



Parent Academy

BCS

Social Emotional Learning

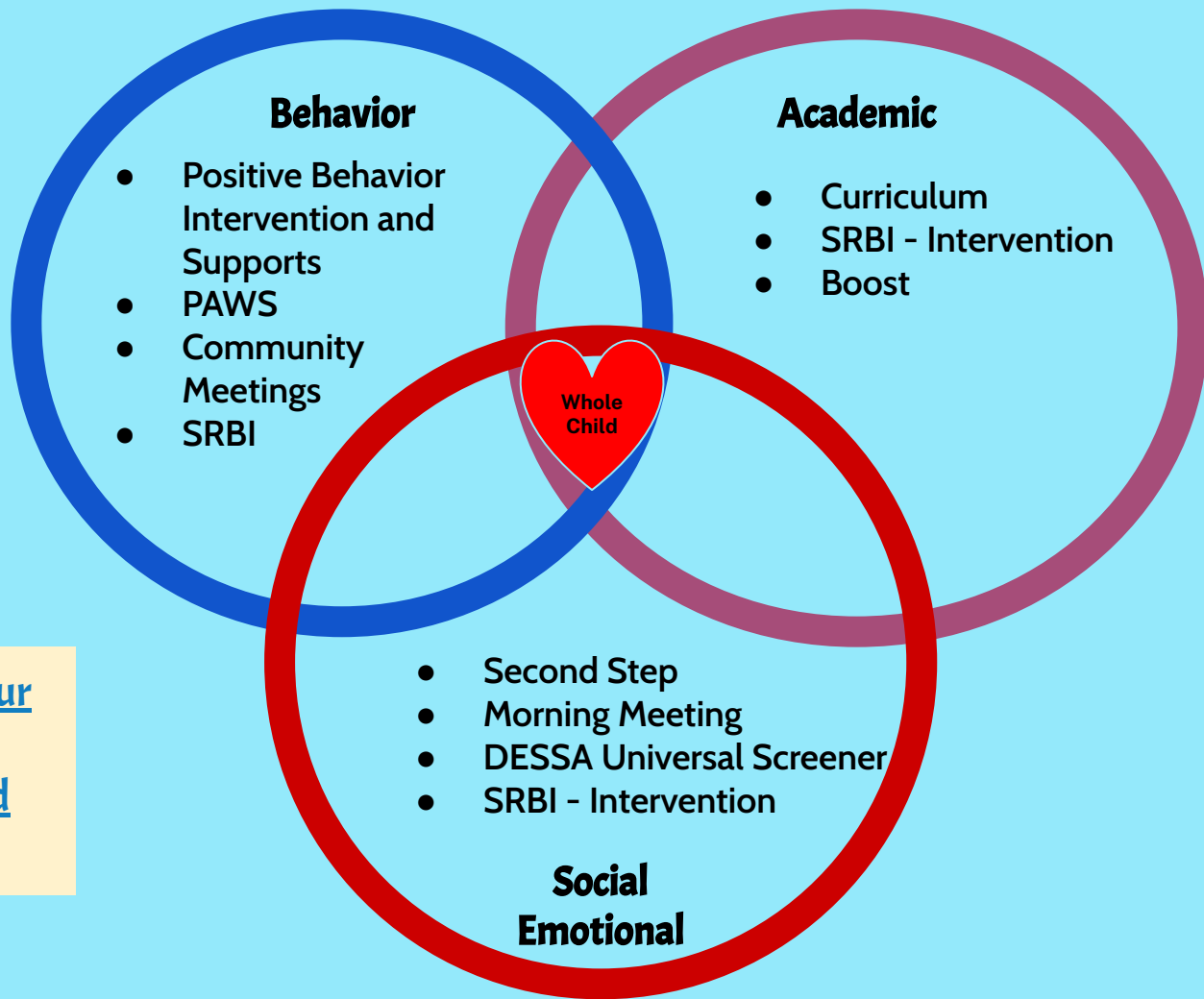
December 2, 2021

How are you feeling today?

Overview



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





Social Emotional Skills

What skills are necessary
to learn and grow in a
social environment?

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



Activities at School

What's happening at BCS
to address these skills?

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

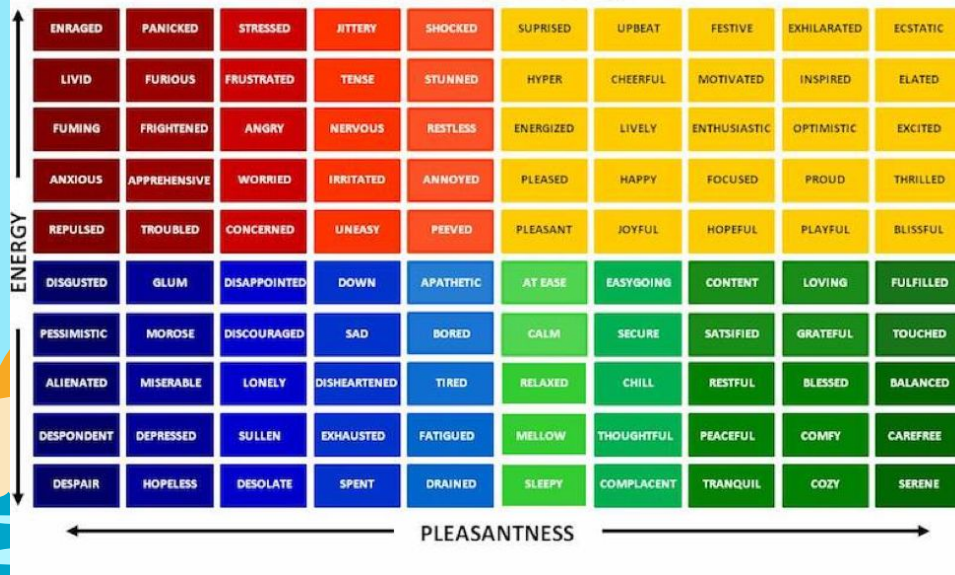
Time dedicated to
address needs of
classroom community



The Mood Meter

MOOD METER

How are you feeling?



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 & Goal-Setting	Emotion Management	Empathy & Kindness	Problem-Solving



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

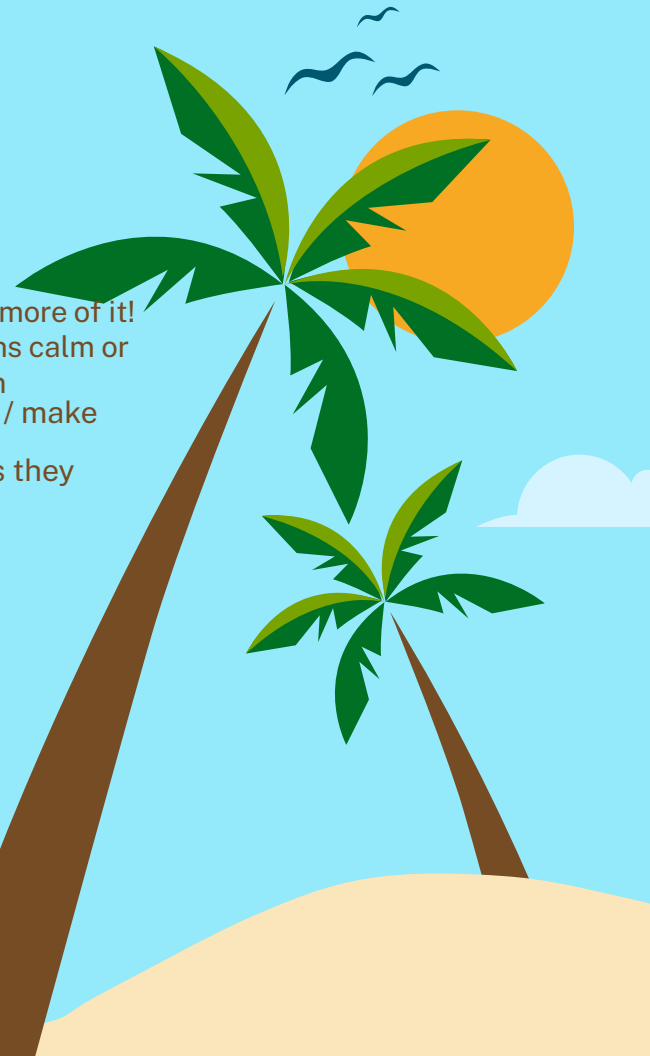
- Encourage deep breathing
- Practice strategies when calm
- Mindfulness
- Make connections between thoughts, actions, and feelings
- Focus on the good - help your child reframe negative thinking
- Practice gratitude - gratitude jar

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 kit
Or calming corner





Additional Resources

[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