

Social and Emotional Learning: An Essential Component of High Quality Education



... And now for a short SEL movie



SEL Core Competencies

Self-Management

- Regulating one's emotions
- Managing stress
- Self-control
- Self-motivation
- Stress management
- Setting and achieving goals

Social Awareness

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

Relationship Skills

- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help



Self-Awareness

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

Responsible Decision-Making

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships and school

Source: CASEL,





How are you intentionally teaching the knowledge and skills of SEL?

How do you intentionally create SEL opportunities for parents and families in your community?

How do you intentionally develop a positive culture and climate in your school and your classroom for all the members of the learning community?

How do you intentionally provide opportunities for SEL through academic content and other campus-based environments?



ELEMENTARY RESOURCE

Posters

Puppets

Listening Rules and Skills for Learning Cards

Lesson Cards

Problem-Solving Steps

Say the problem without blame

Online Resources

Unit Cards

Song CD

DVD

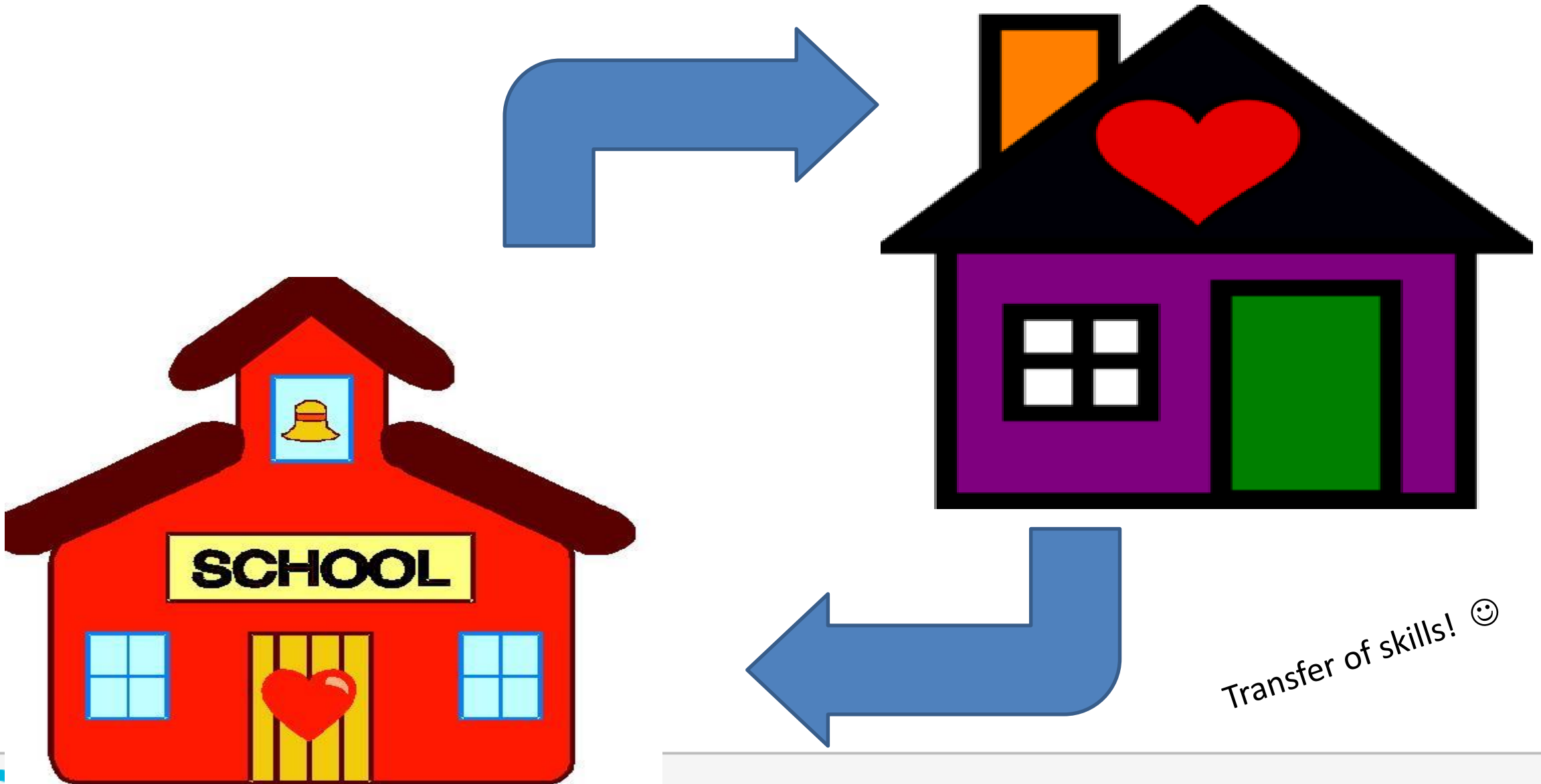
Teaching Materials Binder



SEL COMMON LANGUAGE



The Home – School Connection



Transfer of skills! 😊


Home Links:

Building A Common Language

Grade 3, Unit 1

Lesson 1: Being Respectful Learners

Home Link

	What is My Child Learning? Your child is learning and practicing two Skills for Learning: focusing attention and listening.	Why Is It Important? Focusing attention and listening help children be better learners.
	Ask your child: How do focusing your attention and listening help you be a better learner at school?	
Read Together Using Skills for Learning helps you be a better learner. You've been learning to focus your attention and listen. Focusing your attention and listening show respect. This week, you practiced focusing your attention by using your eyes to watch, your ears to listen, and your brain to concentrate. When you've focused your attention, you're ready to listen and learn.		

Practice Together: Focus and Listen

- Together, choose a room in your house where you will hear a lot of different sounds, from both inside and outside.
- Prepare to focus your attention and listen to the sounds in the environment for one minute. Begin!
- When the minute is up, fold this paper in half and take turns writing down all the sounds you heard and remembered, in the boxes below.
- Compare your lists. Are many of the sounds the same or different?
- Discuss what helped you focus your attention, listen, and remember what you heard.


Child	Adult

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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3º Grado, Unidad 1

Lección 1: Cómo Ser Estudiantes Respetuosos

Conexión con el Hogar

	¿Qué aprende mi niño? Su niño aprende y practica dos Habilidades para Aprender: a enfocar su atención y a escuchar.	¿Porqué es importante esto? Enfocar la atención y escuchar les ayuda a los niños a ser mejores estudiantes.
	Pregunte a su niño: ¿De qué forma te ayuda el enfocar tu atención y escuchar a ser un mejor estudiante en la escuela?	
Lean juntos Usar las Habilidades para Aprender te ayuda a ser un mejor estudiante. Has estado aprendiendo a enfocar tu atención y a escuchar. Enfocar tu atención y escuchar demuestran respeto. Esta semana, practicaste a enfocar tu atención por medio de usar tus ojos para mirar, tus oídos para escuchar, y tu cerebro para concentrarte. Una vez que has enfocado tu atención, estás listo para escuchar y aprender.		

Practiquen juntos: A enfocarse y escuchar

- Juntos, escojan un cuarto en su casa en el cual van a oír muchos sonidos diferentes, tanto de adentro como de afuera.
- Prepárense para enfocar su atención y escuchar los sonidos ambientales por un minuto. ¡Empiecen!
- Cuando pase el minuto, doblen este papel por la mitad y tomen turnos para escribir en las cajas abajo todos los sonidos que escucharon y recuerden.
- Comparen sus listas. ¿Son muchos de los sonidos iguales o diferentes?
- Hablen sobre lo que les ayudó a enfocar su atención, a escuchar y recordar lo que escucharon.

Niño	Adulto

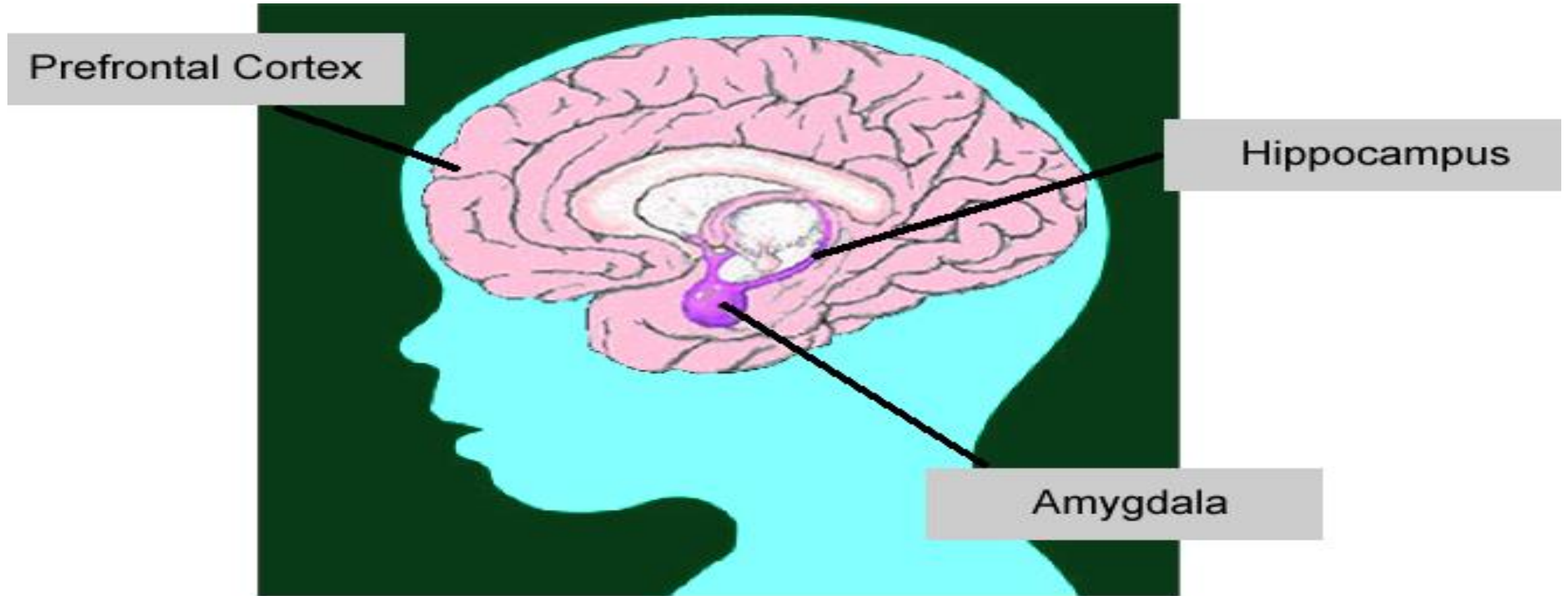
(NOMBRE DEL NIÑO)	(FECHA)	(FIRMA DEL ADULTO)
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What is Mindfulness?

Paying attention,
responding
and being kind
right here, right now.



Mindfulness & The Brain



Mindfulness is a Superpower

Video from Happify



SEL & Mindfulness

Self-Management

Mindfulness increases emotion regulation skills.

Self-Awareness

Mindfulness enhances your ability to focus attention. It improves your self-compassion.

Social Awareness

Mindfulness increases empathy by regulating emotions rather than getting overwhelmed during difficult situations.



Responsible Decision-Making

Mindfulness increases cognitive flexibility and creativity.

Relationship Skills

Mindfulness increases compassion.



Being Mindful at Home

Mindful Stretching

Set time each day to just stretch. Do stretches that you know or make up your own poses.

*Notice your body while doing stretches (ex. feel your feet on the ground)

Mindful Breathing

Set time each day to just breathe. Start small (30 seconds) and slowly increase in 30-second increments.

*Gently acknowledge thoughts that come up and return to your breathing

**5 Ways
to BE
Mindful at
Home**

Mindful Listening

When in transit, listen to your favorite song and see if you can notice specific instruments, lyrics, anything different.

*Alternatively, turn off the music and just listen to your surroundings

Mindful Seeing

On a walk or in transit, look at the sky. Notice what it looks like or even how it makes you feel.

*Turn it into a journaling or art project

Mindful Eating

Set intentional time during one meal to notice your food using your 5 senses.

*Start small: 1 bite, 1 sense. Increase mindful eating time as best suited for you

Mind Yeti



Resources

- Angela Bailey – SEL Specialist
 - angela.bailey@austinisd.org
 - www.twitter.com/angelabaileySEL
- James Butler – SEL Mindfulness Specialist
 - james.butler@austinisd.org
 - www.twitter.com/mrbutler629
- AISD SEL: www.austinisd.org/academics/sel
- AISD SEL Blog: www.austinisdselblog.com
- AISD SEL Facebook: www.facebook.com/AustinISDSEL
- AISD SEL Pinterest: <http://www.pinterest.com/austinisdsel>
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