

Social Emotional Learning

December 2, 2021

How are you feeling today?



Overview



Behavior

- Positive Behavior Intervention and Supports
- PAWS
- Community Meetings
- SRBI

Academic

- Curriculum
- SRBI Intervention
- Boost

Whole Child

What do you think are your child's greatest social emotional strengths and needs are?

- Second Step
- Morning Meeting
- DESSA Universal Screener
- SRBI Intervention

Social Emotional



Social Emotional Skills into Adulthood

The top 10 skills identified by the World~ Economic Forum all involve social and emotional competence.



- Complex problem-solving
- Critical thinking
- Creativity
- People management
- Coordinating with others

- Emotional intelligence
- Judgement and decision-making
- Service orientation
- Negotiation
- Cognitive flexibility



Morning Meeting

Greetings

Welcoming activity
Building Connections
Check in - Mood Meter

Second Step Lessons

Explicit instruction
Common language across school

Monthly Theme activities

Application of skills
Enhance Second Step lessons
November = gratitude
December = generosity

Classroom specific needs

Time dedicated to address needs of classroom community

The Mood Meter

MOOD METER

How are you feeling?

		7								
RGY	ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SUPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
	LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
	FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
	ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	НАРРУ	FOCUSED	PROUD	THRILLED
	REPULSED	TROUBLED	CONCERNED	UNEASY	PEEVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
ENE	DISGUSTED	GLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASYGOING	CONTENT	LOVING	FULFILLED
1	PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATSIFIED	GRATEFUL	TOUCHED
	ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
	DESPONDENT	DEPRESSED	SULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
	DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE
	100	751	Children - A					101	177	

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PLEASANTNESS

Second Step

The Second Step® Elementary digital program is the SEL program we'll use this year. It's research-based and made for elementary students.

Lessons per grade: 20 lessons **Teaching time**: 15–30 minutes

Includes: Songs, videos, handouts, discussions, Brain Builder activities, daily

practice activities

Unit 1	Unit 2	Unit 3	Unit 4
Growth Mindset	Emotion	Empathy &	Problem-Solving
& Goal-Setting	Management	Kindness	

DESSA



- Universal Social Emotional screener
- Strengths based, nationally normed
- Teacher completed
- Identify areas to adjust school wide practices
- Progress monitor classroom social emotional interventions
- Support need for instruction for individual students

How to support your child at home

Model

- Feel your feels-all feelings are ok
- Narrate your thoughts and feelings
- Do as you Say!
- Role play
- Be present
- Practice self care-deal with your own stress
- Healthy sleep habits
- Routines are essential

Remind and Encourage

- Encourage deep breathing
- Practice strategies when calm
- Mindfulness
- Make connections between thoughts, actions, and feelings
- Focus on the good-help your child reframe negative thinking
- Practice gratitude-gratitude jar

Notice and Reinforce

Praising good behavior leads to more of it!

Point out when your child remains calm or uses strategies to avoid problem

Allow mistakes and help repair / make amends

Remind of successes and times they stuck with a challenge

Play Games and Read Books!

- Calming Cube
- I Spy
- Red light, Green light
- Simon Says
- Picture Books-stop and notice emotions
- Family Game night
- Make a calming kitOr calming corner





BCS Support Services Team Website

Second Step Resources

Aperture (DESSA) Education Activities for Families

Questions?





Glitter Sensory Bottle

Materials

- Empty water bottle
- Clear glue
- Glitter
- Warm water

Additional Materials

- Food coloring
- Sequins
- Beads
- Glue for lid



Why

With their swirling patterns and pop of sparkle, these glitter jars or 'calm down jars' are the perfect antidote for stressed out kids, helping to soothe and calm troubled minds. Just give them a good shake, then watch until the glitter settles in the bottom of the jar to refocus and refresh any overwhelmed child.

Where and When

- In the car
- Meditation
- Calm down corner
- While doing homework