SOCIAL EMOTIONAL LEARNING (SEL) @HOME

PRESENTED BY:

POSITIVE BEHAVIOR SOCIAL EMOTIONAL SUPPORT COACHES
ISSAQUAH SD
● To define Social Emotional Learning

● To learn about Second Step, for K-8

● To learn the five key skills underlying Social Emotional Learning (SEL)

● To learn how to practice and reinforce SEL skills at home
WHO IS HERE TONIGHT?

• Parent/guardian of elementary-aged student(s)?
• Parent/guardian of middle schooler(s)?
• Parent/guardian of high schooler(s)
• Community member?
“Educating the mind without educating the heart is no education at all.”

–Aristotle
WHAT IS SOCIAL EMOTIONAL LEARNING
FIVE SOCIAL EMOTIONAL LEARNING COMPETENCIES
WHY IS
SOCIAL EMOTIONAL
LEARNING IMPORTANT
STUDENTS...

- Have less anxiety.
- Have less depression.
- Are less likely to abuse drugs, alcohol, and cigarettes.
- Are less aggressive and less likely to bully others.
STUDENTS...

Have greater leadership skills.

Are more attentive and less hyperactive in school.

Perform better academically.
CLASSROOMS...

- Are more engaged in learning.
- Demonstrate increased prosocial behavior.
- Have better quality relationships with their teachers.
- Perform better academically.
SEL RESEARCH FAST FACTS

• Students who participate in SEL programs have grade point averages that are 11 percent higher than their peers (Zins, Weissberg, Wang, & Walberg, 2004).

• Students who participate in SEL programs score higher on standardized tests (Payton et al., 2008).

• Students who participate in SEL programs are less likely to engage in high-risk behaviors that interfere with learning, such as violence and drug and alcohol use (Hawkins et al., 1997).

• Schools that teach SEL have fewer suspensions and expulsions and better student attendance (Dymnicki, 2007).
The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

WHAT PEOPLE DON'T SEE

Persistence
Failure
Sacrifice
Disappointment
Dedication
Hard work
Good habits

FAIL

THINGS I HAVE TO GIVE UP
1. 2. 3.

GOOD HABITS

@sylviaduckworth
## SEL IN ISSAQUAH SCHOOL DISTRICT

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<tr>
<th>Schools</th>
<th>SEL Curriculum</th>
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<td>Elementary K-5</td>
<td>Second Step</td>
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<tr>
<td>Middle School 6-8</td>
<td>Second Step</td>
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</table>
SECOND STEP Curriculum K – 5
Builds Positive Social, Emotional and Behavior Skills

Self Management
Relationship Skills
Self Awareness
Social Awareness
Responsible Decision Making

Skills for Learning
- Self-regulate
- Listening skills

Empathy
- Perspective taking
- Point of view

Emotion Management
- Strong emotions
- Calm down

Problem Solving
- Solve conflicts
- Help others
Second Step Materials - Elementary
SECOND STEP Curriculum 6 – 8
Builds Positive Social, Emotional and Behavior Skills

Self Management
Relationship Skills
Responsible Decision Making

Self Awareness
Social Awareness

• Mindset and Goals
• Values and Friendships
• Thoughts, Emotions and Decisions
• Serious Peer Conflicts
Second Step - Middle School

https://www.youtube.com/watch?v=0UNv2dF7O6c
HOW TO SUPPORT YOUR CHILD’S SEL SKILL DEVELOPMENT AT HOME
Second Step

Elementary

How to Calm Down

I can do it!

Stop—use your signal
Name your feeling
Calm down: breathe, count, use positive self-talk

Middle School

If - Then Plan

Problem-Solving Steps

Situation:

If (or when):

Then:
The ability to take the perspectives of others and apply it to your interactions with them.

Skills:
Building Empathy
Perspective Taking
Respecting Cultural Norms
Celebrating Diversity
Keys to Building Empathy

- Identify another’s emotions
- Understand their perspective
- Think how another might feel
- Think how you can help
COMMUNITY OUTREACH

Issaquah Food Bank
Tree House
Eastside Baby Corner
Trail Work
Fundraisers
Neighbors
Time/ Future Planning

Use visuals
Reminders to self (not from adult)
Recognize Positive Behavior

Free/ low cost
Verbal
Link to natural events
**Jobs for Kids by Age**

**6-8 Years Old**

SAME AS PREVIOUS LISTS PLUS...
- Wash dishes; load and unload dishwasher
- Simple meal preparation – salads, desserts
- Help change bed sheets & put dirty sheets in laundry
- Pack lunch for school
- Iron cloth napkins
- Fold simple laundry items and put them away
- Dust baseboards
- Vacuum & dust furniture
- Walk pets daily
- Mop the floor after initial training
- Get himself up in the morning with an alarm clock
- Rake leaves
- Put groceries away

**9-11 Years Old**

SAME AS PREVIOUS LIST PLUS...
- Ironing own clothes
- Household maintenance – change light bulbs, batteries
- Fold all of own laundry and put it away
- More detailed household cleaning – refrigerator, toilets
- Wash car & vacuum inside of car
- Plant flowers / garden items at change of season
- Assist younger siblings with homework / reading
- Bathe and groom pets
- Weekly trash duties – gather trash & take dumpster out
- Organize closets and drawers
- Comparison shop for groceries

12 + = babysitting siblings, iron, clean cars, cook meals, make grocery list, clean refrigerator, wash windows
Truth:
Everyone has frantically dressed their kids even though they know they are capable of dressing themselves.
Positive Relationships

We can model healthy relationships by...

- **Starting with the Positive**
  What went well?
  What was something you enjoyed about your day?

- **Praise Specific Strengths**
  I like how you...
  I appreciate that you...

- **Sharing your feelings**
RESTORING RELATIONSHIPS

- Kids are watching:
  - how we handle conflict
  - resolution

- Model:
  - Positive Relationships
  - Your Thinking

- Be willing to:
  - apologize
  - solve problems in front of your child
  - Give choices and respect wishes
USING GAMES

• Fun
• Time to learn about each other
• Social learning opportunities
• Problem solving skills
BIG FEELINGS

Your child might feel “out of control” with:
- Anger
- Excitement
- Frustration
- Sadness

Recognizing and naming emotions is KEY!
STUDENT EMOTIONS

What emotions do you and your child(ren) experience each day?

400 - 600 emotions each day
RECOGNIZING AND NAMING FEELINGS

To support children, we can:

• Foster a home where your child(ren) feel safe talking about emotions.

• Acknowledge that all feelings are okay – can’t harm self or others

• Model and share tools/words to ‘deal with’ big emotions
# RECOGNIZING AND NAMING FEELINGS

## Practice Makes Progress!

<table>
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<tr>
<th>Feeling Charades/role play</th>
<th>Use Children’s Literature, current events, etc.</th>
<th>Make a “Feelings” Book *Bonus: use their pictures!</th>
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<tr>
<td>Tell a Personal Story</td>
<td>Think Out Loud - model</td>
<td>Discuss ways to handle big emotions</td>
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SEL RESOURCES
Welcome to PARENT TOOLKIT

Get the latest News & Blog Posts

Read More

This toolkit will help you navigate your child’s journey from pre-kindergarten through high school. It is designed to help you track and support progress at each stage.
PARENTEEEN CONNECT

https://www.parenteenconnect.org/
POSITIVE BEHAVIOR SOCIAL EMOTIONAL SUPPORT (PBSES)

District Website: https://www.issaquah.wednet.edu/academics/programs/pbses

Edutopia: https://www.edutopia.org/SEL-parents-resources

CASEL for parents: https://casel.org/parent-resources/
QUESTIONS?
“I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL.”

MAYA ANGELOU