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Toolsforliferesources.com
“Positive education is defined as education both for traditional skills and for happiness. The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for happiness should be taught in school.”

(Seligman, Emst, Gillham, Reivich, & Linkins)
Supporting the Whole Child

- Problem solving
- Identify and handle emotions
- Self awareness
- Decision making
Social Emotional Learning – (SEL)

What is Social Emotional Learning?

• The process by which children and adults develop essential social and emotional skills, knowledge, and attitudes that helps them to effectively manage their lives.

• Social Emotional Learning (SEL) – is the specific teaching of social skills
Social Emotional Learning is a Process

- How to understand and manage your emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- How to handle challenging situations
- Make responsible decisions
- How to become good citizens and neighbors
Though they were originally established as academic learning institutions, it’s become clear that schools must now adopt a whole-child approach by including social and emotional learning (SEL) on an ongoing basis. Doing so will address social, emotional, and mental health issues, as well as create safe and supportive environments for all children.

PsychCentral.com
“Social-Emotional Learning is a Must to Reduce Bullying”
By Lisa Currie
• Better academic performance: achievement scores an average of 11 percentile points higher than students who did not receive SEL instruction
• Improved attitudes and behaviors: greater motivation to learn, deeper commitment to school, increased time devoted to school work, and better classroom behavior
• Fewer negative behaviors: decreased disruptive class behavior, noncompliance, aggression, delinquent acts, and disciplinary referrals
• Reduced emotional distress: fewer reports of student depression, anxiety, stress, and social withdrawal

The Collaborative for Academic, Social, and Emotional Learning (CASEL)
Social Emotional Learning – (SEL)

In schools that implement SEL skills, research indicates;

There is a reduction in

- Drug use
- Violence
- Bullying
- Dropping out
TRAUMA

trau·ma
trôm, trou-\(n\). pl. trau·mas or trau·ma·ta (-m-t)

1. A serious injury or shock to the body, as from violence or an accident.

2. An emotional wound or shock that creates substantial, lasting damage to the psychological development of a person, often leading to neurosis.

3. An event or situation that causes great distress and disruption.
Did you get your letter?
Why aren’t you in school?
No one wants to be my friend!
I am so tired.
I have to find another way to get home.
Grade 2 PTSD Student
I was fat.
Sometimes the simmering comes to a boil!
Make it Real

Without naming names etc., identify ‘trauma moments’ you may have witnessed.

What was the reaction of the children involved?

What was the reaction of the children ‘in the audience’ as it were?
Time for Climate Change in our schools!
School Climate

- Think about and discuss in your group when you felt particularly safe or unsafe in school.

- Think about and discuss in your group when you felt particularly connected to a caring adult.

- Think about and discuss in your group when you felt particularly engaged in meaningful learning.
All feelings are OK and everyone experiences them!
Recognizing Feelings
For schools to be successful in addressing exclusive or bullying behavior, they must acknowledge that a lack of character education within the home affects children’s emotional competency. It’s not enough to simply tell children not to bully, point out the consequences or suspend them from school. Children must be taught how to be kind, considerate and accepting of others.
In Summary

- Children need to learn to remember and apply Tools and Strategies that assist them in getting along better at home, in the classroom, and on the playground.

- Children need to learn about their emotions and how to recognize the emotions of others.
A program, such as Tools for Life® can assist teachers in establishing a safe and trusting learning environment where children are able to take risks, make mistakes and not feel foolish when discussing how they feel.

Children need many opportunities to practice new skills and language in a variety of ways - individually and in small and large groups.
Thank You for continuing to support the children in your community!