Strategies for Incorporating Social Emotional Learning

WORKSHOP PRESENTER: KITTI WHEELER
Essential Question

How do I create a classroom culture of emotional safety and growth?
Workshop Objectives

Part 1 - Share SEL Research

Part 2 – Ideas & Activities
Our Students are Stressed Out!

Junk food diet, Sleep Deprivation, Screen Time 3 hours + Distracted & permissive parents, unrealistic praise Sense of “My rights”, sedentary, instant gratification

1 in 5 have mental health problems
43% increase in ADHD - 37% increase in depression
200% increase in suicide rate children 10 - 14
We’re in this TOGETHER!

Same Storm – Different Boat
Shelter in Place Impact

Students reported feeling isolated, depressed, and overwhelmed.

Overloaded by Bad News and Uncertainty

Job losses, unarmed Black persons slain by police, protests, and America’s persistent problems with race and social injustice
Flipping the Script
Replace Limiting Beliefs w/ a New Script

I'm too poor ... I lack resources.
I'm too fat or too skinny, tall, short.
I'm not smart enough.
I'm not popular enough.
Students have to Maslow before they can Bloom
In the Headlines

SEL prepares students for the unknown
Why social-emotional learning must come first when schools reopen

“Students have to see positive images of themselves in what they’re learning on a daily basis”

“We will need to discuss the pandemic’s personal impact to develop core competencies such as self-awareness and social-awareness.”
Schools must address emotional needs of students in the fall, education leaders say

“CASEL said that social-emotional learning provides a “critical foundation” to support students and adults at a time of uncertainty and stress.”

“For instance, to “create new relationships that elevate the voices of students and families”
What Is Social and Emotional Learning?

(SEL) Understanding and managing emotions, setting and achieving positive goals, feeling and showing empathy for others, establishing and maintaining positive relationships, and making responsible decisions.
Five Core Competencies that educate hearts, inspire minds, and help people navigate the world more effectively.
Roadmap for Reopening School
Casel 53 page report

Leveraging Social and Emotional Learning to Promote Equity and Healing

4 Critical Practices for Reopening
SEL CRITICAL PRACTICE 1

Take time to cultivate and deepen relationships, build partnerships, and plan for SEL.
SEL CRITICAL PRACTICE 2

Design opportunities where adults can connect, heal, and build their capacity to support students.
SEL CRITICAL PRACTICE 3

Create safe, supportive, and equitable learning environments that promote all students’ social and emotional development.
SEL CRITICAL PRACTICE 4

Use data as an opportunity to share power, deepen relationships, and continuously improve support for students, families, and staff.
The Personality Trait That's Imperative for Success in the World - Video

Angela Lee Duckworth

Grit = passion, perseverance, and stamina

Failure isn’t permanent!
Developing a Growth Mindset Video

Carol Deweck

The Power of “YET”
People with a Growth Mindset ..... Believe that talents, intelligence and abilities can be developed through hard work, effort, grit and perseverance. Focus on improvement & Embrace challenges, failures and obstacles as opportunities to learn and grow.
Supportive Classroom Culture

Embrace the struggle
July is Minority Mental Health Awareness Month

According to the Health and Human Services Office of Minority Health, African Americans are 20 percent more likely to report having serious psychological distress than non-Hispanic whites.
Coronavirus outbreak: Is a 'mental health pandemic' coming after COVID-19?

https://www.youtube.com/watch?v=Wy6xtIRAVAY

7/26/2020
According to the National Center for Health Statistics, nearly a third of Americans now show signs of clinical levels of depression or anxiety.
We are here to help this generation find hope, healing, and wholeness in their journey through anxiety, depression, and grief.

We are here to break the stigma behind mental health, and change statistics with our suicide prevention message: "STAY HERE."
Resources

Educational Leadership / September 2014, www.ascd.org

Carol Deweck "Developing a Growth Mindset"

https://www.youtube.com/watch?v=hiiEeMN7vbQ

Angela Lee Duckworth - Grit

https://my.happify.com/hd/personality-trait-imperative-for-success/?et=a8ef4a54-1db5-4b69-b3ff-8ccea94ab2be

http://www.casel.org

Urawesome.com

http://www.k12.wa.us/careerteched/FormsStandards.aspx

More Resources


www.stayhere.live

Schools must address emotional needs of students in the fall, education leaders say

By Samantha Smylie  Jul 9, 2020, 11:21am CDT

Study warns coronavirus pandemic could lead to 75,000 U.S. "deaths of despair"

https://www.youtube.com/watch?v=NZiLSPCHwdM

Coronavirus outbreak: Is a 'mental health pandemic' coming after COVID-19?

https://www.youtube.com/watch?v=Wy6xIARAVAY