Family Partnerships with Social-Emotional Learning

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Session Topics

01 SEL & the 5 Competencies
Learn the five SEL competencies and related skills

02 How Students Develop SEL Skills
Understand what and how schools support these skills each day

03 Ways Families Can Support SEL
Learn ways families can support SEL skills at home
Social Emotional Learning: An Approach to Mental Health and Wellness

- Explicit instruction at school, with reinforcement at home
- Mental Health Practitioners in Schools:
  - School Counselor
  - School Social Workers
  - School Psychologists
  - Student Assistance Specialists

Strengthening SEL Competencies Can Help Children To...

- Manage anxious and frustrated feelings
- Create & maintain friendships
- Recognize strengths & develop confidence
- Work through challenges & disappointment
- Identify and communicate feelings and needs
- Seek help; be assertive
SEL & the 5 SEL Competencies

What does SEL look like in our daily lives?
Social Emotional Learning

The process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to:

- Develop healthy identities
- Manage emotions
- Achieve personal and collective goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible and caring decisions

-Casel.org
Social Emotional Learning
SEL Competencies

Classroom teachers, school staff, families and community supports are connected and play a role in supporting a student’s academic, social, and emotional learning.

Learn more about SEL Competencies:
- Self-Awareness
- Social Awareness
- Self-Management
- Relationship Skills
- Responsible Decision-Making
The Power of SEL

Emotional Intelligence & Resilience

Empathy & Accepting Differences

Develop Problem Solving Skills

Critical Thinking & Continuous Improvement

Self Awareness & Management

Social Awareness

Responsible Decision Making

Relationship Skills
**SEL:** Builds safe and welcoming environments through teaching practices and collective contributions. Examples include, but are not limited to, welcoming students by name, routines and rituals (i.e. Morning Meeting, singing a class song), student work displayed, student traditions and cultures affirmed, cool down space.

**PBIS:** Evidence-based behavioral framework that promotes equitable, predictable, consistent, positive, and safe environments for every student in all school settings.

**Restorative Practices:** Restorative Practices are a framework for building community and for responding to challenging behavior through authentic dialogue, coming to understanding, and making things right.
Welcoming, Inclusive & Affirming Environment
SEL Competencies & Families

Our goal is to inform and empower families to connect what SEL skills students learn at school with authentic learning opportunities in their home and community.
How Schools Develop SEL Skills
A Day in the Life of a Student

Morning Meeting & Advisory
30 min of the day focused on building positive relationships and SEL skills through evidence-based curriculum (Second Step)

Feelings Check Ins
Opportunity to share and build feeling vocabulary

Mindful Brain Breaks
Chance to use music/physical activity to support learning stamina

Literacy & Social Science Connections
Embedding feelings related or SEL focused questions in read alouds

Small Group Collaboration
Provide opportunities to apply collaboration and social skills with peers
Morning Meeting and Advisory is a time for students build their understanding of the SEL competencies through research-based lesson and learning opportunities and activities that foster skills and positive relationships.

Benefits:
- Skills for Learning
- Accepting Differences
- Modeling Compassion and Kindness
- Calm Down Strategies
- Problem Solving
Feelings Check-Ins

Feelings check-ins are quick conversations that encourage emotional vocabulary and normalize feelings.

Benefits:

- Encourage language skills
- Provide opportunities to discuss feelings and events that occur during the day
- Gives all participants the change to model emotional intelligence

Check In Question:

Share a gif on the padlet that describes your feelings
Mindful Brain Breaks

Quick breaks during the academic day for movement or mindful breathing allow students to relieve stress or excess energy in order to focus their brain on learning

Benefits:

- Return to learning feeling energized
- Gives students a chance to practice self-management skills
Literacy & Social Science Connections

Use daily reading opportunities as an opportunity to connect knowledge of feelings and responsible decision-making to characters.

Use current events or nonfiction texts to discuss different perspectives and process feelings.

Benefits:

- Opportunities to make connections and apply feeling vocabulary
- Chances to discuss scenarios and possible solutions to everyday social challenges
**Small Group Collaboration**

Using breakout groups, interactive slides, or in person small group activities to provide students with opportunities to work together to solve problems

**Benefits:**

- Chances to practice problem solving and responsible decision-making
- Opportunities to work together with peers and practice authentic communication
- Practice resolving conflict
Ways Families Can Support SEL
Feelings Check-Ins at Home

**Morning Check In**

Normalize sharing and discussing feelings during the day. Taking time to talk with children of all ages about feelings help them better understand their feelings and what they can do to manage strong feelings.

**Mindfulness Routines**

Spend time before bedtime setting your child up for sleep.

Use mindfulness strategies to support restful sleep habits
- limiting screen time before bed
- read books together
- share a bright spot of the day

Mind Yeti on YouTube
Building Emotional Intelligence

Identify Emotions

Use daily experiences as opportunities to identify emotions.

Awareness and normalization of feelings can help students feel more empowered to manage strong feelings.

Limit Negative Perceptions of Feelings

Many times, we as adults, develop negative perceptions of strong feelings. It’s important to remind ourselves and others that feeling angry or sad is normal.

The work comes in finding appropriate strategies to support and regulate these feelings.
Strong Emotions

Model Strategies

Use daily experiences as opportunities to identify emotions

As students build an understanding of emotions, use the experiences as a chance to model calm down strategies together

Create a Calming Space

Talk with your child to find a calm space in your home

This place should be
- quiet
- safe
- comfortable

Visit the LCPS Virtual Calming Room - for students & families!
Literacy Connections

Read to your Child
Read a book to your child. Stop as you read to have your child use the pictures and text to help them identify character feelings.

Read Together
Read together or discuss a book you just read. Focus on using the characters as a chance to discuss problem solving and possible solutions.

Prompts for Weaving SEL into Reading
Small Group Collaborations

Play board games
Implement a family game night where the family can practice taking turns and handling disappointment related to waiting or losing games

Complete STEM Challenges
Work together with friends or family to complete a simple STEM challenge

Prompts for Weaving SEL Into Games & Activities
Watch Together

Watching movies together is a natural place to weave in SEL questions. Pause at times to quickly ask questions, such as, “How do you think they are feeling?” or “What do you think they should do to solve this problem?”.

SEL Videos

The links below are places that share videos that explicitly discuss and engage young people in topics around SEL.

Sesame Street
PBS Kids
Lessons for SEL
Prompts to Spark Conversation

Choose a topic or a simple question for everyone to take a turn answering. This could be while having a meal together or riding in the car.

SEL Podcasts

Imagine Neighborhood is a podcast designed for families to help understand big feelings. Listen together in the car or at home, then talk about it.
Responsibility & Goal Setting

Home Responsibilities

- Provide an opportunity for taking care of a specific task (i.e. feeding the dog, making the bed).
- Provide positive reinforcement & specific praise for accomplishing the task.
- Be clear how each person who helps contributes to the collective well-being of the family.

Goal Setting

- Provide an opportunity to use responsibilities around the house to set goals
- Start by making goals manageable and achievable
- Goal setting increases a child’s growth mindset
Growth Mindset, Confidence & Purpose

Fostering Confidence & Purpose

- Choose daily affirmations to read or say each morning
- Encourage and celebrate positive self-talk
- Model asking for help or being assertive when you face a challenge

Supporting a Growth Mindset

- Encourage your child by celebrating times when they overcame challenges
- Model and share examples of times when you or other family members modeled resilience
Socially Distanced Friendships

Socially Distance Gatherings
- Take advantage of days with warm and sunny weather as a chance to walk or bike
- Set up drive-by celebrations to celebrate birthdays or special events
- Create handmade gifts or send letters to brighten someone’s day

Digital Connections
- Talk with your child about what digital platforms can be used to communicate and connect with friends
- Set up virtual game nights
What about our own social-emotional wellness?

× **Self-Care**

Purposefully doing things to promote your own mental, physical and emotional wellness.

× **Participate**

The strategies work best when adults engage in them as well. By participating, adults are modeling, as well as further developing their own SEL skills.

× **Winter Well-Being Series**

These short videos provide practical strategies for adults to develop their own social-emotional well being.
## Resources & Learning More

### CASEL
- What is SEL?
- Top 10 Books for Parents & Caregivers
- Top Websites for Parents & Caregivers

### LCPS
- MTSS- SEL Website
- How to Create a Cool Down Spot
- Committee for Children/Second Step
- Empathy Book List
- Resources For Families

### Web Tools & Resources
- Imagine Neighborhood
- Parenteen Connect
- Sesame Street
- PBS for Parents
  - Self-Awareness
  - Social Skills
- Lessons for SEL YouTube
- Grow Kinder Podcast (for parents & caregivers)
Mental Health Support & Resources

Mental Health Practitioners in Schools:
- School Counselor
- School Social Workers
- School Psychologists
- Student Assistance Specialists

Mental Health and Community Resources for Families

Archived PRS Presentations
Thank You!

Contact us if you have any questions!

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