Using Literacy and Student Leadership to Support Social Emotional Growth

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South Lyon Community Schools

Welcome

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See-Think-Wonder

To get us thinking about the topic of Social Emotional Learning, we are going to start by doing a See-Think-Wonder Cultures of Thinking Routine.

How This Activity Will Look

Around the room, there are pieces of paper with a picture in the middle.

In small groups, we will rotate around the room and respond in writing to three prompts.

You will write down what you see in the picture, what it makes you think and what it makes you wonder.

Debriefing See-Think-Wonder

At your tables discuss your observations and thoughts following this See-Think-Wonder activity.

Now more than ever, there is a need to meet the social emotional learning needs of our students.

Overview of Our Session

What is Social Emotional Learning?

Student Leadership and Social Emotional Learning

Literacy and Social Emotional Learning

What is Social Emotional Learning?
Video about Social Emotional Learning

**Self-Awareness**
The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a growth mindset.

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

**Social Awareness**
The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

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

**Responsible Decision Making**
The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the wellbeing of oneself and others.

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

**Self-Management**
The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

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

**Relationship Skills**
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship building
- Teamwork
Benefits of Social Emotional Learning

- Improves Academic Performance
- Increases Student Motivation
- Reduces Behavior Problems
- Helps Students Set and Meet Goals
- Teaches How to Have Empathy for Others
- Improves School and Class Climate
- Improves Self Regulation Skills
- Teaches Responsible Decision Making
- Improves Confidence and Perseverance
- Increases Personal Self-Awareness
- Improves Relationship Skills
- Increases Feeling of Community
- More Positive Attitudes Toward Self
- Improves Attendance
- Decreases Emotional Stress

How Schools can Support Social Emotional Learning

Journal Writing
Daily journal prompts that focus on social emotional skills help get students thinking. Students can then share with a partner and then the whole class. Students will be practicing writing, partner work, and whole group discussion.

Hold Class Meetings
Class meetings help develop a sense of community where social emotional topics can be discussed. These meetings can be daily, weekly, or even monthly. Class meetings can focus on social emotional issues that are coming up in class. Having time set aside for community can help promote a positive climate for all kids.

Give Responsibilities
Giving students responsibilities helps build their self-worth and helps them understand that we are part of a larger community. It is important that every student in the class has a responsibility.

Encourage Reflection
Reflection is a critical component to social emotional learning. We learn and grow from our experiences when we take the time to reflect. After completing an assignment, assessment, or project, encourage students to take the time to reflect on how they did.

You may consider making a daily reflection in a class meeting that focuses on three simple questions: What can we celebrate? What did we learn? What can we do better tomorrow?
Practice Mindfulness

Using mindfulness in the classroom can help teach kids how to calm down before a big test, manage their emotions when they are upset, and just feel happier in the moment. Sometimes, kids don’t really know how to calm down on their own. Teaching mindfulness can help kids learn breathing strategies, how to focus on just one thing at a time, and relax their bodies.

Create a Calm-Down Spot

Set up a spot in your classroom for students who need to remove themselves from a situation when they cannot control their emotions.

Some things to consider including:
- Pillows or a bean bag chair
- Fidgets
- Books
- Kinetic sand
- Stress balls
- Coloring books

Teach Students to Have a Growth Mindset

Embracing a growth mindset helps kids understand that we can accomplish our goals with hard work, smart strategies, and persistence over time. Sometimes kids feel that they are not smart. E.g.: “I’m just not good at math.” This mindset can be detrimental to student growth. So it is when students change their mindsets to have a growth mindset, and instead say, “Math is tough, but with practice I will get better at it.”

We Are Bartlett Bears

Characteristics of Bartlett Bears

- Wise Healers of Mind
- Are Active Learners
- Take Care of Their-School-Others & Themselves
- Help Uplift & Do Their-Best

Student Leadership and Social Emotional Learning

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What Student Leadership Looks Like at Bartlett

Bartlett Buddies Cares Club

This is a club for 3rd-5th graders that meets once a month for an hour.

During club meetings we plan activities for We Care Wednesday and support activities that take place during Cub Clubs. We also focus on school-wide kindness initiatives.
What Student Leadership Looks Like at Bartlett

**Cub Clubs**
School-Wide mixed student groupings that meet once a month for a half hour during the school day.
Focus of activities is on the various aspects of Being a Bartlett Bear.

**We Care Wednesday**
Once a month, we host an activity on a Wednesday that focuses on social emotional learning. Our students from the Bartlett Buddies Cares Club assist in planning these activities.

**We Care Wednesday**
Our students love to make videos for classes to watch as part of We Care Wednesday.

**Monday Message**
On Mondays students receive a special Monday message that focuses on Being a Bartlett Bear or connects to a message from Cub Club or We Care Wednesday.

**Classroom Circles/Restorative Practices**
Our Restorative Practices Facilitator spends a lot of time in classrooms leading circles about different social emotional learning topics. The primary purpose of the circle is to give students a voice about classroom and school-wide topics.

**Teaching Social Emotional Learning through Literacy**
Read Aloud with Accountable Talk

Students can learn important social emotional skills through the perspective of characters in read alouds. Pause while reading to give students a chance to think and talk with a partner about how the character might feel. Use this time to highlight that this is perspective taking, a skill we use to understand other people’s emotions and thoughts.

We have brought several books to share with you today, that we use to teach social emotional learning at Bartlett. Feel free to read through them, identify possible teaching points, and create a plan for how you can use them in your classroom! A list of books is also provided in your handout along with a sample lesson plan.

Planning Time and Q and A

Thank you!