

SEL in Action: Simple Practices that Transform Learning

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Plan for Today

1. Learning Intentions

2. Optimal Learning AND SEL vs. Optimal Learning THROUGH SEL

3. SEL Reflection Tool

4. SEL Strategy Banks

5. Time to shop for strategies





Learning Intentions

1) Understand what SEL is and why it is important:

- I can explain SEL in the context of Optimal Learning

2) Know where to quickly find research-based ESL strategies

- I can find high-impact SEL strategies on our Division SharePoint sites and in reliable external sources

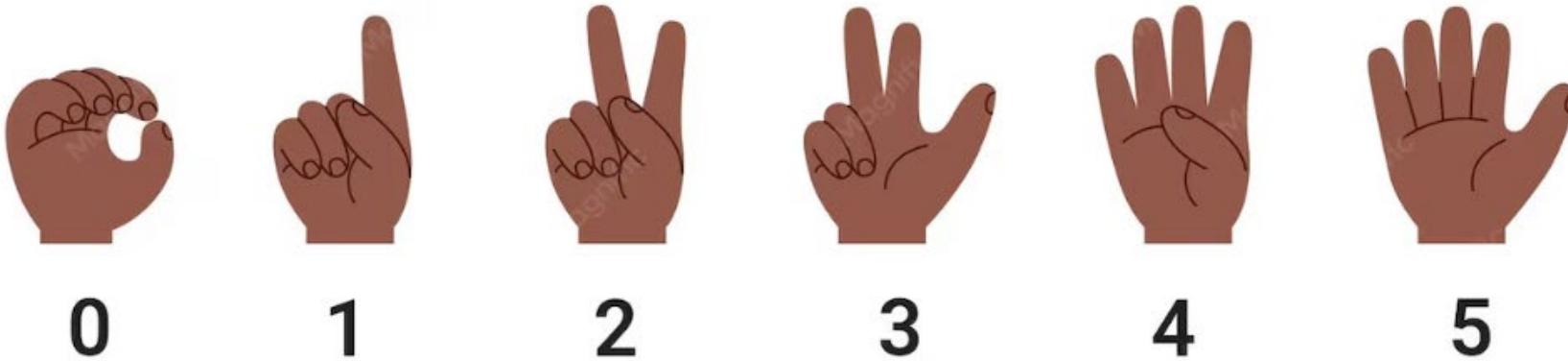
3) Leave with one SEL strategies I can use tomorrow with my students



- 1) **Inclusive Welcome**
- 2) Engaging Strategies
- 3) Intentional Close

Fist to Five

How comfortable do I feel explaining SEL in the context of Optimal Learning?



SEL 3 Signature Practices
Playbook





Optimal Learning AND SEL

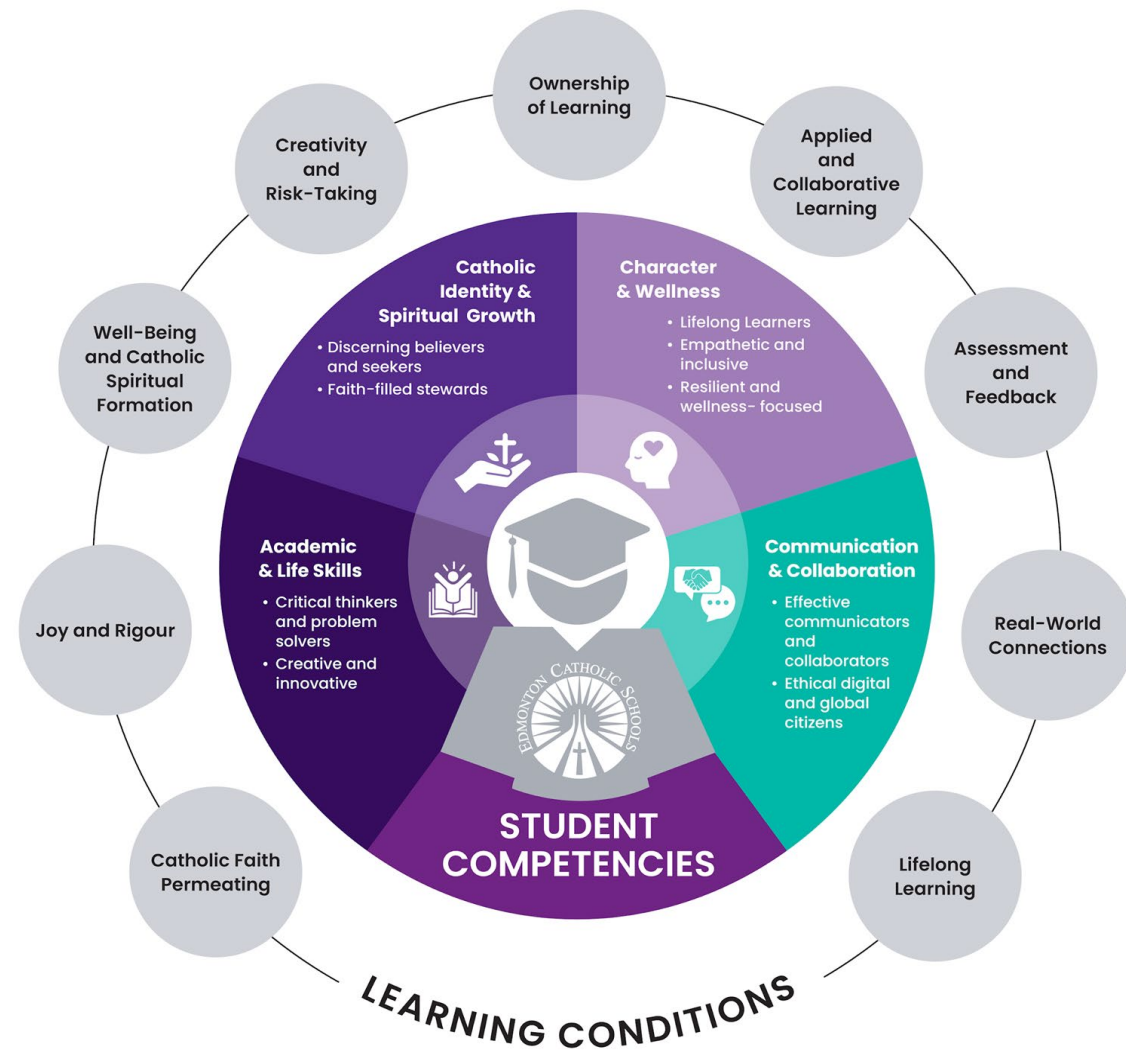
vs.

Optimal Learning THROUGH SEL



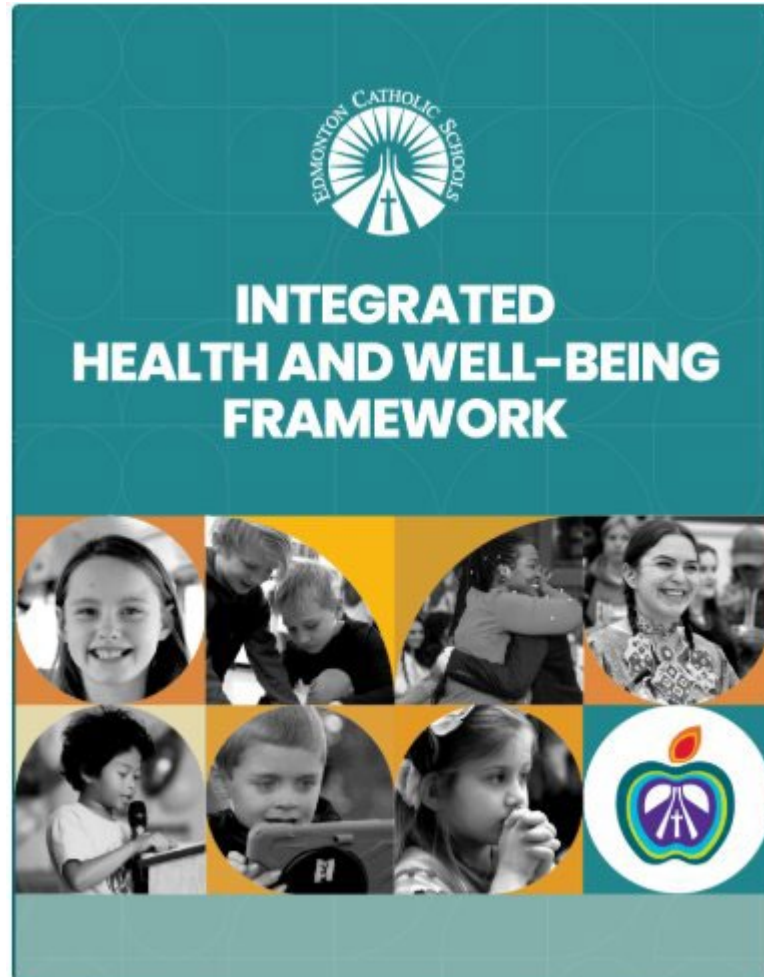
What is Optimal Learning?

Optimal Learning means creating the right conditions, so every student develops their spiritual, wellness, academic, life, and social competencies.





Integrated Health and Well-Being Framework





Social Emotional Learning

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

CASEL 2020

A decorative graphic consisting of several teal-colored curved dashes arranged in a curved path in the bottom right corner of the slide.



BUILDING
A SHARED
UNDERSTANDING
FOR SUPPORTING
EVERY STUDENT





SELF-AWARENESS

- Identifying emotions
- Self-perception/identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

SOCIAL AWARENESS

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

SELF-MANAGEMENT

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

RELATIONSHIP SKILLS

- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/seeking help

RESPONSIBLE DECISION-MAKING

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



SEL is the vehicle through which students develop their spiritual, wellness, academic, life, and social competencies for OPTIMAL LEARNING.



Optimal Learning AND SEL

vs.

Optimal Learning THROUGH SEL



~~Optimal Learning AND SEL~~

VS.



Optimal Learning THROUGH SEL



what is SEL?



SEL Reflection Tool



Self-Awareness is about how we think about ourselves and who we are. It includes understanding our culture, our thoughts and feelings, and what we believe we're capable of. It's also about understanding how these things can influence our behaviors and beliefs.



In the **classroom**, teachers can teach social and emotional skills directly and also create opportunities for students practice and apply SEL skills during academic subjects. Classroom environments that are nurturing, trusting, relationship-rich, and student-centered strengthen SEL.



Self-Management is about managing our emotions, thoughts, and actions as we work toward goals. This includes coping with stress and anxiety, persevering through challenges, and developing a sense of personal agency (a willingness and ability to take action to make a difference).



Beyond the classroom, a student's SEL development can be nurtured throughout their **school** experience: for example, the way they are greeted in the hallways, the clubs they join, or their interactions with other students and staff in the cafeteria, playground, bus, and main office. Adults in the schools can intentionally promote SEL by listening to students' opinions, being thoughtful about how they collect and reflect on data, and planning for academic and behavioral support.



Social Awareness is how we understand others, how we learn to take on different perspectives and have empathy for people, even those who are different from us. It also includes understanding how what's happening around us can influence us and how we create and feel a sense of belonging.



Families and caregivers are children's first teachers and bring deep expertise about their children's growth, experiences, culture, and learning needs. It is essential that schools listen to and work with families to better understand student needs and shape how schools can effectively support their children's social and emotional development.



Relationship skills are how we get along with others and how we form lasting friendships and connections. This includes communicating clearly, solving problems together, managing conflicts and disagreements, and standing up for ourselves and others.



Similarly, when schools connect with **community** organizations during and outside school, students have additional and aligned opportunities for SEL. Community programs offer space for young people to practice social and emotional skills in settings such as sports, arts, clubs, work experiences, and service.



Responsible Decision-Making is how we make positive and informed choices. This includes thinking about the consequences of our actions, being curious and open-minded to new perspectives and information, and identifying solutions that benefit us and the community





recognizing SEL



How are you already promoting social and emotional learning for young people?

We all play an important role in modeling SEL for young people and supporting them as they practice skills and grow. When we recognize these moments and understand that they are learning from us, it helps us choose our words and actions with intention.



I promote <i>self-awareness</i> when I ...	This could sound like ...	I do this ...		
		Often	Sometimes	Never
Ask open-ended questions and show interest in what they think.	"If you could change one thing about how your day went today, what would it be?"			
Use "I statements" - I say what I am feeling and	"I felt frustrated today because I was having such a			

Recognizing SEL in Action



- 1) Inclusive Welcome
- 2) Engaging Strategies
- 3) Intentional Close

Go-Go-Mo

First: Write 2 or 3 things that stood out to you so far.

Examples:

- I noticed...
- I learned...
- I think..
- I wonder...



SEL 3 Signature Practices
Playbook





- 1) Inclusive Welcome
- 2) Engaging Strategies
- 3) Intentional Close

Go-Go-Mo

Next: Circulate! When you meet someone:

- A. Share one of your ideas. (Give One = GO)
- B. Listen to one of their ideas. (Get One = GO)
- C. Move on and repeat. (Move On = MO)



SEL 3 Signature Practices
Playbook





[Get to Know the Practices](#) ▾

[How Do You Facilitate Them?](#)

[Science of the Practices](#) ▾

[View All Practices](#)

[Plan Your Session](#) ▾

Reduce motion

SEL 3 Signature Practices

SEL Strategy Banks





Access SEL Practices **HERE:**



SEL 3 Signature Practices
Playbook

SEL 3 Signature Practices >

View All Practices

Filter



PRACTICE TYPE ⓘ

- Inclusive Welcome
- Engaging Strategy
- Intentional Close

**SEL COMPETENCY / FOCAL
CONSTRUCT** ⓘ

- Self-awareness / Identity
- Self-management / Agency
- Social awareness / Belonging
- Relationships skills / Collaborative Problem-solving
- Responsible decision-making / Curiosity

TIME ⓘ

- 1-5 min.
- 5-15 min.
- 15-30 min.

AUDIENCE ⓘ

- Elementary
- Secondary
- Adult - Staff
- Adult - Community
- New - Facilitator and participants are getting to know each other
- Experienced - Facilitator and participants have begun to build trust and community



SEL Learning Toolkits

Elementary

Junior High

High School





Shopping Time!

Shop for strategies that fit your specific teaching context.

Select ONE strategy you can embed into a lesson or routine you already have in mind for Monday.





- 1) Inclusive Welcome
- 2) Engaging Strategies
- 3) **Intentional Close**



Which SEL strategy will I try on Monday?

Right now, I will _____ to remind myself.

My Next Step



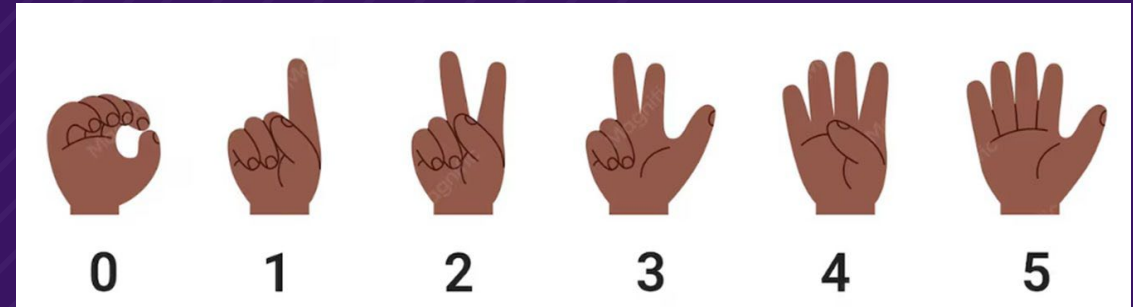
SEL 3 Signature Practices
Playbook

This SEL strategy creates a bridge between today and Monday and increases commitment to transfer of skills.





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Thank You!

