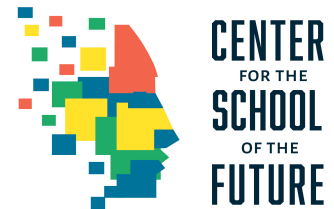


Social Emotional Learning (SEL) to Support Better Behavior in the Classroom

Christine Manning M.Ed, BCBA, LBA

USU Behavior Support, Consultation and Training (BSCT)

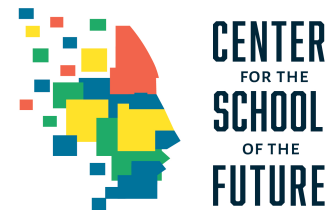
June 23, 2021



Session Outcomes

Participants will:

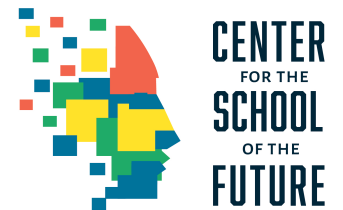
- Be able to describe SEL and its five components
- Understand the importance of implementing SEL in school settings
- Learn the benefits of SEL and long-lasting outcomes
- Gain knowledge of how to implement simple and practical SEL at school
- Learn how to determine and implement SEL in Behavior Intervention Plans
- Understand how SEL informs equitable practices



Check-in

Take a few seconds

How are you feeling today?

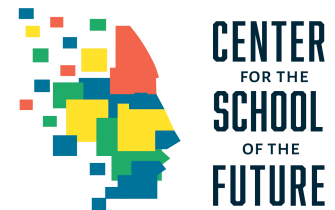


What is SEL?

Social Emotional Learning

The process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

<https://www.youtube.com/watch?v=d6vS0UBGSW4>



5-Pillars of SEL

1. Self-Awareness
2. Self-Management
3. Social Awareness
4. Relationship Skills
5. Responsible Decision-Making

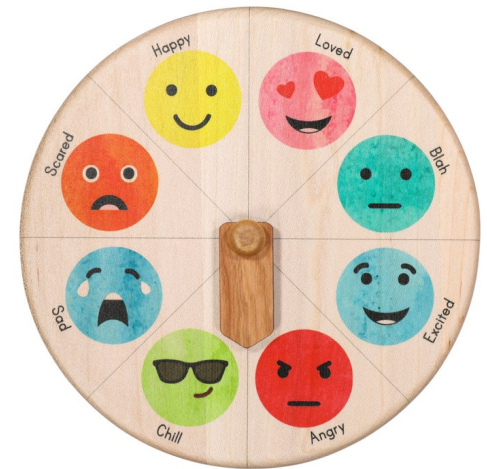


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Self-Awareness

- Understanding one's own emotions, personal goals and values
- Strengths and limitations
- Positive mindsets- Growth Mindset
- We experience all types of emotions, they are not bad

High levels of self-awareness require the ability to recognize how thoughts, feelings, and actions are interconnected.

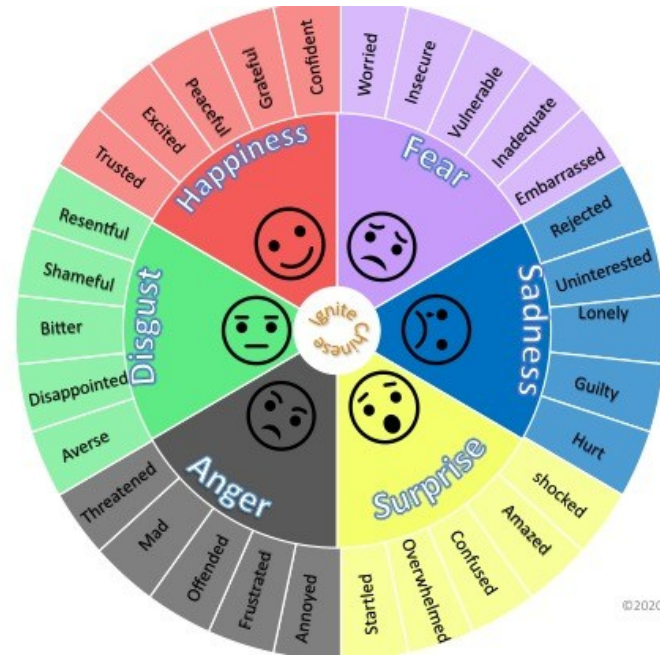


How Are You Feeling?

 ANGRY	 BORED	 CONFIDENT	 CONFUSED
 DISAPPOINTED	 EMBARRASSED	 EXCITED	 FRUSTRATED
 GRUMPY	 GUILTY	 HAPPY	 HOPEFUL
 HUNGRY	 SAD	 SCARED	 SHY
 SICK	 SLEEPY	 STRESSED	 WORRIED

My Moods, My Choices®

Wheel of Emotions



©2020 ©Ignite Chinese English



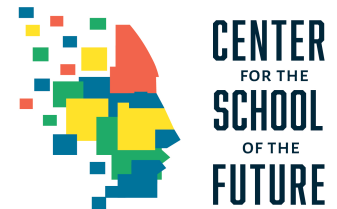
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Self-Management

- Ability to regulate one's own emotions and behaviors
- Ability to delay gratification
- Manage stress
- Control impulses
- Persevere through challenges in order to achieve personal and educational goals



Take 5 Palm Breathing: <https://youtu.be/MqariSXiSvs>



What Pushes Your Buttons?



Being Told No

Being Ignored

Waiting

A Misunderstanding

Hunger

Being Disrespected

Cheating

Being Bumped Into



Being Touched

Loud Noises

Too Much To Do

Losing a Game



Rumors or Gossip

An Accident

Hurt or Pain

Being Left Out

Being Scared

Being Bullied



Bad News

An Interruption



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Mountain Deep Breathing

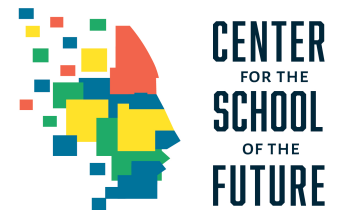
Trace the lines on the mountain. Start on the left side and work your way to the right. Keep going until you've made it across the whole mountain.

*Remember to keep breathing slow.



Social Awareness

- Understand, empathize, and feel compassion for those with different backgrounds or cultures
- Understand social norms for behavior
- Recognizing family, school, and community resources and supports



Relationship Skills

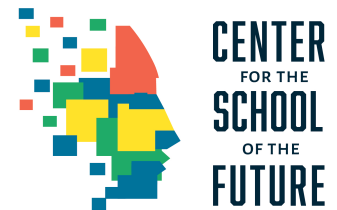
- Establish and maintain healthy and rewarding relationships
- Act in accordance with social norms
- Communicating clearly
- Listening actively
- Cooperation
- Resisting inappropriate social pressure
- Negotiating conflict constructively
- Seeking help when it is needed



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Responsible Decision Making

- Make constructive choices about personal behavior and social interactions across diverse settings.
- Consider ethical standards, safety concerns, accurate behavioral norms for risky behaviors, the health and well-being of self and others, and to make realistic evaluation of various actions' consequences.



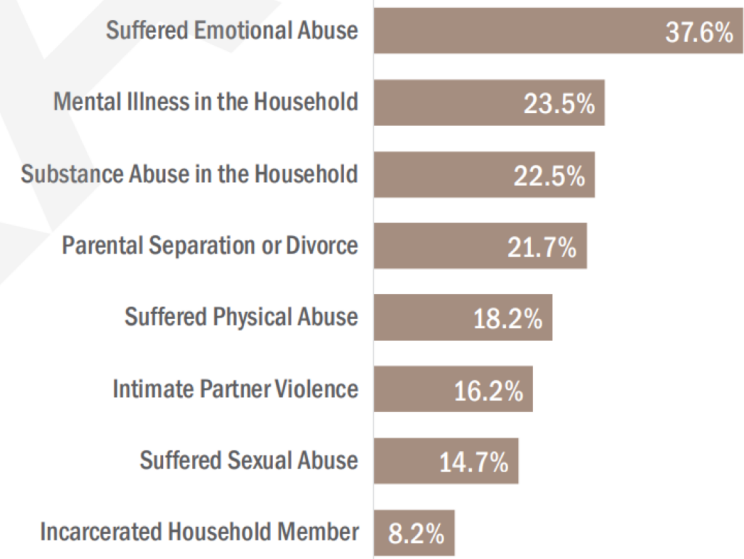
Who Benefits from SEL?

- Home
- School
- Community

Covid-19 has increased the need.

ACE's (Adverse Childhood Experiences)

Figure 110: Percentage of Adults Reporting Each Type of ACE, Utah, 2018

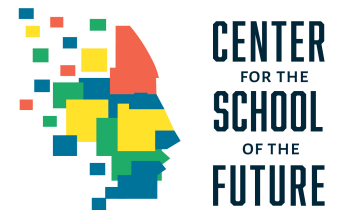


Benefits Everyone

The story of Steven

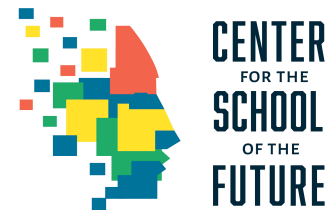


Change from “What is wrong with you?” to
“What happened to you?”



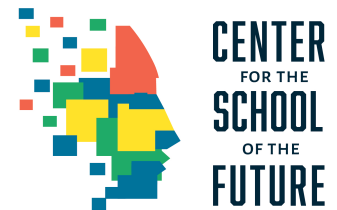
Benefits of SEL

- Creates safety and security, close knit relationships
- Fosters better problem-solving and coping skills
- Awareness of feelings/emotions and how to manage them
- Learn to self-regulate emotions: regulate anger, impulses, sensory needs
- Allows for more teaching time
- Better testing scores- between 11%-17% increase
- More work completion
- Increase in executive function skills
- Improves social awareness and social skills, empathy, compassion
- Improves peace in the classroom and overall school climate
- Increases self-esteem



Reductions in:

- Truancy and Suspension
- Conduct problems/fighting
- Physical and Verbal aggression
- Bullying
- Gang activity
- Drugs, alcohol
- Class disruption
- Suicide
- Depression
- Anxiety
- Unequitable practices
- Mental Illness



Importance of SEL

Meta-analysis of follow-up studies:

- 82 SEL interventions
- 97,000 students (38% elementary)
- 6 months to 18 years after the intervention

Durable over time and across diverse samples

Excellent return on investment: \$1 invested = \$11 return

Every Student Succeeds Act (ESSA) new requirements for states to determine student success, not just achievement scores

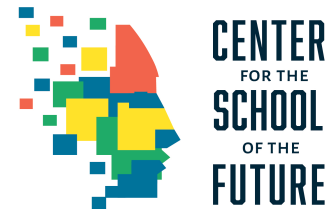
<https://www.schools.utah.gov/portraitgraduate>



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Incorporating SEL

- Social and emotional competencies serve as a foundation for achieving academic goals, while academic instruction also provides a ripe opportunity for teaching and practicing SEL. Through schoolwide SEL, your team can ensure that SEL is woven throughout academic instructional time to support and deepen learning.
- Topics may include labeling feelings, coping with stress, setting and achieving goals, developing empathy, communicating effectively, resolving conflict, being assertive, and making responsible decisions.



Where to Incorporate SEL

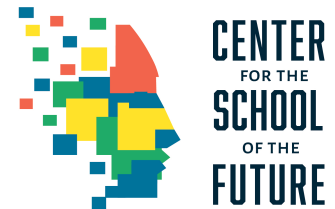
What Does Schoolwide SEL Look Like?



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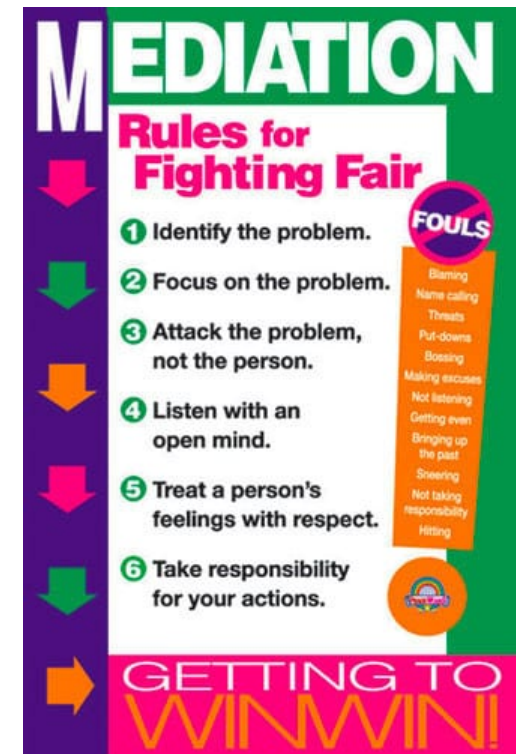
How to Implement in the Classroom

- Foster relationships- teachers/staff with students, students with other students
- Plan how conflict and discipline are addressed
- Build a supportive classroom environment: community-building, creating a sense of belonging and emotional safety
- Foster academic mindsets, align SEL and academic objectives, use interactive pedagogy
- Deliver explicit and direct SEL instruction



Simple Strategies for the Classroom

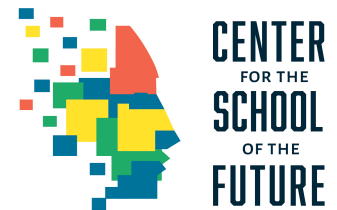
- Have a daily check-in
- Stand at the door and welcome students
- Ensure everyone has a voice
- Nurture a culture of kindness, empathy, and compassion
- Teach emotions, vocabulary, and strategies
- Teach coping and problem-solving skills
- Teach strategies on how to manage stress
- Teach how to disagree respectfully



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Simple Strategies for the Classroom

- Play games/have social time/talk time
- Cultivate friendships/getting to know one another
- Have a calm down area for self-regulation
- Teach mindfulness and self-calming strategies
- Learn about and celebrate diversity
- Teach how to sincerely apologize
- Incorporate Restorative Practices
- Teach how to help one another



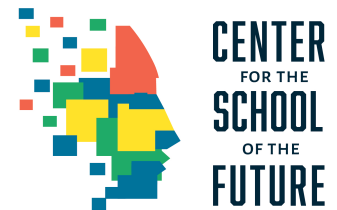
Simple Strategies

- Give responsibilities
- Promote teamwork/project-based work
- Teach positive self-talk
- Teach how to give put-ups/compliments
- Show appreciation for others
- Teach listening skills
- Discuss different perspectives
- Teach how our behavior affects others
- How our behavior makes people think and feel about us



What ideas do you have?

To improve your environment using SEL strategies?



Self-Assessment

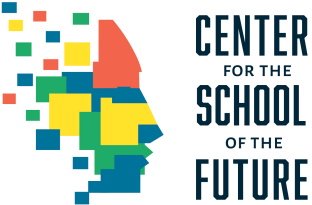
CASEL Guide to Schoolwide SEL

TOOL: SEL in the Classroom Self-Assessment

TEACHER/CLASSROOM: _____ DATE: _____

Use this self-assessment three to four times over the course of the year to assess your strengths and areas to develop as you promote SEL through explicit instruction, integration into academic instruction, and a supportive classroom climate. Place a check in the column that indicates the frequency of each indicator. For indicators that you rate as “sometimes” or “infrequently,” consider what strategies, resources, or support you may want to use to deepen your SEL practice. For indicators you rate as “unsure,” consider what additional information or feedback you want to gather.

Markers of SEL in the Classroom		Often	Sometimes	Infrequently	Unsure
Explicit Instruction	I use an evidence-based approach to teach social and emotional skills in a sequenced, active, focused, and explicit way and on a regular schedule.				
	I teach SEL in a way that is developmentally appropriate and culturally responsive for my students.				
	My students lead routines, share their perspectives, and reflect on their experiences during SEL instruction.				
Integration	SEL standards/goals are embedded into my academic lessons (see sample lesson plans).				
	Students make connections between SEL and what we’re learning and initiate reflection and discussion.				
	I foster academic mindsets by helping students set goals, commending academic risk-taking and incremental progress, showing students how to correct mistakes, and framing struggle as a key part of the process of learning.				
	I select content and plan instruction that links to students’ lived experiences and frames of reference and by anticipating support that individuals may need to access content and participate fully.				

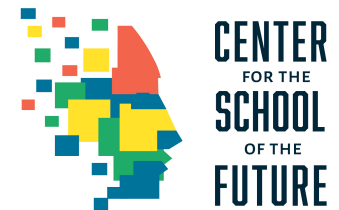


SEL in Behavior Intervention Plans

Learn how to determine and implement SEL in Behavior Intervention Plans (BIPS)

Look at skill deficits-what do we need to teach?

- Replacement behavior
- Skill acquisition goals



Teach Skills

Make it fun!

Use books

Audio/visual

Personal experiences

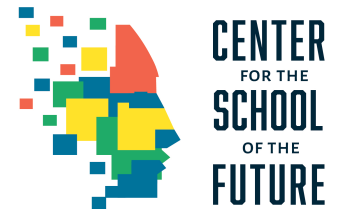
Discussion

Movies/songs

Practice in the moment

Self-regulation video:

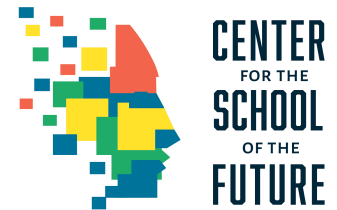
https://www.youtube.com/watch?v=j0YDE8_jsHk



Teaching SEL Prepares us for Life

World Economic Forum- Top 10 skills desired by employers

- 10 Cognitive flexibility
- 9 Negotiation skills
- 8 Service orientation
- 7 Judgment and decision-making
- 6 Emotional intelligence
- 5 Coordinating with others
- 4 People management
- 3 Creativity
- 2 Critical thinking
- 1 Complex problem-solving



Emotional Intelligence in the Workplace

In a survey of more than 2,600 hiring managers and HR professionals, HR company CareerBuilder found that:

71 percent said they value emotional intelligence more than IQ in an employee

75 percent said they were more likely to promote a candidate with high emotional intelligence over one with a high IQ

Emotionally intelligent employees are invaluable because they help build chemistry. Great chemistry leads to great teams. And great teams do great work.



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Emotional Intelligence

People with higher emotional intelligence:

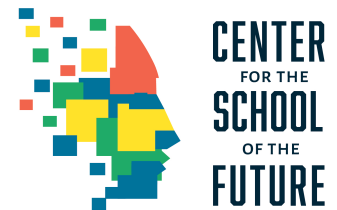
- Are generally happier in life

- Have more fulfilling and long-lasting relationships

- Have fewer conflicts

- Are more successful in the workplace

- Make more money



SEL and Equitable Practices

Students, families, schools, and communities are all part of broader systems that shape learning, development, and experiences. Inequities based on race, ethnicity, class, language, gender identity, sexual orientation, and other factors are deeply ingrained in the vast majority of these systems and impact young people and adult social, emotional, and academic learning. While SEL alone will not solve longstanding and deep-seated inequities in the education system, it can create the conditions needed for individuals and schools to examine and interrupt inequitable policies and practices, create more inclusive learning environments, and reveal and nurture the interests and assets of all individuals.



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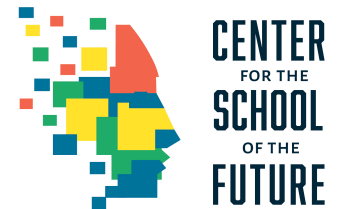
Let's Take Every Opportunity

<https://www.youtube.com/watch?v=VxyxywShewI>

Thank you!

Christine Manning

christinemanningconsulting@gmail.com



Resources

Videos and support materials for teachers:

<https://utah.pbslearningmedia.org/resource/self-awareness-social-emotional-learning/social-emotional-learning-video/>

Teacher Self-assessment:

<https://schoolguide.casel.org/focus-area-3/classroom/integration-of-sel-and-instruction/>

Helping Kids Manage Feelings and Emotions Lesson Plans:

<https://fit.sanfordhealth.org/units/u2-k2-helping-kids-manage-feelings-and-emotions>



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Resources

Managing Emotions

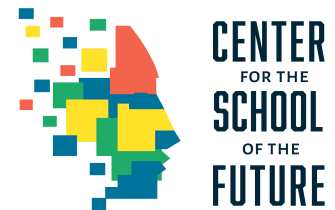
<https://www.weareteachers.com/zones-of-regulation-activities/>

Utah State Health Assessment

<https://ibis.health.utah.gov/ibisph-view/pdf/opha/publication/SHAReport2019.pdf>

Social Emotional Learning information and data

<https://casel.org/>



Resources

50 Books to teach SEL skills:

<https://www.weareteachers.com/15-must-have-picture-books-for-teaching-social-emotional-skills/>

Bucket filler ideas:

<https://www.weareteachers.com/bucket-filler-activities/>

Mindfulness books:

<https://www.weareteachers.com/books-about-mindfulness/>

