Bullies - Be Gone! The Power of Social Emotional Learning in Children

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Questions We Will Explore

What exactly is social emotional learning?

What does the research state about social emotional learning, academics, and school culture and community?

How do we integrate SEL with academic rigor and explore strategies?
5 Keys Competencies

- Self-Management
- Self-Awareness
- Social Emotional Learning
- Responsible Decision-Making
- Relationship Skills
CASEL Video

Can be found at:
Why Implement SEL in Schools?

- Relationships provide a **foundation for learning**.
- **Emotions** affect how and what we learn.
- Social and emotional skills can be **taught**.
- SEL has **positive impact** on academic performance, health, relationships, and citizenship.
- SEL skills are **desired** by future employers.
- SEL provides a **coordinating framework** to overcome fragmentation of various efforts around prevention.
- Why else?
An Equation for a SEL Framework for Enhancing Student Success in School and Life

Positive Learning Environment  +  SEL Skills Instruction  =  Positive Outcomes
CASEL Article Selections

Read your section - 12 mins

Choose 2-3 main points to share with your group (3 mins each / 12 mins)

Chart one question that emerges and brainstorm solutions (10 minutes)
Where did you see similarities between your posters and others?

What else stood out for you?
Core Elements of Community Building

- Respectful and supportive relationships
- Frequent opportunities to help and collaborate with others
- Opportunities for influence and self-direction
- Common values, goals, and norms
Key Approaches for Promoting SEL in Schools

**Inputs/Approaches**

- **SEL Skills Instruction:**
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship skills
  - Responsible decision-making

- **Positive Learning Climate & Instructional Strategies**
  - Safe, Caring
  - Well-managed
  - Engaging
  - Cooperative
  - Supportive
  - High Expectations

**Short-term Outcomes**

- Greater Attachment, Engagement and Commitment to School

- Less Risky Behavior, More Positive Development

**Long-term Outcomes**

- Greater Success in School, Work, and Life

*CASEL 2012*
Ways SEL is Taught and Learned

- Active participation in a safe, caring, engaging, supportive, well-managed learning environment

- Evidence-based SEL skills instruction through a research-based SEL curriculum as well as integrating these skills throughout the curriculum

- Interactive, cooperative, and reflective instructional practices for modeling, practicing, and reinforcing SEL skills

- Modeling of SEL skills by adults and students

- Teachable moments to teach, model, and reinforce SEL throughout the school day
Class Meeting Video
Can be found at:
http://www.youtube.com/embed/QYksPSCZoC8?autoplay=1
Video Debrief

What were some of the social and emotional skills that you noticed the students using and describing?

How did the teacher facilitate this meeting to allow for student thinking, voice, and ownership?
listening, voice, consistency, willingness, autonomy, purpose, intentionality, centered, patience, authenticity, truth, community, explicit, together, check-in, relationships, model, speak, listen, join, relationships, tenacity, safety, breathe, space, human, openness, clarity, diligence, conversation, relationships, team, support, peace, centered
Reflection

What’s one strategy you will use to support your students’ social and emotional growth?
Thank you!

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