Opening Activity:

1) Take a number from the basket
2) Find a spot in the circle (next to someone with a DIFFERENT number than you)
3) LOVE CIRCLE
"Even the smallest person can change the course of the future" - J. R. R. Tolkien

PS 33 Chelsea Prep

Social Emotional Learning (SEL)
2017-2018
Kind Words:
- Please
- Thank you!
- I'm sorry
- I didn't mean it.
- I shouldn't have said that.
- Can you help me?
- Excuse me
- Could you please move over?
- Can you be nice to me?
- Could you please be my friend?
- What's wrong?
- Do you want to play with me?
- I like your hair.
- Are you okay?
- Can we share?
- Can I use yours after you?
- I like your shirt.
Welcome to SEL Parent Night!

Agenda:

1) Learn about the SEL programs implemented:
   ○ Riley’s Way
   ○ Choose Love Movement
   ○ Sanford Harmony
2) Active Engagement:
   Participate in our SEL activity
3) Questions/Suggestions
4) Please take a handout on your way out to continue our language at home! (Two sided)
What is Social Emotional Learning? (SEL)

Social Emotional Learning 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.

http://www.casel.org
WHAT IS SOCIAL AND EMOTIONAL LEARNING?

Social & Emotional Learning

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

Outcomes Associated with the Five Competencies

SEL Approaches
- Explicit Social and Emotional Skills Instruction
- Integration with Academic Curriculum Areas
- Teacher Instructional Practices

Social and Emotional Skill Acquisition: Five Competence Areas

Improved Attitudes about Self, Others, and Schools

Positive Social Behavior
- Fewer Conduct Problems
- Less Emotional Distress
- Academic Success

The Missing Piece: A Report for CASEL
<table>
<thead>
<tr>
<th>Month</th>
<th>Theme</th>
<th>Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>RESPECT</td>
<td>We’re All Wonders Do Unto Otters</td>
</tr>
<tr>
<td>October</td>
<td>RESPONSIBILITY</td>
<td>But It’s Not My Fault</td>
</tr>
<tr>
<td>November</td>
<td>GIVING</td>
<td>The Spiffiest Giant in Town</td>
</tr>
<tr>
<td>December</td>
<td>CARING</td>
<td>Last Stop on Market Street</td>
</tr>
<tr>
<td>January</td>
<td>FRIENDSHIP</td>
<td>The Invisible Boy</td>
</tr>
<tr>
<td>February</td>
<td>FAIRNESS</td>
<td>We Shall Overcome: The Story of a Song</td>
</tr>
<tr>
<td>March</td>
<td>CONFIDENCE</td>
<td>The Eensy Weensy Spider</td>
</tr>
<tr>
<td>April</td>
<td>INTEGRITY</td>
<td>Big Fat Enormous Lie</td>
</tr>
<tr>
<td>May</td>
<td>CITIZENSHIP</td>
<td>A is for Activist</td>
</tr>
<tr>
<td>June</td>
<td>GRATITUDE/KINDNESS</td>
<td>Gratitude Soup</td>
</tr>
</tbody>
</table>
The Cognitive Triangle

THOUGHTS

FEELINGS ↔ BEHAVIOR
<table>
<thead>
<tr>
<th>Unit 1:</th>
<th>Unit 2</th>
<th>Unit 3</th>
<th>Unit 4:</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>December</td>
<td>March</td>
<td>May</td>
</tr>
<tr>
<td>October</td>
<td>January</td>
<td>April</td>
<td>June</td>
</tr>
<tr>
<td>November</td>
<td>February</td>
<td>May</td>
<td></td>
</tr>
<tr>
<td>Compassion</td>
<td>Forgiveness</td>
<td>Courage</td>
<td>Gratitude</td>
</tr>
</tbody>
</table>

**CHOICE:**

“We can’t always choose what happens to us, But we can always choose how we respond... We can always Choose Love.”

-Scarlett Lewis

CEO & Founder Of Jesse Lewis Choose Love Movement
DATA:
Benefits of Social & Emotional Learning

PROACTIVE APPROACH

- 11% improvement in academic performance (higher grades/test scores)
- 22% improvement in SEL skills
- 10% increase in graduation rates
- 10% decrease in emotional distress
- Better classroom and school climate
- Increased positive relationships and connections
- Less stress and anxiety
- Less behavioral issues
- Less bullying

http://www.jesselewiscooselove.org
### Compassion in Action:
Compassion is the understanding of a problem or the suffering of another and acting to solve the problem or alleviate the suffering. Students apply their empathy and communication skills to support one another through compassionate action.

### Forgiveness:
Forgiveness means choosing to let go of anger and resentment toward yourself or someone else, to surrender thoughts of revenge, and to move forward with your personal power intact.

### Courage:
Courage is the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty.

### Gratitude:
Students learn that gratitude is mindful thankfulness and the ability to be thankful even when things in life are challenging.
Compassion IN ACTION

1) How does the other person feel?
2) How would I feel if the same thing happened to me?
3) Take compassion and put it in action by making a positive choice and by being kind.

May my mind be CALM and relaxed, so that I may be open to learning compassion.
May my heart be open to practicing compassion.
May my feet carry me safely, and may I bring compassion wherever go.
I can bring compassion to the whole world.

COURAGE 
+ GRATITUDE 
+ FORGIVENESS 
+ COMPASSION

= CHOOSING LOVE

Calm Corner

We Choose Love

by being Kind.

We were nice to our classmates, teachers, and our environment!
“Be a better person, friend, and community member”

Sanford Harmony

Their philosophy:
- Build and maintain relationships
- Responsible decision making
- Emphasis on respect and relationships
- Impact of words and actions
- Group communication
- Accountability
1) Find your number match
2) Tell your partner one thing that they would never know by just looking at you.
3) Debrief:
   a) Purpose
   b) Perspective
   c) Multi disciplinary ways

(The whole auditorium will be doing it at the same time)

Buddy, Comfort, Whole Group
Interested in ways for you to participate in our learning?

Leave us a note in the SEL mailbox (in the main office) of ways you can contribute to our KIND, INCLUSIVE learning world!

“You teach people how to treat you by what you allow, what you stop and what you reinforce.”

-Tony Gaskins
Questions & Comments....

Thanks for your attendance and participation. We look forward to strengthening our school community with your partnership!

Check out their websites:
Riley’s Way- [http://rileysway.org](http://rileysway.org)
Choose Love- [http://www.jesselewisischooselove.org](http://www.jesselewisischooselove.org)
Sanford Harmony- [http://www.sanfordharmony.org](http://www.sanfordharmony.org)
Itunes APP: Sanford SEL

Questions? e-mail Hanne @ [hanne@ps33chelseaprep.com](mailto:hanne@ps33chelseaprep.com) and she will forward to SEL committee!