

Social Emotional Learning

MPE Family Engagement



Mt. Pleasant Elementary School
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2nd Grade Teacher and SEL Expert
2017 Delaware Teacher of the Year



Welcome

What Kind of Emotional Weather Are You Having Today?



Sunny
(happy, excited)



Snowy
(relaxed, peaceful)



Rainbow
(hopeful)



Rainy
(sad, lonely)



Stormy
(angry, frustrated)



Windy
(anxious, stressed)



Foggy
(confused,
depressed)



Cloudy
(grumpy, sick)

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What is Social Emotional Learning?

CASEL says:

“Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”



How I explain it:

“Social Emotional Learning is the fine art of being human. I don’t think any human being can unlock and access their full potential unless they unlock and access their social emotional self. It’s the ground floor of learning and the foundation of the school house. Without it, the institution crumbles.”

Source: www.casel.org



Five Core Competencies of SEL

The “Casel 5”

Self-Awareness

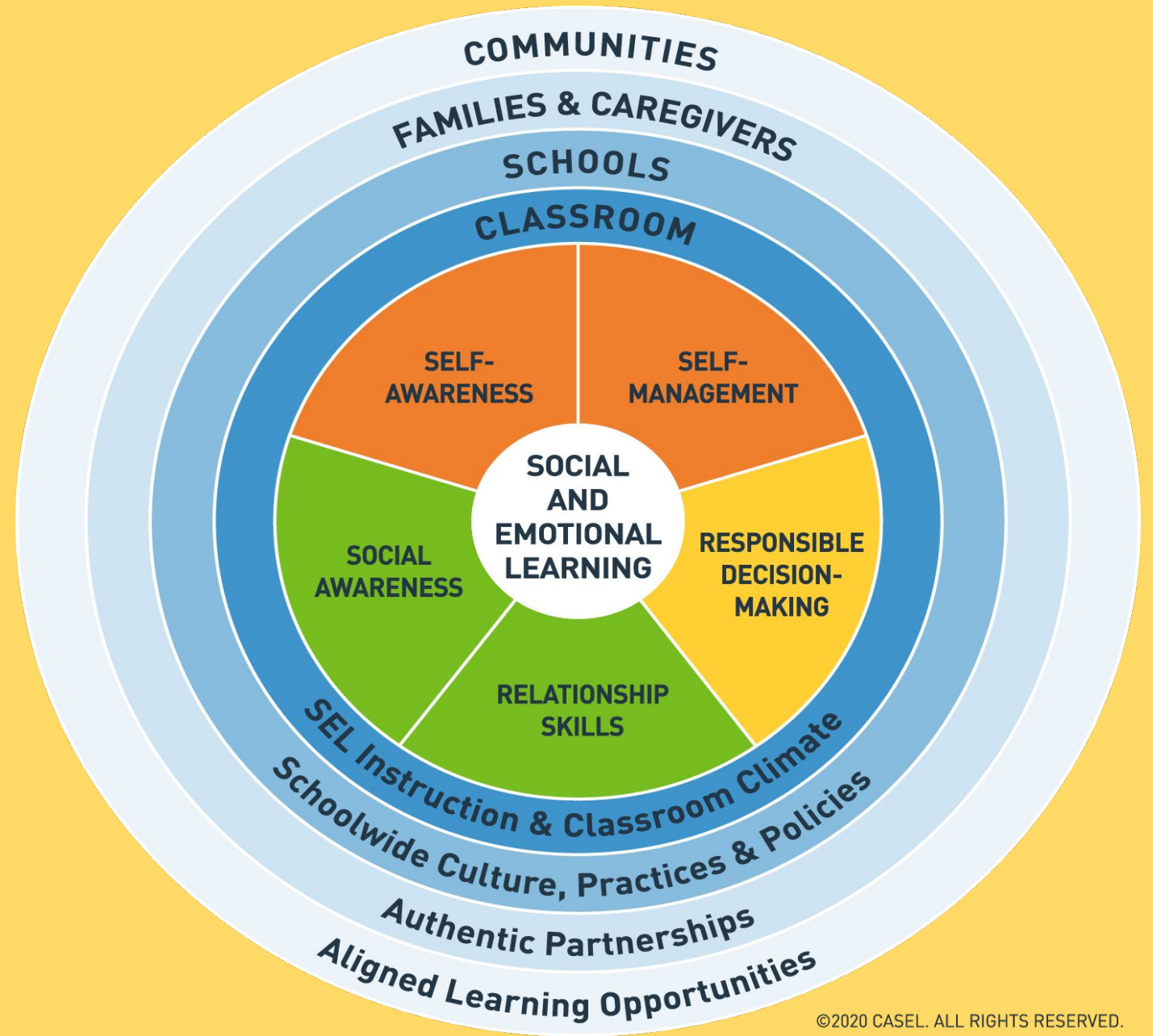
Self-Management

Social-Awareness

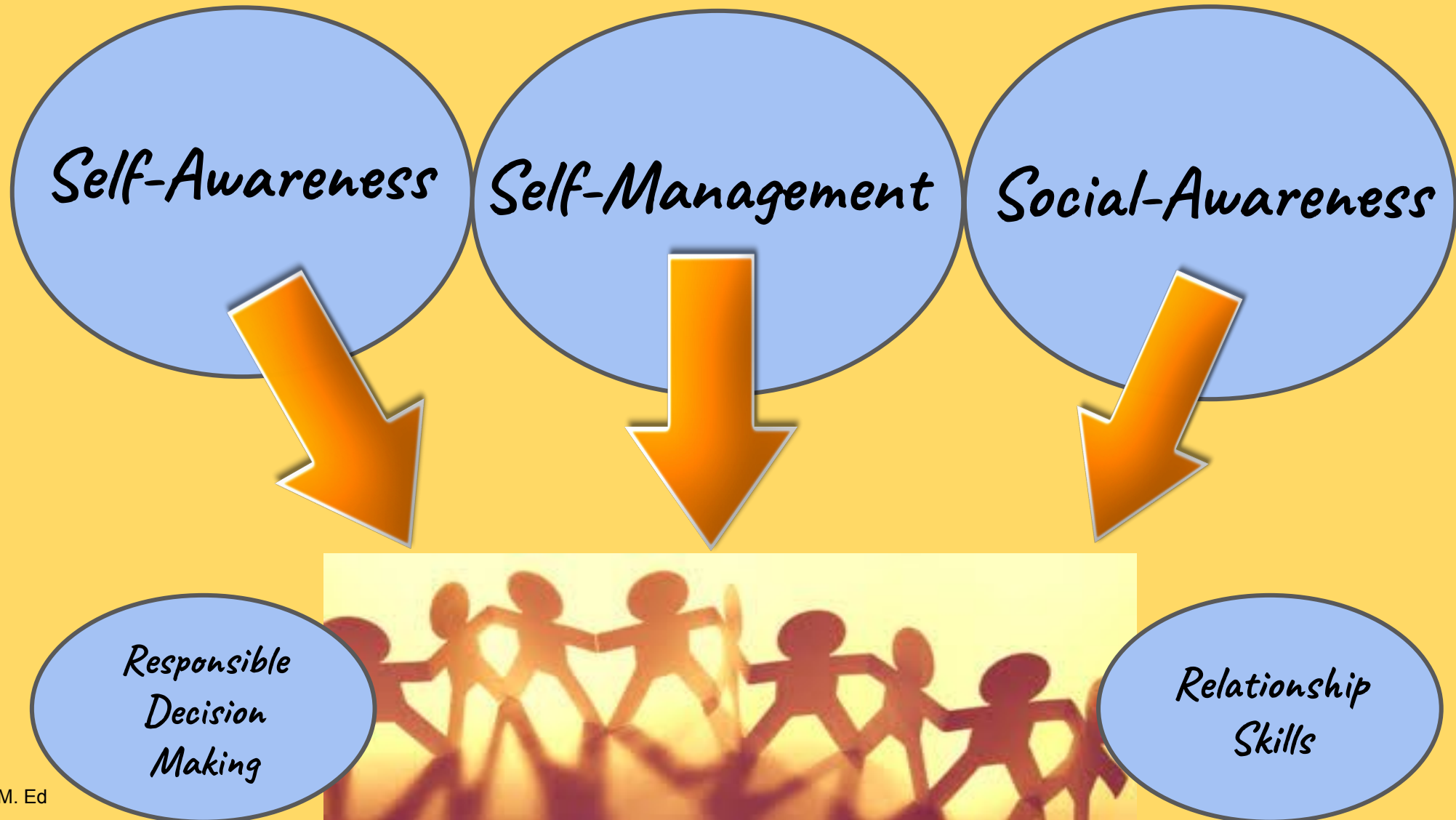
Relationships Skills

Responsible Decision Making

Source: www.casel.org

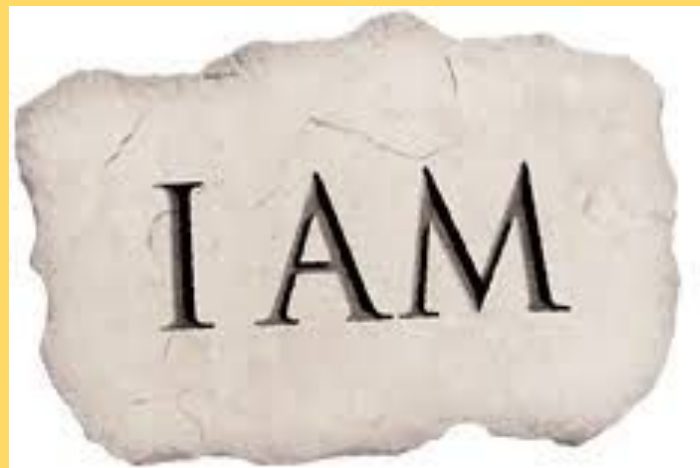


SEL Competencies Build On Each Other



Self-Awareness

What is Self-Awareness? The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across context. This includes capacities to recognize one's strengths and limitations with a well ground sense of confidence and purpose. (www.Casel.org)



Self-Awareness: Big Ideas

Identifying
Emotions and
Linking them to
Feelings and
Thoughts

Growth
Mindset and
Self-Efficacy

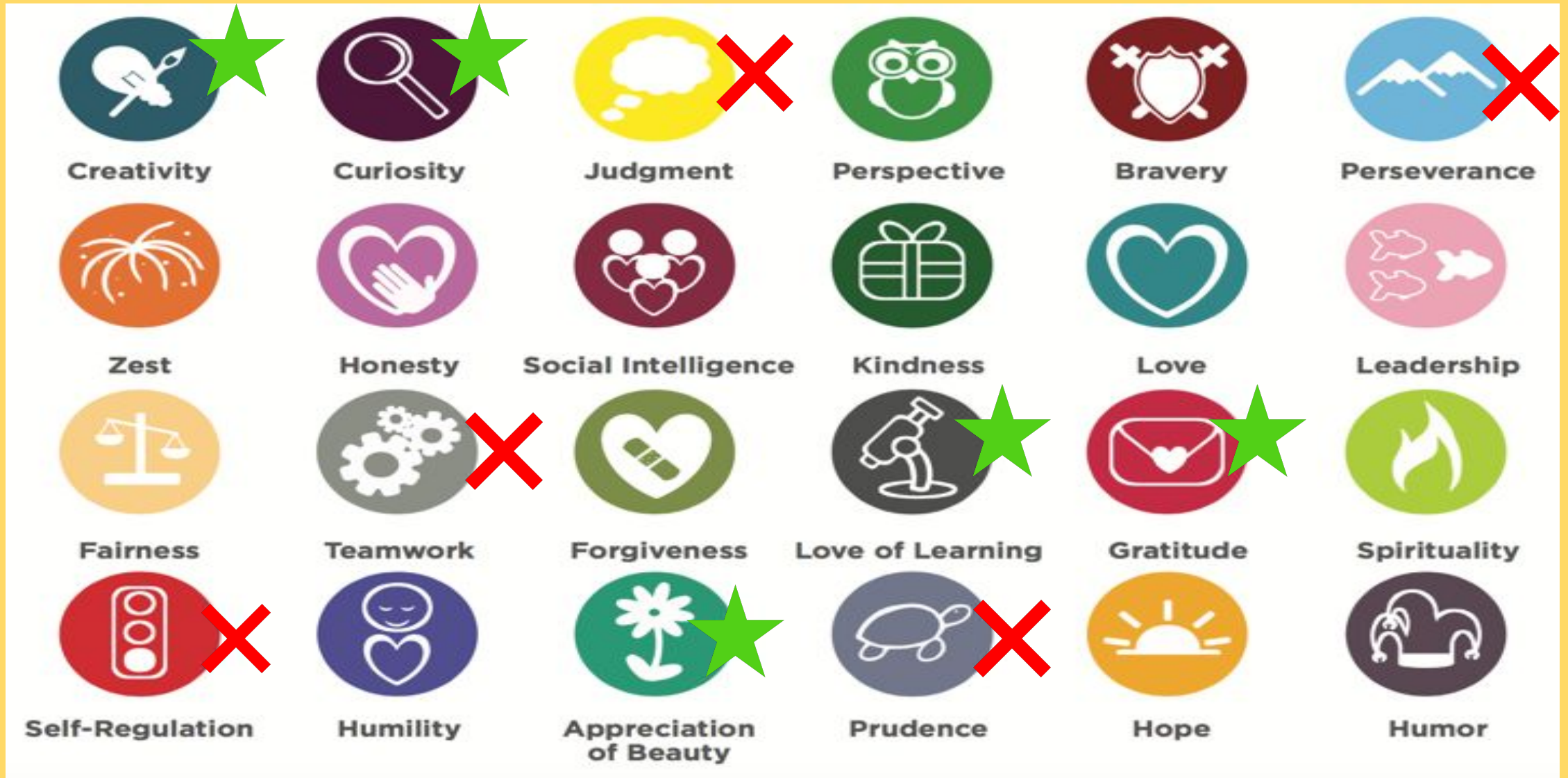
Interests and
Sense of
Purpose

Personal and
Social
Identities and
Assets

Examining
prejudices
and biases

Demonstrating
Honesty and
Integrity

Identifying Our Character Strengths



From: [VIA Character Strength Survey](#)

Becoming Emotion Experts

Let's Be Emotion Experts



Happy

Joy

Calm

Hopeful

Energetic



Sad

Disappointed

Embarrassed

Confused

Hurt



Worried

Nervous

Overwhelmed

Anxious

Fearful



Mad

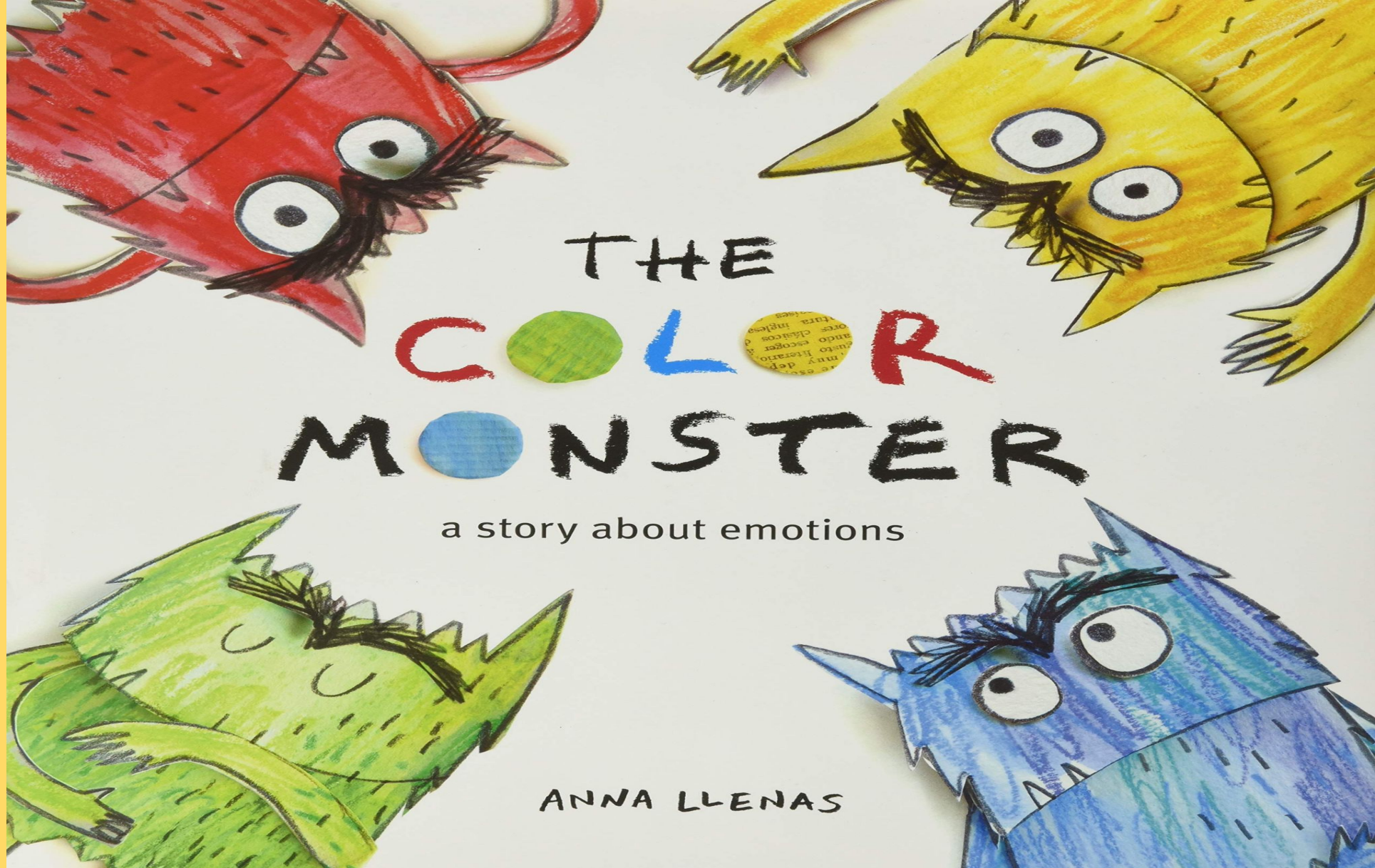
Furious

In Pain

Frustrated

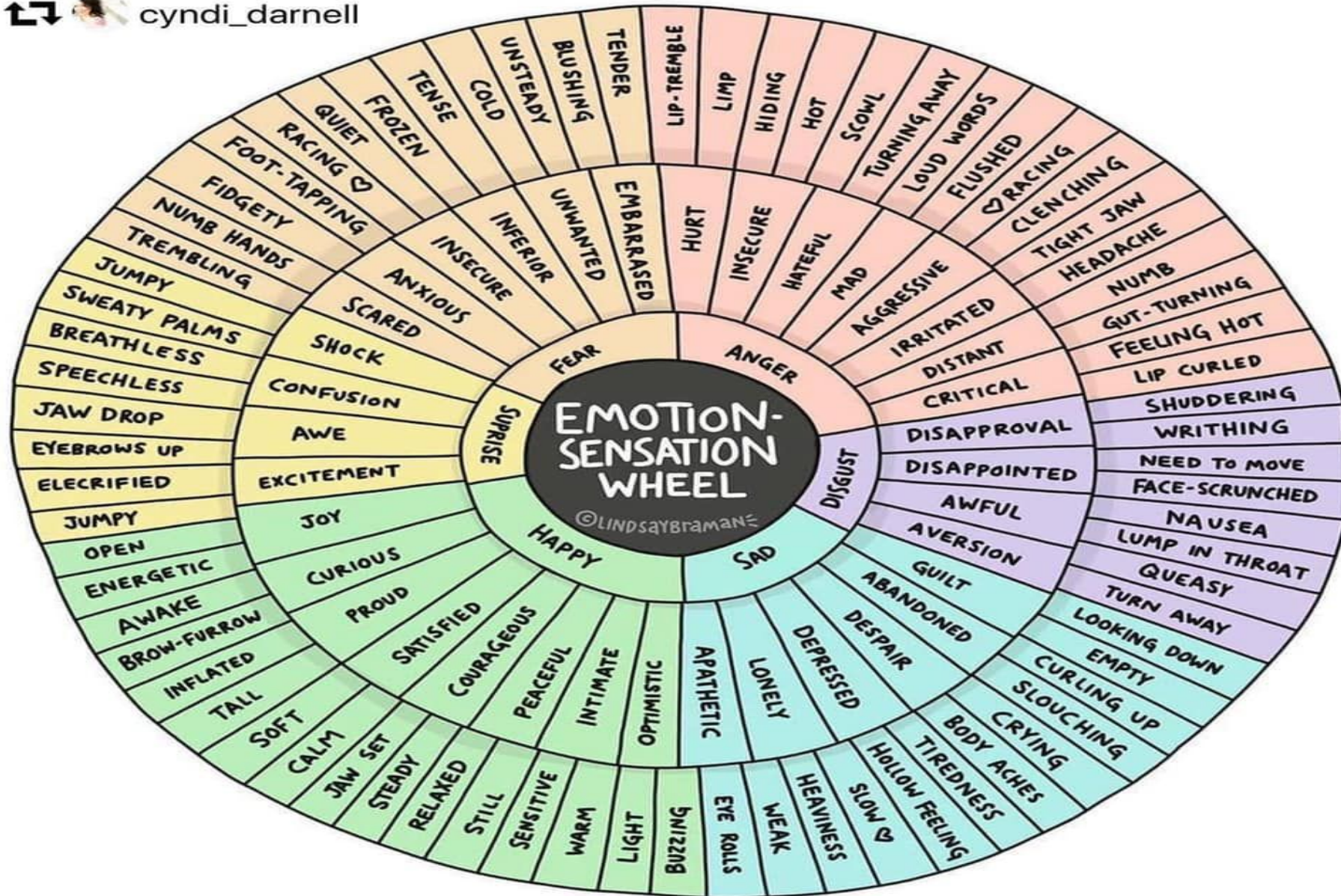
Ignored

Children's Book: The Color Monster



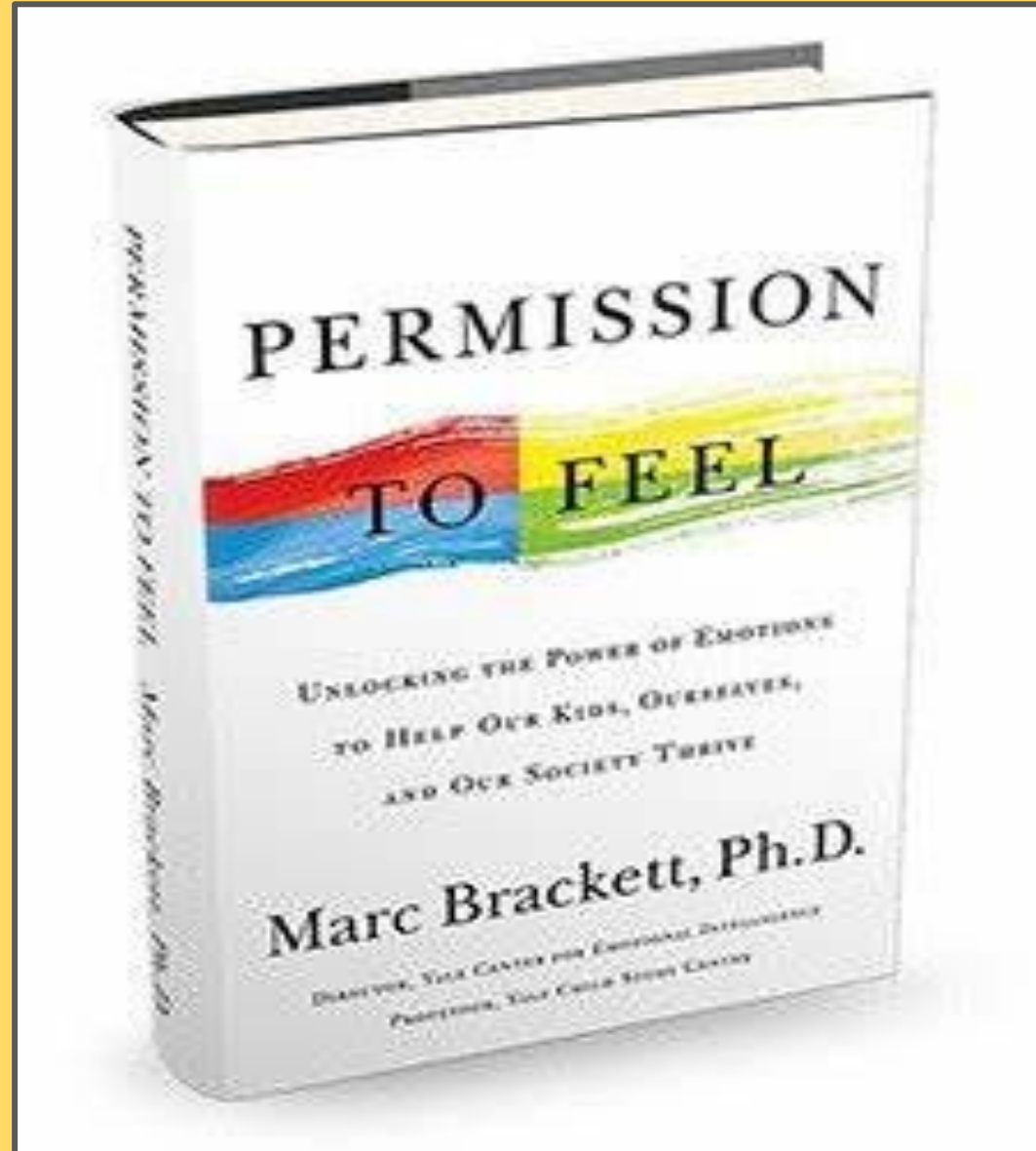
Becoming Emotion Experts

🔄👤 cyndi_darnell

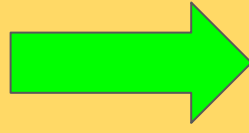


From
["Emotion
Sensation
Feeling Wheel"](#)

Adult Book: Permission to Feel



More Advanced Idea



Using Affective Statements

When you notice the physical signs that you are about to lose your cool, make an affective statement. “An affective statement is one that combines a feeling with a behavior”.* When situations get difficult, take a breath and share how you are feeling. Just taking the time to say it can slow down or stop the dysregulation process.



**From The Restorative Journey by Dr. Malik Muhammed*

I feel annoyed
that you are not
listening to me.

I am excited
that we are
accomplishing
our goals today!

I am frustrated
that you are not
doing your job.

I am proud of
you for treating
someone else in
a respectful
way.

Self-Management

Self-management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals. (www.Casel.org)



Self-Management: Key Ideas

Managing
Emotions

Managing
Stress

Self-Discipline
and
Self-Motivation

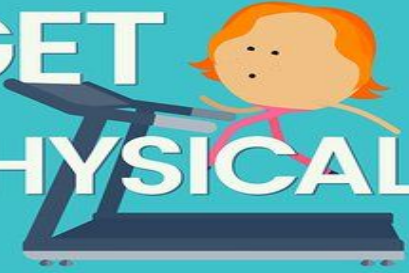
Personal and
Collective Goals
and Taking
Initiative

Planning and
Organizational
Skills

Healthy Brains

ACTIVITY

**GET
PHYSICAL**



**STAY
SOCIAL**



**GO
MENTAL**



ATTITUDE

**KEEP
SMILING**



**MANAGE
STRESS**



**BE
PRESENT**



LIFESTYLE

**LOVE YOUR
HEART**



**CHERISH
SLEEP**



**CHOOSE
BALANCE**





HAPPINESS CHEMICALS



DOPAMINE THE REWARD CHEMICAL

Complete a task

Do self care
activities

Eat some food

Celebrate the
little wins!



OXYTOCIN THE LOVE HORMONE

Play with a pet

Hold hands

Hug your family

Give a
compliment



SEROTONIN THE MOOD STABILISER

Meditate

Go for a run

Sun exposure

Walk in nature

Swimming



ENDORPHIN THE PAIN KILLER

Laughter exercise

Essential oils

Watch a comedy

Dark chocolate

Exercise



Identify and Model Self-Regulation

FEELING ANGRY?

A CHECKLIST FOR YOUNG PEOPLE

- ☐ **WALK AWAY**
& cool down 
- ☐ **TAKE A BREAK**
& use a calming tool
like a stress ball 
- ☐ **TAKE STEADY BREATHS**
& focus on
exhaling slowly 
- ☐ **PUSH AGAINST THE WALL**
or floor &
then relax 
- ☐ **COUNT TO 20**
or more until
I feel calmer 
- ☐ **MOVE, EXERCISE**
stretch, do yoga
or play a sport 
- ☐ **USE I-MESSAGES**
& say what I
need & how I
want to be
treated 
- ☐ **SCRIBBLE ON PAPER**
then rip or
crumple it up 

Reframing: Managing Negative Thoughts



“One of the skills to help us develop as mature, resilient individuals is that of reframing. When we change our point of view on any given situation, the facts remain the same, but a deliberate shift is made in how we see it. As we shift our thinking about our situation, there is a change in emotional tone.”

From Article: ["Reframing" in Psychology Today](#)

Reframing In Action

MINDSET SHIFTS DURING A PANDEMIC

@eliselininger

I'M STUCK AT HOME



I GET TO BE SAFE
IN MY HOME

I WILL GET SICK



I WILL DECREASE MY CHANCES OF
GETTING SICK BY FOLLOWING
PREVENTION SUGGESTIONS

I WILL RUN OUT OF
ITEMS AT HOME DURING
SELF-ISOLATION



I HAVE EVERYTHING I
NEED FOR NOW

EVERYTHING IS
SHUTTING DOWN
AND I'M PANICKING



THE MOST IMPORTANT
PLACES FOR ESSENTIALS
AND MEDICAL CARE WILL BE
OPEN AS LONG AS POSSIBLE

THERE IS TOO MUCH
UNCERTAINTY RIGHT NOW



I CAN CONTROL MY ACTIONS
AND MY THOUGHTS. I CAN
SLEEP AND LOVE AND PRAY.

What can I
learn here?

Hope and
opportunity

Challenge
vs.
Problem

YOUR THOUGHTS MATTER

WHEN FEELING:

TRY:

"THIS IS TOO MUCH." → "WHAT DO I NEED?"

"AM I BEHIND?" → "WHAT CAN I CELEBRATE?"

"I MESSED UP." → "WHAT DID I LEARN?"

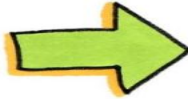
"THIS ISN'T WORKING." → "WHAT TWEAK CAN I TRY?"

REFRAME THE BEHAVIOUR

"KIDS DO WELL IF THEY CAN"

~ROSS GREENE

WON'T



CAN'T

YET

JUDGMENTAL



- WILLFUL
- DEFIANT



HE'S LAZY
SHE JUST WANTS
ATTENTION
...RUDE!



REWARDS &
PUNISHMENTS

- FRUSTRATION
- GUILT/SHAME



ADULT'S
MINDSET

VIEW
OF
CHILD

THOUGHTS

RESPONSE

CHILD'S
EXPERIENCE

CURIOUS



- TOO MANY
STRESSORS
- SKILLS DEFICITS



WHAT'S GETTING IN
THEIR WAY?
HOW CAN I HELP?

FIND & REMOVE
BARRIERS



- SUPPORTED
- STRENGTHENED

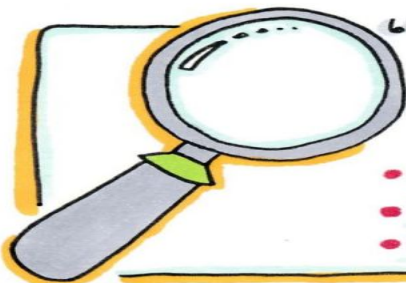


"SEE A CHILD DIFFERENTLY, YOU SEE A DIFFERENT CHILD"

~Dr. Stuart Shanker

When kids exhibit challenging behaviour we can be
"STRESS DETECTIVES"...finding and removing barriers.

- FIND STRESSORS → REDUCE THEM
- FIND UNMET NEEDS → MEET THEM
- FIND SKILLS DEFICITS → TEACH THEM



@kwfens62

Reframing My Life



Social Awareness

Social awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports. (www.Casel.org)

Empathy is...

**seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.**

Social-Awareness: Key Terms

Taking
Others'
Perspectives
EMPATHY

Identifying diverse
social norms,
Recognizing situation
demands and
opportunities

Recognizing
Strengths in
and Showing
Concern for
Others

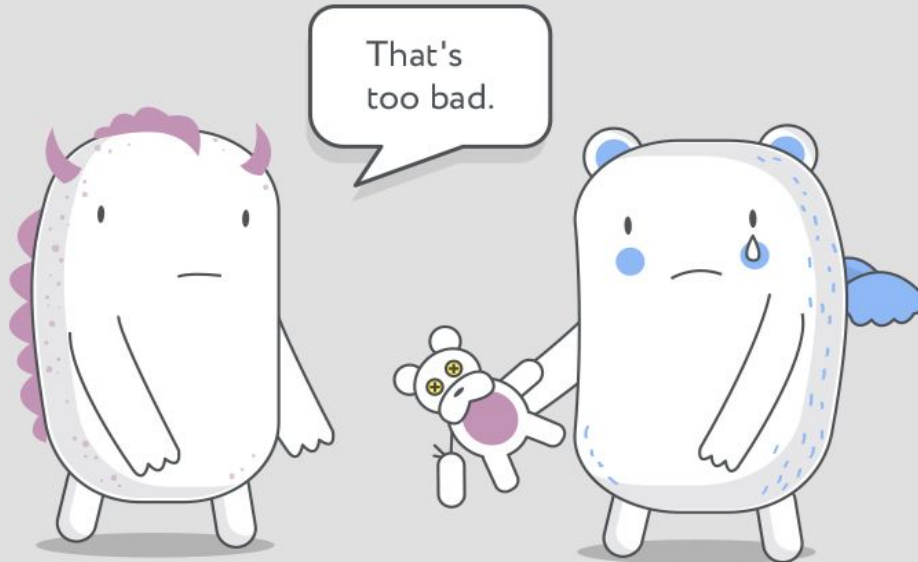
Understanding
and Expressing
Gratitude

Demonstrating
Empathy and
Compassion

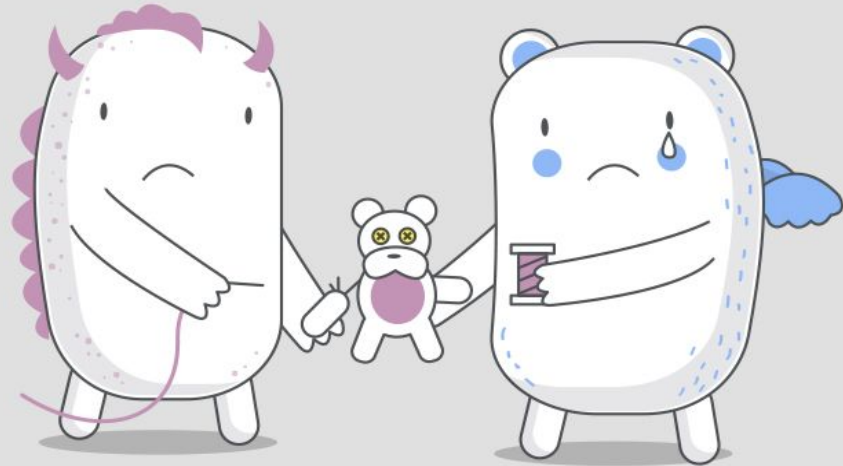
Understanding the Difference Between Empathy vs. Sympathy

➔ ACTION

HOW TO BE SYMPATHETIC



HOW TO BE EMPATHETIC



Responding with Empathy

Empathetic Responses Never Start with “At Least”

Follow the Platinum Rule:
Treat others the way they want and need to be treated, not the way you THINK they need to be treated.

Ask Open Ended Questions:
You look frustrated, lonely, angry about something. Are you ok?

Set Aside Your Reaction:
Let another’s reactions come first, setting aside your own emotions.

Use I Statements to Avoid Blame:
Avoid making someone else feel defensive yet acknowledge how you are feeling.

Actively Listen to What Someone is Saying: Consider words, tone of voice, confirm with “Is that what you are telling me?”

Don’t Jump Into Fix-it Mode:
Listen and understand what is wrong and see what they need

Validate Feelings:
Your feelings are not right or wrong right now, they’re just your feelings.

Relationship Skills

Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed. (www.Casel.org)



Relationship Skills: Key Terms

Positive
Relationships

Effective
Listening and
Communication

Conflict
Resolution

Teamwork
and
Collaborative
Problem
Solving

Resisting
Negative Social
Pressure

Cultural
Competency

How To Listen Effectively



Compare & Contrast Your Relationships

My relationship
with my mom is
not working.
*I give
unsolicited
advice. A lot.*

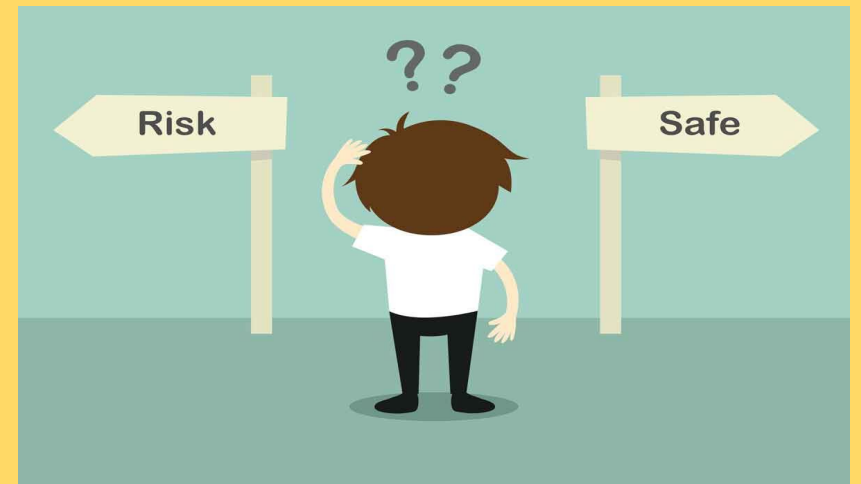
My relationship
with one of my
team members
is not working.
*I am judging
him or her.*

My relationship
with my boss is
working.
*I am kind and
listen well.*

My relationship
with my son is
working.
*We spend time
doing fun
things
together.*

Responsible Decision Making

Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal , social, and collective well-being. (www.Casel.org)



Responsible Decision Making: Key Terms

Demonstrating
curiosity and
open-mindedness

Making
Reasoned
and Informed
Judgements

Identifying
Solutions for
Personal and
Social Problems

Understanding
Consequences
of Actions

Understand
Role to
Promote
Well-Being

Keys to Successful Decision Making

Avoid Emotion:
Pretend You are
Helping a Friend
Make a Decision

Mindfulness
Meditation
Before Decision
Making can be
Helpful: Focus, Calm

Make Important
Decisions in the
Morning

For Kids: Stop. Think. Choose



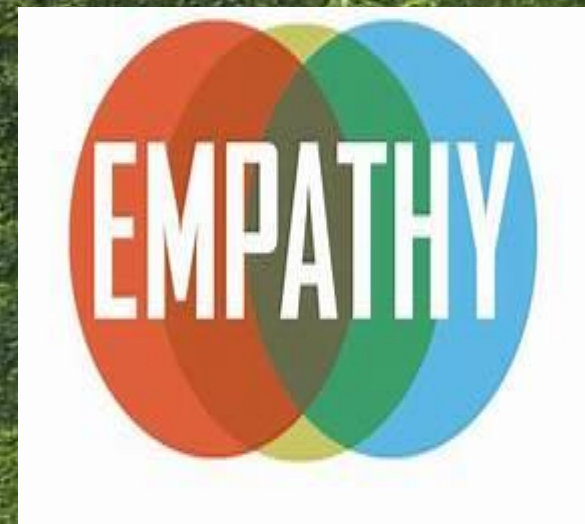
Decision Making Reflection

**I succeed at decision making
when:**

I stay calm
I think about different options,
perspectives
I persevere
I am safe and moral
I talk to others

I fail at decision making when:

I am emotional
I don't consider options and
perspectives
I give up easily
I take the easy way out
I don't seek out help and advice





Thank
You

