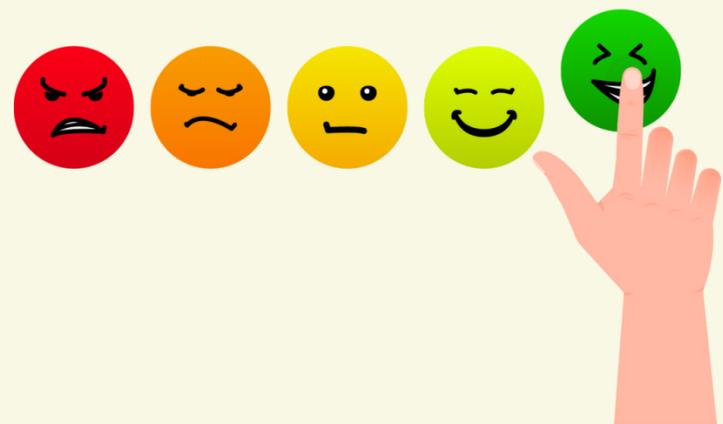
- Self-awareness
- Responsible decision-making
- Relationship skill development
- Social awareness
- Self-management



# WHAT IS SECOND STEP ELEMENTARY?

SECOND STEP® ELEMENTARY IS A RESEARCH-BASED SOCIAL-EMOTIONAL LEARNING (SEL) PROGRAM DESIGNED TO IMPROVE STUDENTS' SOCIAL EMOTIONAL SKILLS, INCLUDING GROWTH MINDSET, GOAL-SETTING, EMOTION MANAGEMENT, KINDNESS AND EMPATHY, AND PROBLEM-SOLVING.

SECOND STEP ELEMENTARY IS TAUGHT IN THE CLASSROOM, TO ALL STUDENTS, AND HELPS STUDENTS DEVELOP A COMMON SET OF SKILLS AND STRATEGIES THAT CAN BE PRACTICED, USED, AND REINFORCED THROUGHOUT THE SCHOOL COMMUNITY, INCLUDING AT HOME.



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BREATHE

# ELEMENTARY (K-5TH)

- Growth Mindset & Goal Setting

- Students learn how to develop a growth mindset and to plan, modify, and achieve goals.

- Emotion Management

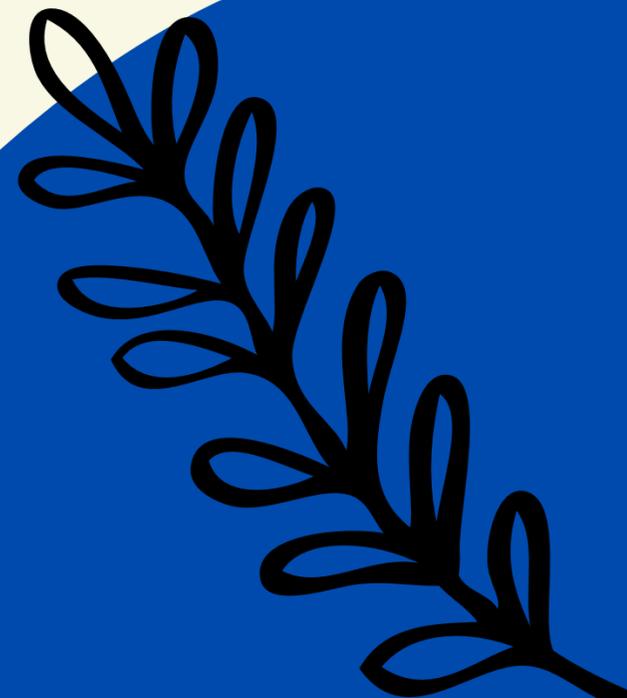
- Students learn how to identify emotions in themselves and apply strategies to manage their emotions.

- Empathy and Kindness

- Students learn how to apply their perspective-taking and empathy skills to define and help solve a community problem.

- Problem Solving

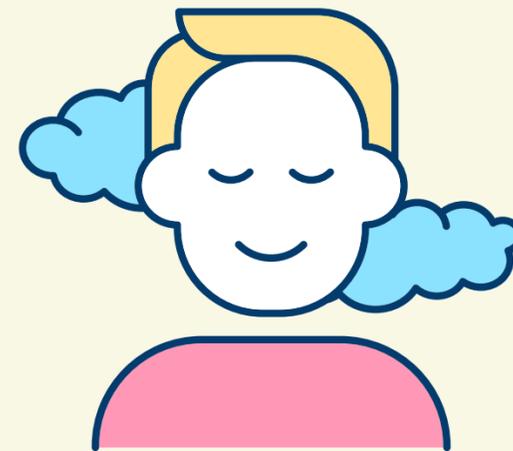
- Students learn how to apply their emotion management, communication, and perspective-taking skills to solve interpersonal problems and demonstrate strategies for effectively dealing with interpersonal conflict.



# WHAT IS SECOND STEP MIDDLE SCHOOL?

SECOND STEP MIDDLE SCHOOL IS A RESEARCH-BASED SOCIAL-EMOTIONAL LEARNING (SEL) PROGRAM DESIGNED TO IMPROVE STUDENTS' SOCIAL EMOTIONAL SKILLS, SUCH AS EMOTION MANAGEMENT, IMPULSE CONTROL, PROBLEM SOLVING, AND EMPATHY.

STUDIES SHOW THAT THESE SKILLS CAN HELP IMPROVE ACADEMIC PERFORMANCE, REDUCE NEGATIVE SOCIAL BEHAVIORS LIKE BULLYING, AND CREATE POSITIVE CLASSROOM AND SCHOOL CLIMATES.



# MIDDLE SCHOOL

- Mindset & Goals

- Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives. This unit's content helps create classrooms that are connected and encouraging by helping students set and achieve collective and personal goals, learn from challenges, recognize their personal strengths, and explore the unique aspects of their identities.

- Recognizing Bullying & Harassment

- Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment. This unit's content helps students develop empathy, understand the impact of bullying and harassment on individuals and their communities, and examine social and environmental factors that contribute to negative behaviors as well as identify solutions for preventing those behaviors.



# MIDDLE SCHOOL (6TH-8TH)

- Thoughts, Emotions & Decisions

- Students learn how to recognize strong emotions and unhelpful thoughts, and they learn to apply strategies for managing their emotions and reducing stress. This unit's content helps students understand that all emotions are valuable because they provide us with information about our environment. Students learn to respond to their emotions in ways that help meet their wants and needs.

- Managing Relationships & Social Conflict

- Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict. This unit's content helps students learn to honor and understand differences based on varied personal, familial, and cultural backgrounds.



**LET'S TAKE A LOOK!**



GRADE 5: UNIT 2 - LESSON 6: STRONG EMOTIONS

# SKILLS FOR EVERYDAY SUCCESS

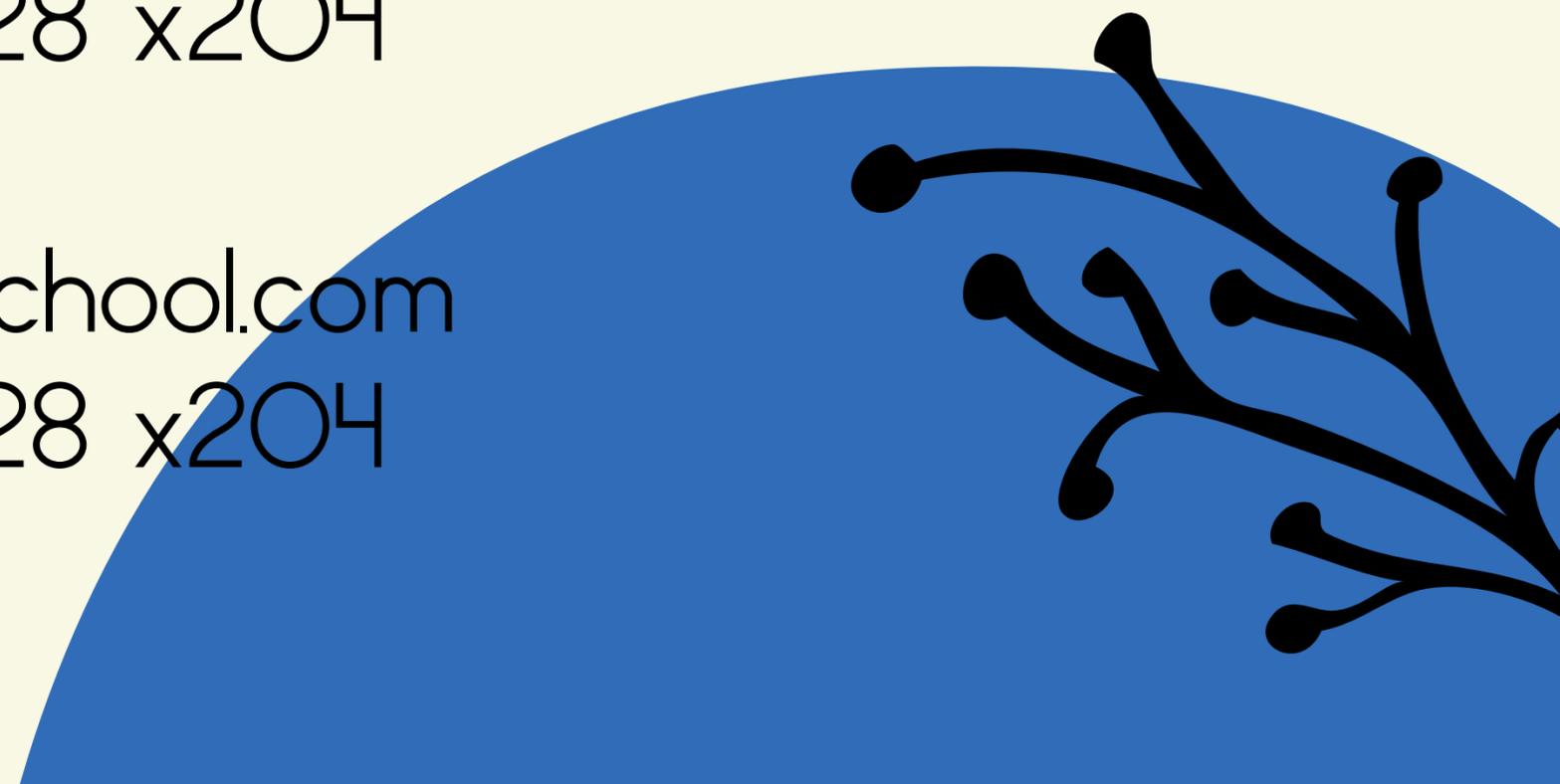
Children need social-emotional skills to thrive both in the classroom and in life. Social-emotional learning (SEL) curricula teach children techniques to:

- Gain confidence
- Set goals
- Make good decisions
- Collaborate with others in work and play
- Navigate the world more effectively

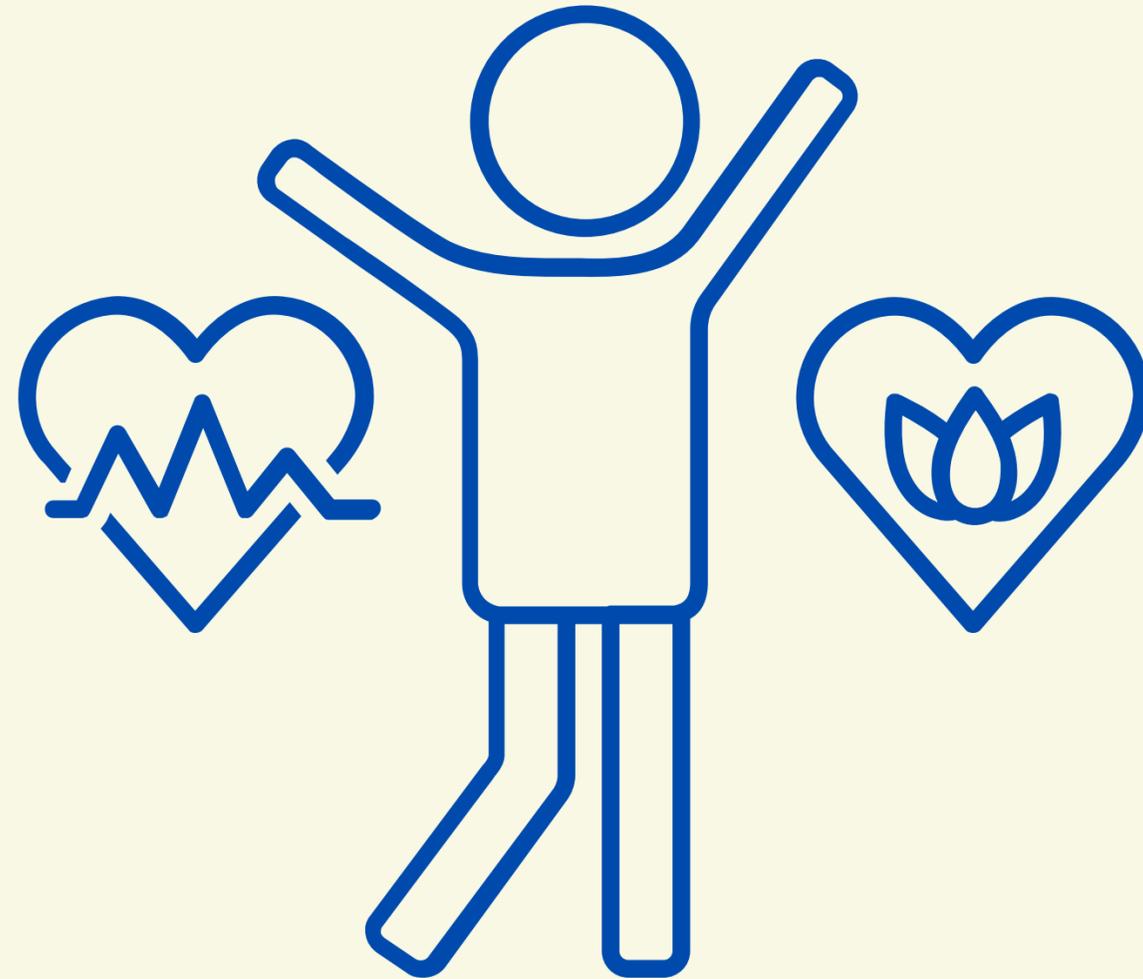




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# THE GREAT BODY SHOP



# SOCIAL AND EMOTIONAL LEARNING COMPETENCIES



SELF - AWARENESS

SELF - MANAGEMENT

SOCIAL - AWARENESS



SOCIAL - MANAGEMENT/RELATIONSHIP SKILLS

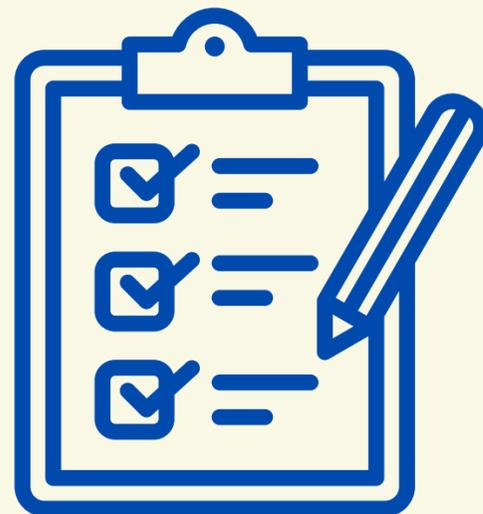
RESPONSIBLE DECISION MAKING



# STUDENTS

STUDENTS WILL RECEIVE THEIR OWN ISSUE OF THE GREAT BODY SHOP FOR EVERY INSTRUCTIONAL UNIT (HEALTH MAGAZINE)

- CURRENT AND RELEVANT ARTICLES
- PUZZLES
- GAMES
- SELF ASSESSMENTS



Health   
is wealth

# PARENTS

FAMILY BULLETIN AND HOME CONNECTION ARE FEATURES OF THE GREAT BODY SHOP FOR EACH UNITS TO INVOLVE PARENTS AND FAMILIES TO THE HEALTH CURRICULUM.



# TEACHERS

THE GREAT BODY SHOP PROVIDES TEACHERS A CURRICULUM THAT ALIGNS WITH THE STATE/NATIONAL HEALTH EDUCATION STANDARDS.

- FAMILY BULLETINS :DESIGNED TO BE EMAILED OR SENT HOME TO PROMOTE FAMILY ENGAGEMENT.
- HOME CONNECTION: HOME ACTIVITIES THAT REQUIRES FAMILY PARTICIPATION.
- GUIDED NOTES: HELP STUDENTS ORGANIZE THEIR LEARNING.
- LESSON EXTENSIONS: INCLUDES SENTENCE FRAMES, WRITING PROMPTS AND SKILL PLAY ACTIVITIES.
- ENGLISH LANGUAGE LEARNERS: IDEAS AND STRATEGIES FOR WORKING WITH STUDENTS WHOSE FIRST LANGUAGE IS NOT ENGLISH.
- SOCIAL EMOTIONAL LEARNING: EMBEDDED IN EACH OF THE INSTRUCTIONAL UNITS.
- A VARIETY OF ASSESSMENT: TEST, SKILL PLAYS, CONSTRUCTED RESPONSE QUESTIONS, PERFORMANCE ASSESSMENT TASKS.
- HANDOUTS AND WORKSHEETS: BLACKLINE MASTERS THAT CAN BE DUPLICATED.



**THANK YOU!!!**

