



SEL INFUSION: 5 FLAVORS

FOR ANY SPACE



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Our training is conducted in a **"Safe Zone"**. Feel free to share your thoughts and ideas openly without fear of any negative feedback.



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Learning Objectives

- Participants will be able to
 - Grasp the positive impacts and considerations for SEL
 - Understand the variety of ways people communicate and strategies to open communication
 - Select ways to use SEL in the environment and during movement
 - Identify why including mindfulness techniques in SEL practices benefits students.
 - Identify benefits and types of SEL Technology



3

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The Feelings Game



RED	ONE THING THAT MAKES YOU HAPPY
ORANGE	ONE THING THAT MAKES YOU SAD
YELLOW	ONE THING THAT MAKES YOU ANGRY
GREEN	ONE THING THAT MAKES YOU EXCITED
PURPLE	ONE THING THAT MAKES YOU AFRAID



4



What's the Bigger Picture with SEL?

- Teachers and parents have been building opportunities for social emotional learning (by any other name) forever
- The main idea: for kids to be successful academically, their other needs must be met.
- SEL provides a safe foundation for learning and enhances students' abilities to succeed in school, careers, and life.



5

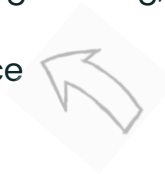
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What's the Bigger Picture with SEL?

- Using/implementing SEL: how do you put it into practice?
 - In schools: with buy-in from administrators, buy-in from parents
 - Large scale: long-term infrastructure (including funding, professional development, etc.)
 - Smaller scale: everyday SEL in any place/space
- SEL does not require a separate class to have a positive impact on students' learning and wellbeing!



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SEL Works!

e.g. Sharing,
helping,
cooperating

- For younger learners, **prosocial behaviors** in the classroom are a better indicator of future academic success than students' early reading levels.
- In the long run, greater social and emotional competence can increase high school graduation rates, readiness for postsecondary education, career success, positive family and work relationships, better mental health, reduced criminal behavior, and engaged citizenship



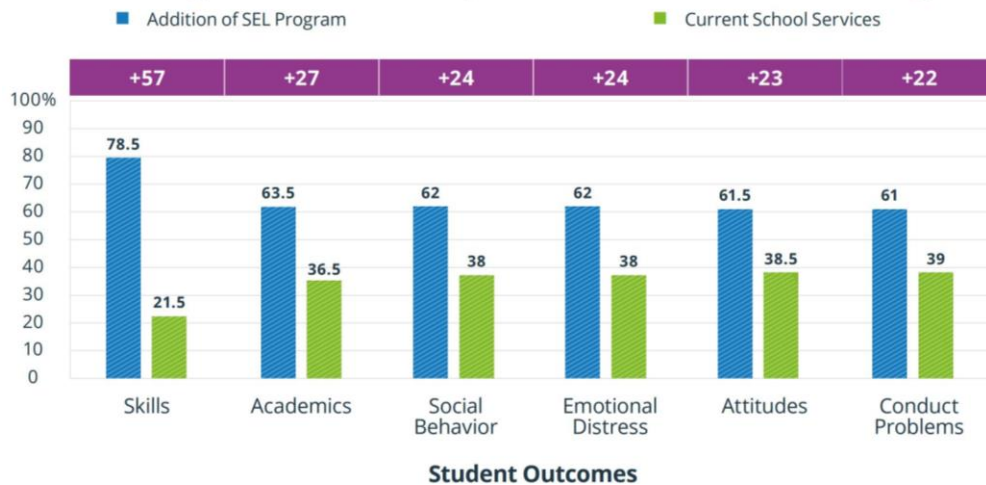
Hawkins, Kosterman, Catalano, Hill, & Abbott, 2008; Jones, Greenberg, & Crowley, 2015

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Percentage of Students Who Improve with the Addition of an SEL Program



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Summary of Impacts

- Increase in perception and reasoning
- Decreased stress
- Alleviation of anxiety and depression
- Reduced bullying rates
- Better connected with peers
- Increased grades
- Decreased conduct problems



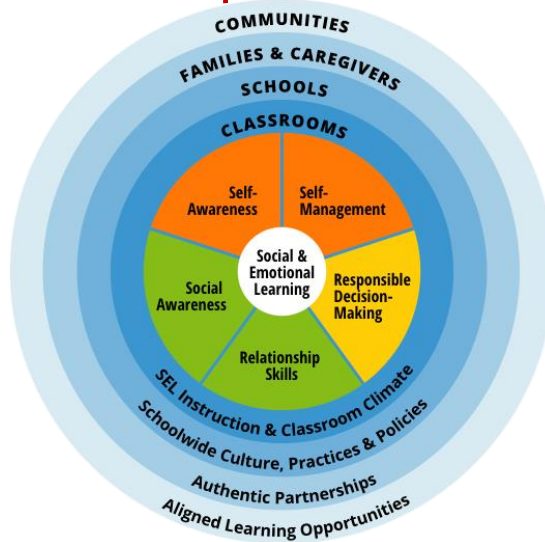
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SEL 5 Core Competencies: Quick Review



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Five Flavors?

- There's no one right way to build social emotional learning into students' days. We'll connect a few different "flavors" of strategies to the 5 core skill areas that each builds on.
- Growth in those 5 core competencies can happen during...
 - ELA (reading writing speaking listening!)
 - A role play to wrap up a history lesson,
 - Group work in Geometry,
 - Project planning in Civics,
 - An interaction in the front office,
 - A conversation in the bus line
 - A meeting among administrators,
 - Teachers' planning time/co-teaching time



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Communication and Language

- Ways We Communicate:
 - Verbal Language:
 - Words we use
 - Tone
 - Inflection
 - Body Language
 - Positioning
 - Tenseness of Body
 - Behavior
 - Ways we react to events
 - How we treat those around us



12

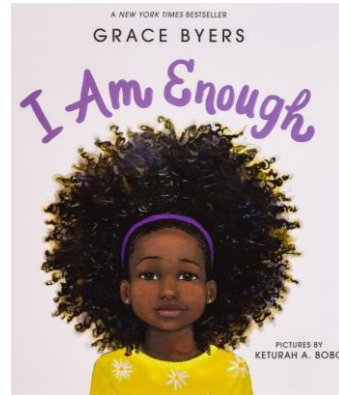
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Strategies for Open Communication and Emotional Understanding

- Using "I feel..." statements
- Reading stories with emotional impact
- Discussing emotions provoking actions/
Cause-Effect-Outcome



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Strategies for Open Communication and Emotional Understanding

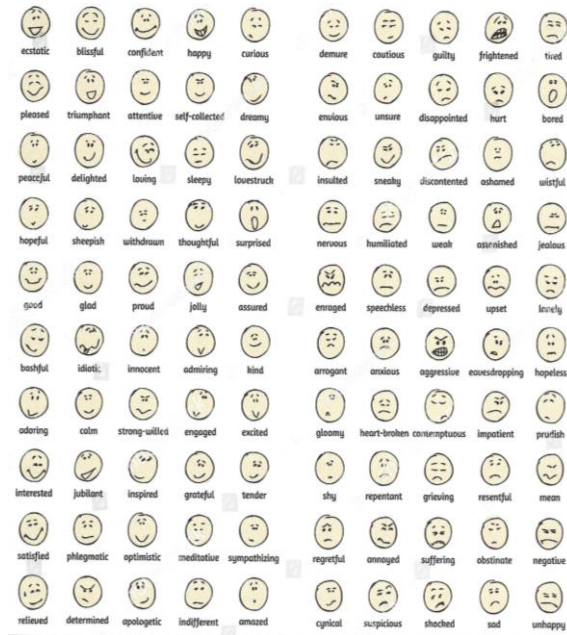
- Taking time to explain differences between negative and positive emotions
- Reaffirming no emotion is bad
- Using charts to help students identify emotions (simple or complex)

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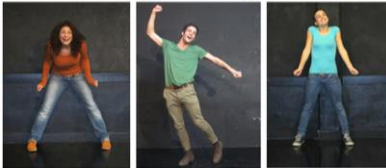
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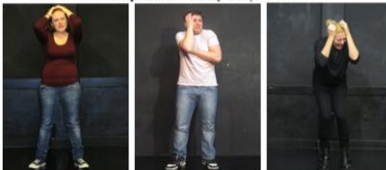
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Body Language

Happiness: "I'm so happy!"



Desperation: "Oh my God, NOO!"



Surprise: "Wow, ...I can't believe it!"



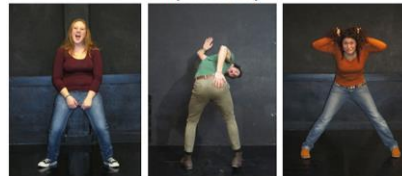
Ecstasy: "I'm in seventh heaven"



Hate: "I hate you"



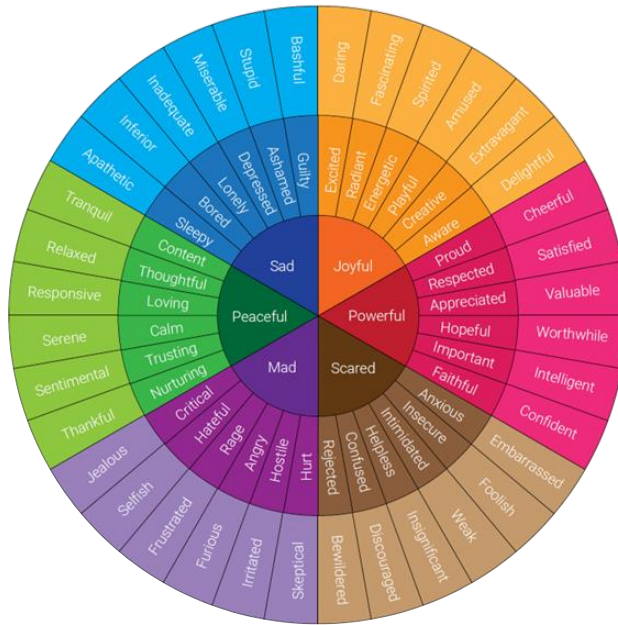
Shyness: "I'm Shy"



16

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Environment and Movement

- Key ingredients:
 - Emotional safety
 - Physical safety
 - Relationships
 - Engagement
 - Respect
 - Inclusivity





Environment

The climate of an environment is crucial when incorporating SEL.

- Physical
- Academic
- Social
- Discipline



19

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Environment

Physical Climate

- Built-in Share Time
- Mistakes are Opportunities*
- High Standards*
- Success is Accessible for Everyone*

Academic Climate

- Predictable Routines Posted
- Welcoming environment
- Listening Box
- Tools*
- Calming Corner*

* ALL AREAS - Keep in mind these examples can be interchangeable between climates.



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Environment

Social Climate

- Check-ins with Students*
- Share Experiences and Culture
- Greetings/Discussions
- Norms for Interactions
- How to Ask for Help*
- Green/Yellow/Red Shares

Disciplinary Climate

- Offer Feedback and Input*
- Re-dos and Practicing*
- Private Positive Recognition*
- Relationship*
- Teach Mutual Respect*

* ALL AREAS - Keep in mind these examples can be interchangeable between climates.



21

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Movement

Movement Activities can reinforce SEL learning in fun and active ways.

- | | |
|-------------------------|-------------------|
| ▪ Large Motor Skills | ▪ Goal Setting |
| ▪ Body Awareness | ▪ Problem Solving |
| ▪ Spatial Awareness | ▪ Teamwork |
| ▪ Delayed Gratification | ▪ Self Discipline |
| ▪ Impulse Control | |



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Movement Activities

- Mirrors
- What is Your Emoji
- Don't You Budge
- Super Dance Powers
- Let's Make Rhythms!
- Craw, Jump, and Fly
- It's My Turn



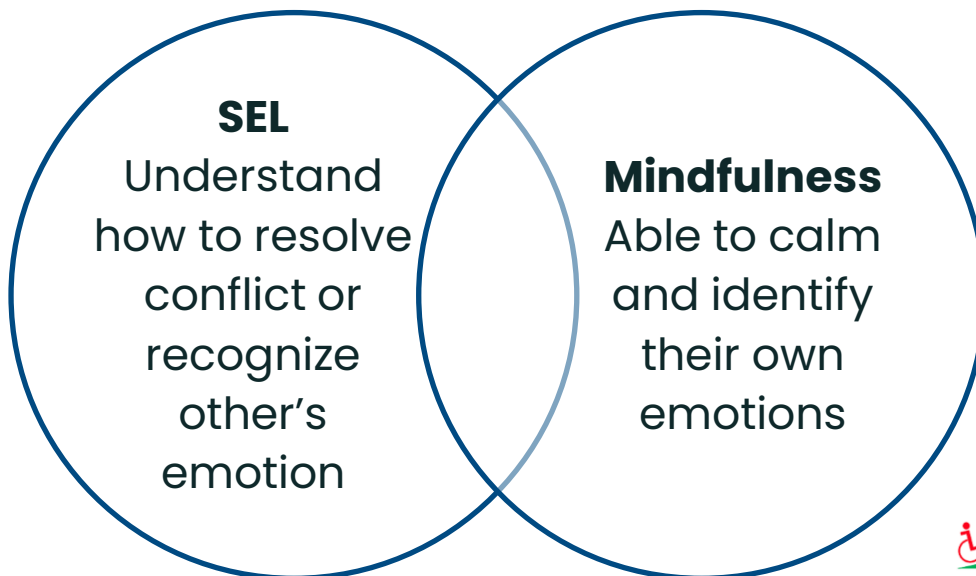
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Mindfulness



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Teaching Mindfulness

- Daily Mindfulness Practices
- Focused Awareness Practices (including breathing and senses)
- Open Awareness Practices (including thoughts and emotions)
- Connection Practices (including gratitude, kindness, self-care and forgiveness)



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Teaching Mindfulness

S Stop what ever you are doing

T Take a few deep breaths

O Observe your feelings and needs

P Plan then proceed



26

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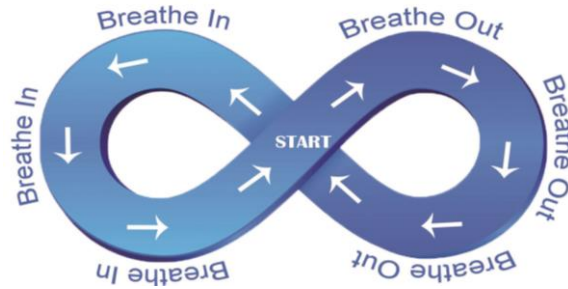
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Teaching Mindfulness

Just Breathe

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again breathe out while you trace the right part of the 8 with your finger.



27

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Teaching Mindfulness

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See 
- 4** Things You Can Feel 
- 3** Things You Can Hear 
- 2** Things You Can Smell 
- 1** Thing You Can Taste 



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Benefits of SEL Technology

- Opens a new world of possibilities
- Virtual reality and infographics
- Virtual Learning



29

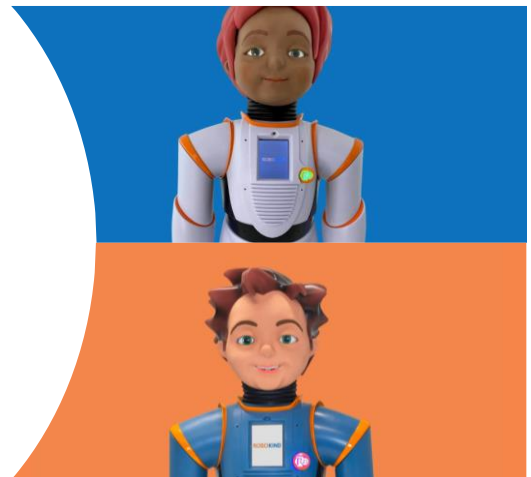
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Classroom Hardware

- Microphones/Audio Systems
- Robots
- iPads
- Laptops/Computers



30

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Meditation & Mindfulness Apps

- Moshi
- Calm
- Super Stretch Yoga Free
- Breathing Zone
- Smiling Mind



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Learning Apps and Games

- Daniel Tiger's Grr-ific Feelings (Pre-K)
- QuaverSEL: (Pre K-1st)
- Me: A Kid's Diary (Grades 2-5)
- The Mood Meter (Grades 6-12)
- Please Knock on My Door (Grades 9-12)



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Online Resources



ClassDojo



Google Classroom



Teachers Pay Teachers



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Let's summarize:

- SEL Lessons work best when consistent in the classroom and home.
- Every child can benefit from SEL lessons, it's not just for the "challenging kids".
- SEL lessons don't work as easily for students who have trauma in their history, due to the amygdala hijack.
- The tech industry has had an increase in technologies available during COVID.
- **KEY COMPONENT**

RELATIONSHIP, RELATIONSHIP, RELATIONSHIP!



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Questions?

