Social Emotional Literacy:
Learning is a Connection Project

Deeper Learning Conference
March 28, 2019
Vero Beach, FL
Indian River County
OUR DISTRICT

- We serve over 17,000 students
- 27 Schools (22 traditional and 5 charter schools).
- Largest employer in the county, with over 2,000 employees.
- Operating budget of approximately $280,000,000
- School buses travel approximately 8,400 miles daily serving students on 76 bus routes.
- We serve 4,200 breakfasts and 9,200 lunches a day.
<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Enrollment</td>
<td>17,792</td>
<td>100%</td>
</tr>
<tr>
<td>White</td>
<td>9,689</td>
<td>55.6%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>4,090</td>
<td>23.0%</td>
</tr>
<tr>
<td>Black</td>
<td>3,007</td>
<td>16.9%</td>
</tr>
<tr>
<td>Two or More Races</td>
<td>697</td>
<td>3.9%</td>
</tr>
<tr>
<td>Asian</td>
<td>251</td>
<td>1.4%</td>
</tr>
<tr>
<td>American Indian</td>
<td>44</td>
<td>0.2%</td>
</tr>
<tr>
<td>Pacific Islander</td>
<td>14</td>
<td>0.1%</td>
</tr>
<tr>
<td><strong>Economically Disadvantaged</strong>*</td>
<td></td>
<td><strong>56%</strong></td>
</tr>
</tbody>
</table>

*8 Schools with over 80%  **1/5, 1/4*
what we know

- Literacy is the gateway to all learning
what we know

• Literacy is the gateway to all learning
• Third grade is the point of transformation
The Numbers

- 1 in 8
  - 35/56
- 9 out of 10
Moonshot Moment

THE READING ROCKET

TRANSFORMING A GENERATION 90% LITERACY BY THIRD GRADE.
Moonshot Moment Framing Question

What does it take to achieve 90% literacy by third grade such that we grow literate, compassionate, creative citizens who will improve the world?
We unite parents, educators, and community leaders around the child who is the star at the center.
Enriched Literacy Framework

- **Foundational (Literate)**
- **Social Emotional (Compassionate)**
- **Applied (Creative)**

90%
Today’s Agenda

10:30-12:30
Part 1: Culture & Climate

12:30-1:30 Lunch

1:30-4:30
Part 2: Connected Learning

4:30-5:30 Exhibition
Today's Learning Goals

- EXPLORE the impact social emotional literacy has on students’ ability to learn.
- DISCOVER and experience rituals and routines that build connections with and among students.
- UNDERSTAND how self-regulation fosters essential 21st century skills and deeper learning competencies.
Social Emotional Literacy

*the ability to manage emotions and navigate group interactions to build a community of learners*

**Framing Question:**

How do we create the conditions in which students are safe and available to learn?
Focus Question

What does it take to create a school culture that brings in all voices and values to the learning such that it creates a climate that fosters growth, compassion, and connection?
Essential Question

Who am I in my community?
Mindful Moonshot Morning Routine

One serves oneself best when one is serving others.

The key is to be part of a community.

- Martin Sheen
OOPS IT’S COOL

Attention Grabber
Activity to Unite
Everyone does the same thing at the same time with the same purpose

Pump Up the Jam

- When the music plays, dance around the room.
- High five or fist bump while making eye contact

© Conscious Discipline
Activity to Disengage Stress

Breathing

Mirrors

© Conscious Discipline
Activity to Connect

Ways to connect with partners:
Eye Contact ~ Presence ~ Touch ~ Playful Situation

- Buddy Up: Find a buddy with different color eyes than your own
- Share: Tell the story behind your name
Activity to Commit

Group Commitment:
Be Bold, Be Open, Be Present

Individual Commitment:
Set a goal for yourself for day
Structure first

**Routines** create predictability
*(Jobs = safety, Morning Mtg, Reflection, procedures)*

Relationships second

**Rituals** create connections
*(Greetings, Building Community, connection activities)*

© Conscious Discipline
Activity to Unite

Activity to Disengage Stress

Activity to Connect

Activity to Commit
Activity to Unite
We value our humanity.

The goal of this activity to unite is to bring the scattered energy into a more congruent and cohesive whole.

- Dr. Becky Bailey

© Conscious Discipline
Activity to Disengage Stress
We value safety.

It is absolutely essential to begin the day with stress reducing activities and take frequent brain breaks throughout the day in order to combat the stress we all face as teachers and students.

- Dr. Becky Bailey

© Conscious Discipline
Activity to Connect
We value each other.

Connections are built by...

Eye contact
Touch
Presence
Playful situation

© Conscious Discipline
Activity to Commit
We value and respect each other.

Personal Commitment:
I am going to ____________________________

Oops-------- I did it--------

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The Benefits of A Mindful Morning Routine

- reduced stress
- Impulse control
- self regulation
- higher order thinking skills
- Increased focus
- sense of belonging
- Integrated mind, body, and brain
- positivity
- empathy
Learning is a Connection Project

A Moonshot Talk with Liz Remington
Acknowledgements:
There is nothing that a little bit of science can't help

Barbara L. Fredrickson       Mary Helen Immordino Yang
Becky Bailey                              Sonia Nieto
Matthew Lieberman            Stephen Johnson
Sharon Salzberg                      Martha Nussbaum
Bessel Van Der Kolk             Stuart Brown
Rita Carter                                  Eric Jensen
Patricia Wolf
Key ideas:

1. Cornerstone of Social Emotional Literacy is empathy.

2. Learning is driven by relationships.

3. Joy is the most powerful force in learning.
Collaborative for Academic, Social, and Emotional Learning
Highest cognitive skill we learn is empathy

Highest manifestation of that skill is to be of service to others
Literature, the Arts, and Design Challenges

Academic empathy growing experiences that foster connections and community
No significant learning can occur without significant relationships. Connection is the key.

- Dr. Becky Bailey
What Google Learned From Its Quest to Build the Perfect Team

New research reveals surprising truths about why some work groups thrive and others falter.

BY CHARLES DUHIGG ILLUSTRATIONS BY JAMES GRAHAM FEB. 25, 2016
“Psychological Safety”

Clear goal setting

Equity in turn taking

Social sensitivity
The key to unlocking language development is deeply dependent on our social interactions with children.

- Dr. Laura A Jana, author of *The Toddler Brain*
How do you create connection and community?

1. See the world through their eyes
2. Face to face connection
3. Membership and legacy
Connections on the outside build connections on the inside.
3 PARTS OF YOUR BRAIN

- **Executive State**
  - Prefrontal Lobes
  - What can I learn from this?

- **Emotional State**
  - Limbic System
  - Am I loved?

- **Survival State**
  - Brain Stem
  - Am I safe?
Brain States dictate behavior

Executive State
- Problem
- Solution

Emotional State
- Looking for connection
- Understand me

Survival State
- Safety
- Protect me

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Responses the brain has available in a stressed state:

<table>
<thead>
<tr>
<th>Fight</th>
<th>Flight</th>
<th>Freeze</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Disruptive</td>
<td>• Withdrawal</td>
<td>• Zone Out</td>
</tr>
<tr>
<td>• Oppositional Defiant</td>
<td>• ADHD</td>
<td>• Social anxiety, seizures, OCD</td>
</tr>
</tbody>
</table>
Survival State

Safety

Protect me

POVERTY
A TRIP TO VAGUS

The **vagus nerve** “wanders” from the brainstem to the organs of the body to calm them down.

The **sympathetic nerves** form the spine travel to the organs to produce stress-activity for times of emergency or heightened activity.

Stimulating the vagus nerve shuts off the inflammatory activity within the cells of the organs. This helps with immune system activity and the overall functions of the body.

Calming activity will stimulate the vagus nerve to provide this healthful effect.
Brain States dictate behavior

- **Executive State**
  - Problem
  - Solution

- **Emotional State**
  - Looking for connection
  - Understand me

- **Survival State**
  - Safety
  - Protect me

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It is literally neurobiologically impossible to build memories, engage in complex thoughts, or make meaningful decisions without emotions.

Emotions are not add ons but dimensions of the academic skill itself. We only think about things we care about.

We feel therefore we learn.

- Mary Helen Immordino-Yang, Brain and Creativity Institute
Emotion is the on/off switch to learning
When the switch is **OFF** - Stress & Survival

- No access to memory, reasoning and connection
- Frustration, anxiety, despair, worry, and shame set in
Brain States dictate behavior

Executive State
- Problem
- Solution

Emotional State
- Looking for connection
- Understand me

Survival State
- Safety
- Protect me

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When the switch is ON -
The door to learning, memory and student engagement is open.

- Social Connection
- Drive to help others - empathy
- Drive to acquire knowledge
- Problem solving
- Instructional optimism and persistence
- Self Discipline, Self regulation, Self Efficacy
TEACHERS JOB

Surrogate executive brain

Joy Juice

Pharmaceutical rep
UBUNTU: My humanity is inextricably bound to yours
Reflection

I/Q

Insights/Questions
Microstorytelling

Tell a story about a treasured object from your childhood.
Microstorytelling

Tell the story of a cherished person from your childhood.
Micro Storytelling

Tell a story about a favorite place to hang out as a child.
Where I’m From Poem

Based on poem by George Ella Lyon

from the dirt
from my shoes
and from the light bluesky.

My name is Cierra Bryant.
I dream of traveling
the word.
Remixing Photographs

1. Use no more than THREE colors.
2. Do not draw on your face.
3. Add text, decoration, or images.
4. Use words or phrases from your poem.
The Best Part of Me

Children talk about their bodies in pictures and words
It happened that we had to leave our lonely city.
My favorite programme is news because if there's trouble that way I can tell people.

I didn't believe it — me, in Europe? No, it's not me!

Mardi le 28 septembre 2004
Performing Text

- In pairs/trios, share your poem and photograph.
- Choose one line to share out.
Lunch

@TLA_Moonshot  @MoonshotMoment

#shareyourlearning

#MoonshotInstitute
Reflection

3-2-1 Bridge

• Three takeaways
• Two questions
• One connection to what you already know
Deeper Learning Competencies

**CONTENT MASTERY**
Students apply knowledge to real world situations.

**COLLABORATION**
Students work with their peers, assume leadership roles, resolve conflicts, and manage projects.

**SELF DIRECTED LEARNING**
Students use teacher feedback to monitor and direct their own learning, both in and out of the classroom.

**EFFECTIVE COMMUNICATION**
Students demonstrate skills in active listening, clear writing, and persuasive presentation.

**CRITICAL THINKING & PROBLEM SOLVING**
Students consider a variety of approaches to produce innovative solutions.

**ACADEMIC MINDSET**
Students feel a sense of belonging and motivation to persist through their school work.
Enriched Literacy Framework

FOUNDATIONAL
(Literate)

SOCIAL
EMOTIONAL
(Compassionate)

90%

APPLIED
(Creative)
Me
Want
It
Let’s Dance!
More than just fun & games...
What are YOUR favorites?
Just Breathe
SELF REGULATION is the ability to notice and regulate our thoughts, feelings and actions in service of a goal.
Self Regulation is the Pause Between Stimulus and Response

PAUSE...regulate your state first, so students can regulate theirs.

Respond VS react
Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.

- Viktor Frankl, Author & Neurologist
Focus Question

How can we design learner-centered experiences to ensure that students feel safe, emotionally invested, and connected to the content and each other?
Learning is a Connection Project

A Moonshot Talk with Liz Remington
Key ideas:

1. Play is a natural learning process.

2. Play is how we make sense of the world.

3. Play is serious work.
Play shapes the brain...it fosters empathy and makes possible complex social groups. Play lies at the core of creativity and innovation.

- Dr. Stuart Brown, founder National Institute for Play
Attunement

Body and Movement Play

Object Play

Imaginative Play
Social Play

Storytelling and Narrative Play

Transformative Play - Integrative and Creative play in action
From 0-8 there is rapid and complex development of:

- Communication
- Perspective Taking
- Social Skills
- Emotional Skills
- Motor Skills
THE ARTS AS A PRODUCT OF PLAY

Music Activities

Drama & Theatre

Visual Art

Being Read Stories

Storytelling
WHY DO THE ARTS WORK ON SEL?

Lasting happiness, interest and pride

Acquisition of Self-Regulation skills

Manage and express emotions
Wernicke’s area
(understanding language)

The brain on lecture
Play “lights up” the brain
Creating safety and connection

attention
engagement
critical thinking
resilience

problem solving
language learning
relationship skills
self regulation

This is not a “nice to have,” it a MUST have for learning
Dopamine’s Evil Twin: CORTISOL

If I’m stressed...
...blame my hormones
When the world surprises us with something our brains are wired to pay attention

- Steven Johnson, author Wonderland: How Play Made the Modern World
Play is often talked about as if it were a relief from serious learning. But for children play is serious learning.

Play is really the work of childhood.

– Fred Rogers
Play with Text: Sculpture Garden
Sculpture Garden

Fun
Strange feeling
Dreamer
Artist
Swoon and Sigh
Whirling
Play with Text: Instant Sculptures
Instant Sculptures
I looked in the mirror and what did I see? A real handsome dude looking just like me.

I’m a writer, spinning dramas that dance across the stage

I’m walking tall and I’m walking proud

I’m a city child. I love the dizzy heights, the concrete, the steel, the bright neon lights.

I dream of secret places

I just love to race with the spinning earth beneath me, the wind blowing in my face
Thinking Routines
See - Think - Wonder
a thinking routine

What do you see?
What do you think about that?
What does it make you wonder?
Sometimes I let my words go free, like marbles off a shelf.

Sometimes I give myself a Bam and keep them to myself.
LOOKING LIKE ME

BY WALTER DEAN MYERS

ILLUSTRATED BY CHRISTOPHER MYERS
Write a sentence that captures the core idea of the text.

Write a phrase that moved, engaged or provoked you.

Write a word that grabbed your attention or was powerful.
Visual Vocabulary
Word Whip

Select a word, phrase, or sentence to share around the circle.
The Cordel from Brazil
Why the cordel?

1. Give purpose and meaning to student work
2. Public event for authentic audience
3. Move beyond the walls of the classroom
4. Traditional and contemporary arts practice
5. Literacy as a social practice
Exhibition Schedule

Exhibition Buddies: Each Deep Dive will be paired with another Deep Dive in the same building

4:30-4:55 - Deep Dive A Exhibits/Deep Dive B Attends
● 4:30-4:45 - Deep Dive B attends only Deep Dive A’s exhibition
● 4:45-5:55 - Deep Dive B attends other exhibitions in same building
● Deep Dive A Facilitators will signal the transition by flicking the light switch.

5:00-5:25 - Deep Dive B Exhibits/Deep Dive A Attends
● 5:00-5:15 - Deep Dive A attends only Deep Dive B’s exhibition
● 5:15-5:25 - Deep Dive A attends other exhibitions in same building
● Deep Dive B Facilitators will signal the transition by flicking the light switch.

**Participants will need to return to your space at 5:25 to clean up after exhibition.**
Roles of Presenters

- Present your artifact
- **Share Your Learning** in the process (successes, challenges, aha moments)
- Engage your audience with your presence and public speaking skills
- Help the audience navigate your exhibition

Roles of Audience

- Actively listen to presenters
- Engage with the exhibition spaces
- Ask questions
- Try to attend at least 2 different Deep Dive exhibitions
Commitment Check in
Reflection

I/Q

Insights/Questions
Please take a moment to give us feedback on your Deep Dive experience!

THANK YOU!

#Shareyourlearning

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moonshotinstitute.info
Today's Learning Goals

- **EXPLORE** the impact social emotional literacy has on students’ ability to learn.
- **DISCOVER** and experience rituals and routines that build connections with and among students.
- **UNDERSTAND** how self-regulation fosters essential 21st century skills and deeper learning competencies.
Welcome
Where I’m From poems
Instant Sculptures
Visual Vocabulary
Word Whip
Reflection and Q&A