Define, Engage and Apply Social Emotional Learning Skills in Your Classroom

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“Because academic and SEL skills develop and operate together, efforts to promote them should be designed to promote both at the same time”

(Bailey, Jones, & the Harvard SECURE Development Team, 2012).
Practice: Set an intention
Focus for the Session

1. My Journey
2. My School’s Journey
3. What is Social Emotional Learning (SEL)?
4. Building Blocks to Implementing SEL in your school/classroom
5. My School’s Programme-SOLID
6. Engagement: Activities
7. Questions
8. Resources/Work Cited Page
MY SCHOOL’S JOURNEY

- Conversations started with Administrators in the MYP Programme (G6-9)
- The focus was on the implementation of SEL skills into the MYP programme (G7-9) to support student learning
- Started by introducing small lessons into the Advisory Programme (G7-9)
- Feedback from teachers was that more was needed
- I developed a SEL programme called SOLID which has been implemented into the MYP Programme G6-9-first in a course called Life and learning. In other subjects teachers are starting to use a common language and setting an intention for the class
- 2016-2017 a focus on SEL skills we be introduced in G10-12
What is Social Emotional Learning?

- Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

- The short-term goals of SEL programs are to (1) promote students' self-awareness, social awareness, relationship, and responsible-decision-making skills and (2) improve student attitudes and beliefs about self, others, and school.

(CASEL)
The obvious:

- Children who have strong social and emotional skills perform better in school, have more positive relationships with peers and adults, and have more positive emotional adjustment and mental health.

- Development of these skills begins in the earliest years but continues throughout childhood and adolescence—essential to SEL development.

- Schools are a major context for social and emotional development.

(Jones, Bouffard; Harvard Graduate School of Education, 2012)
The often overlooked:

• SEL programs are rarely integrated into classrooms and schools in ways that are meaningful, sustained, and embedded in the day-to-day interactions of students, educators, and school staff.

• Like academic skills, social and emotional skills develop over time and in a continuously staged fashion so they must be continuously developed throughout the grade levels.

• Schools are a major context for social and emotional development.

(Domitrovich & Greenberg, 2000)
Building Blocks to Implementing SEL in your school/classroom:

- **Self-management**: Managing emotions and behaviors to achieve one's goals.
- **Self-awareness**: Recognizing one's emotions and values as well as one's strengths and challenges.
- **Social awareness**: Showing understanding and empathy for others.
- **Relationship skills**: Forming positive relationships, working in teams, dealing effectively with conflict.
- **Responsible decision-making**: Making ethical, constructive choices about personal and social behavior.

Collaborative for Academic, Social, and Emotional Learning
Self-Assessment of SEL Skills
Building Blocks to Implementing SEL in your school/classroom:

**SOCIAL AND EMOTIONAL LEARNING**

- How do you intentionally develop a positive culture and climate in your school and your classroom for all the members of the learning community?
- How are you intentional about teaching the knowledge and skills of SEL?
- How do you intentionally incorporate practicing SEL skills during academic content lessons?

Meena Srinivasan
Looking at Pillar #1: Culture & Climate

How can you introduce/reinforce SEL skills through whole school activities?
- Town Hall meetings- Student’s meet all together-we start with a Mindfulness activity.
- Advisor Challenge Activities
- Reading and supporting younger grades
- Using a common language in the hallways
- Modelling what is being taught
Building Blocks to Implementing SEL in your school/classroom:

![Organizing Framework for SEL](image)

Figure 1. Organizing Framework for SEL

Adapted from collaborative work conducted with Celene Domitrovich as part of the Preschool to Elementary School SEL Assessment Workgroup, Collaborative for Academic, Social and Emotional Learning (CASEL).

#IBTO2016
Big Picture Connection to Science:

**Prefrontal Cortex**  
(executive function, planning complex cognitive behavior, personality expression, decision-making and moderating correct social behavior)

**Amygdala**  
(encodes emotional messages for long-term storage in the brain)

**Hippocampus**  
(compares new learning to past learning and encodes information from working memory to long-term storage)
My School’s Programme-SOLID

Programme
SOLID (Self, Observe, Learn, Initiate, Develop)

Scope and Sequence of SEL Skills K-12 with descriptors
SELF (SELF-AWARENESS)
OBSERVE (Responsible Decision-Making)
LEARN (Relationship Skills)
INITIATE (Self-Management)
DEVELOP (Social-Awareness)
Engagement: Activities

• Understanding Social Emotional Terminology

• Feelings Board Game

• “The Present is a gift”

• Fortune Teller Activity
QUESTIONS
Resources

Presentation Website: https://sites.google.com/mulgrave.com/sel

- Fortune Teller Activity
- SEL Feeling works
- Videos: self concept and self-esteem; empathy vs sympathy
- 7 Ways to Practice Emotional First Aid
- Empathy Quiz (I encourage as many teachers to complete the quiz)
- The 8 Skills Students Must Have For The Future
- Why You Need Emotional Intelligence to Succeed
- Four Ways Music Strengthens Social Bonds
- The case for emotional hygiene by Guy Winch (why taking care of emotions should be looked at the same as taking care of our bodies)
- The Sharing Effect (this article is a good link to the LP focus of Caring and the AtL skill of Communication).
- Emotional Intelligence Needs a Moral Rudder
- https://www.eflsensei.com/Feelings-Board-Game/