

Safe, Supported and Ready to Learn! Social Emotional Learning for Student Success





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Ears Listening

(Cup ears with hands)

Our Vision

Safe children thriving in a peaceful world.

Amy Walker

*Regional Outreach
Manager*

Committee for Children

1-800-634-4449 ext 6514

awalker@cfchildren.org

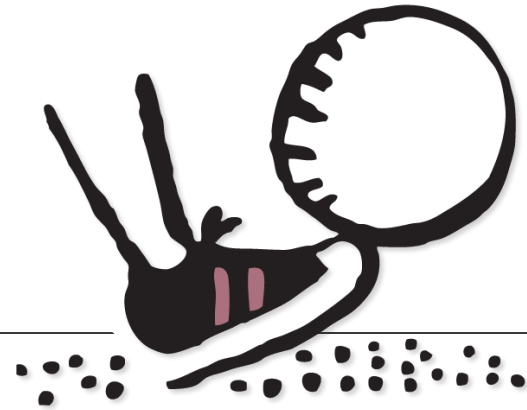
What & Why? Social- Emotional Learning

Why teach SEL?

Challenges Students Face



Necessary Skills



What is the reality for children?

Over 2/3 of US children have been exposed to some kind of trauma

- Abuse/neglect
- Death or serious illness of a family member
- Violence in the home or community

Other factors

- Poverty
- Racism
- Mental illness



Why teach SEL?



Increase
instruction
time &
ability to
stay on task

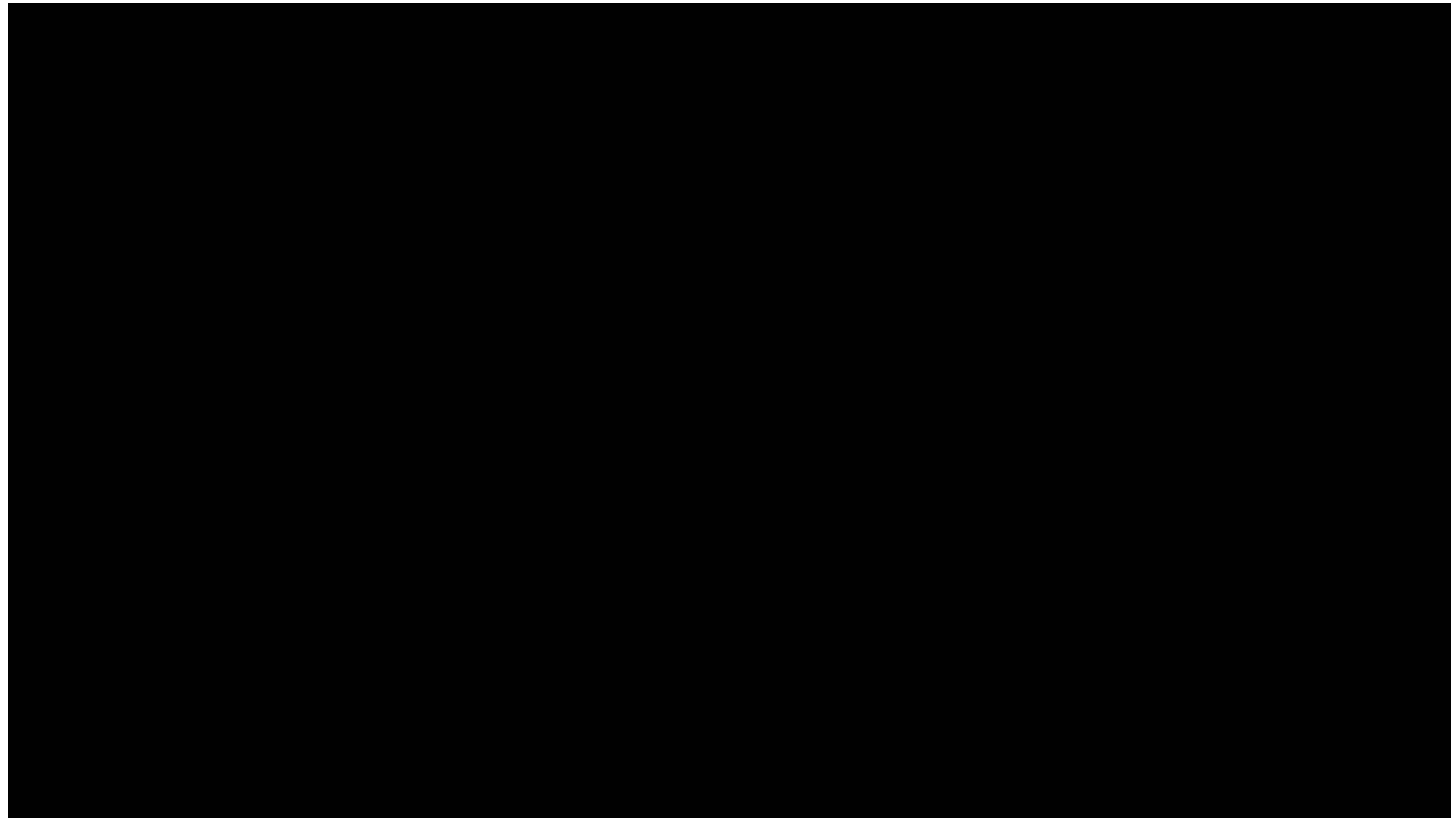
Increase
students'
capacity to
learn



Decrease
disruptive and
aggressive
behavior

Decrease
negative internal
behaviors

SEL in Action in Chicago





www.casel.org

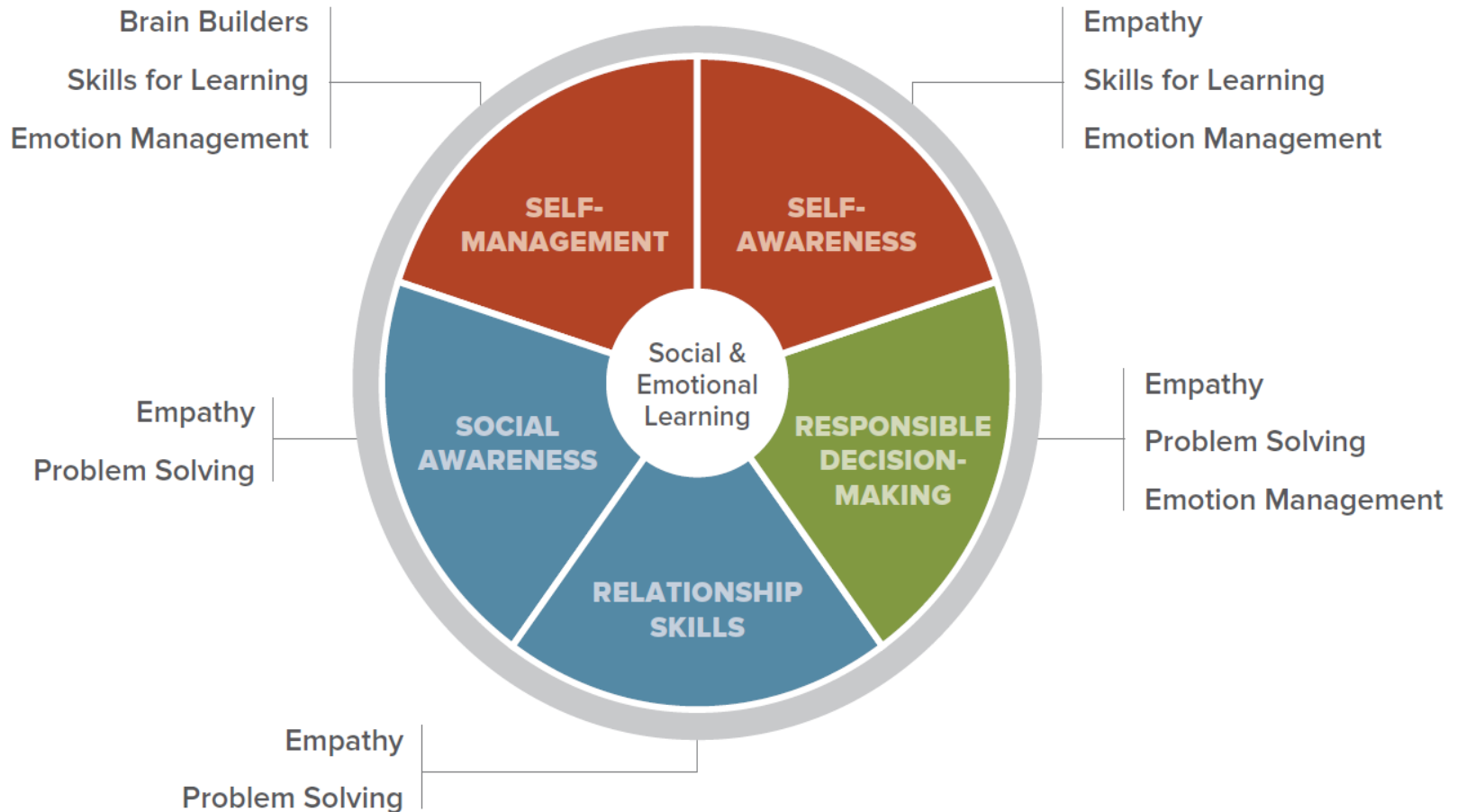
Social-Emotional Learning

CASEL is the **Collaborative for Academic, Social, and Emotional Learning**, a nonprofit collaborative whose mission is to:

- Advance science of SEL
- Expand effective practices
- Improve policies
- Created the CASEL GUIDE for choosing quality SEL curriculum



Second Step & CASEL Competencies



Research Links SEL to Higher Student Success



- 23% gain in social-emotional skills
- 9% gain in attitudes about self/others/school
- 9% gain in pro-social behavior
- **11% gain on academic achievement**

Reduced Risks for Failure

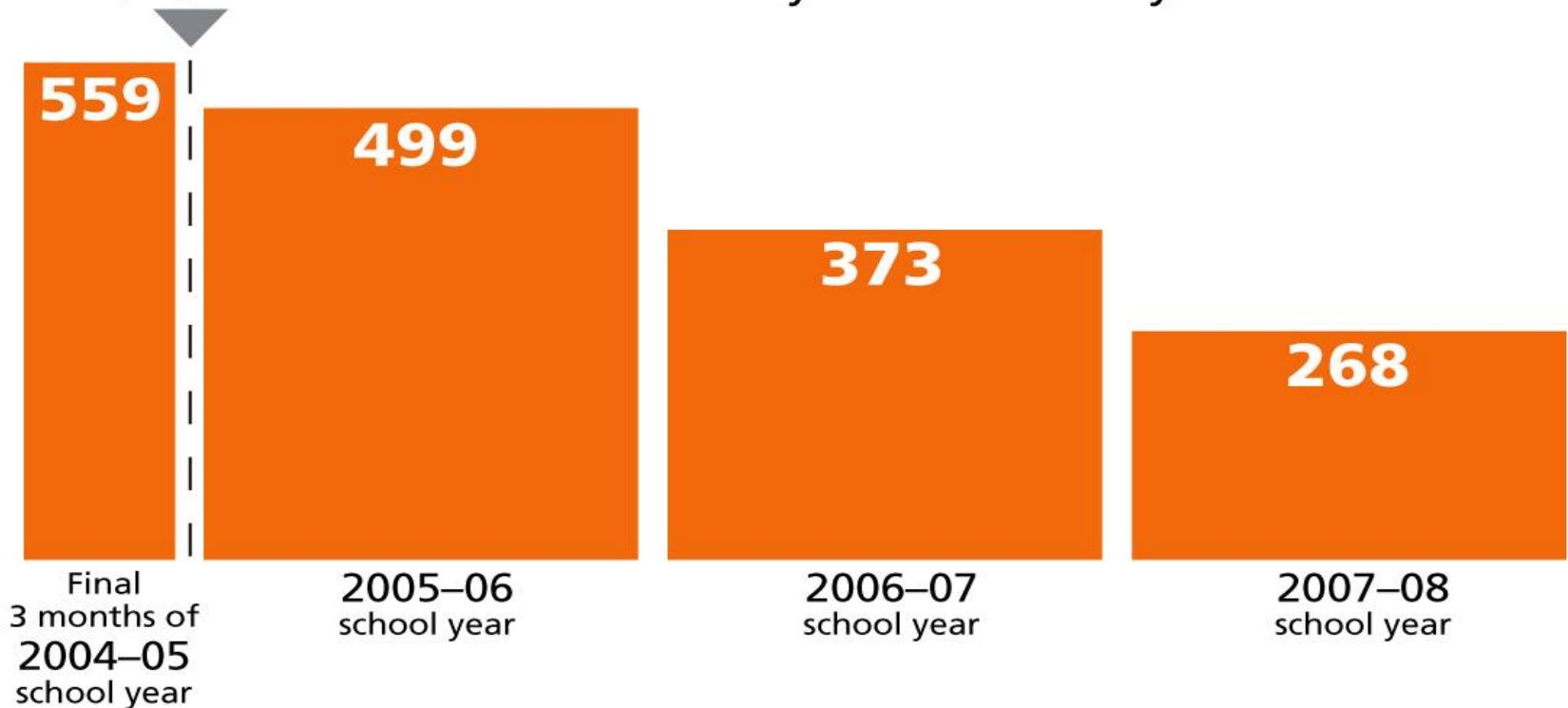
- 9% difference in problem behavior
- 10% difference in emotional distress

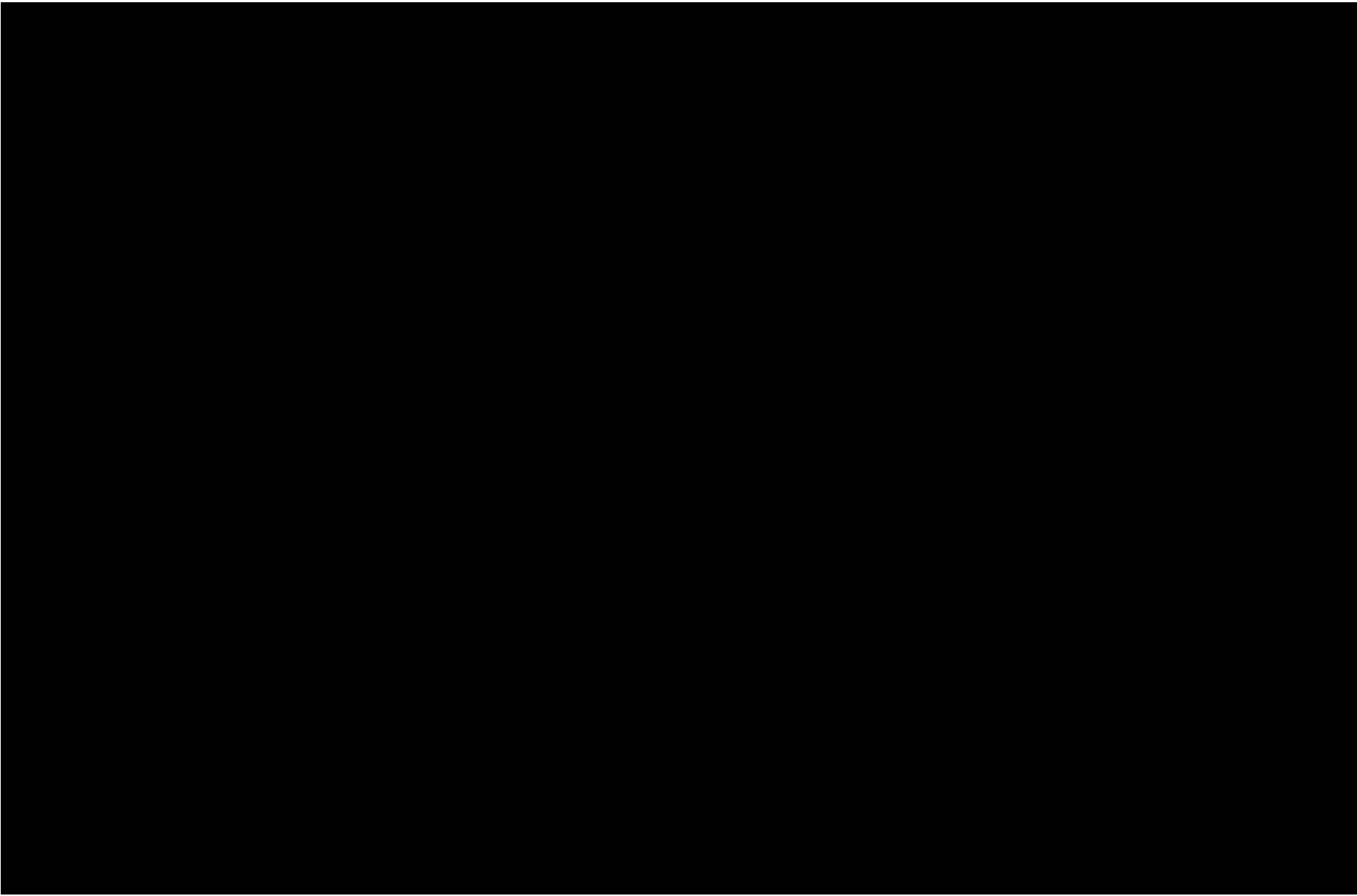


Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., and Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*, 82, 405-432.

Number of Office Referrals Griffith-Joyner Elementary School

Launched school wide implementation of the *Second Step* program





Good SEL Skills



Students can:

- Identify feelings
- Manage emotions
- Build positive relationships
- Solve problems

Children who learn these skills early in life are more self-confident, empathic, and communicate better with peers and adults.

Good Self-Regulation Skills

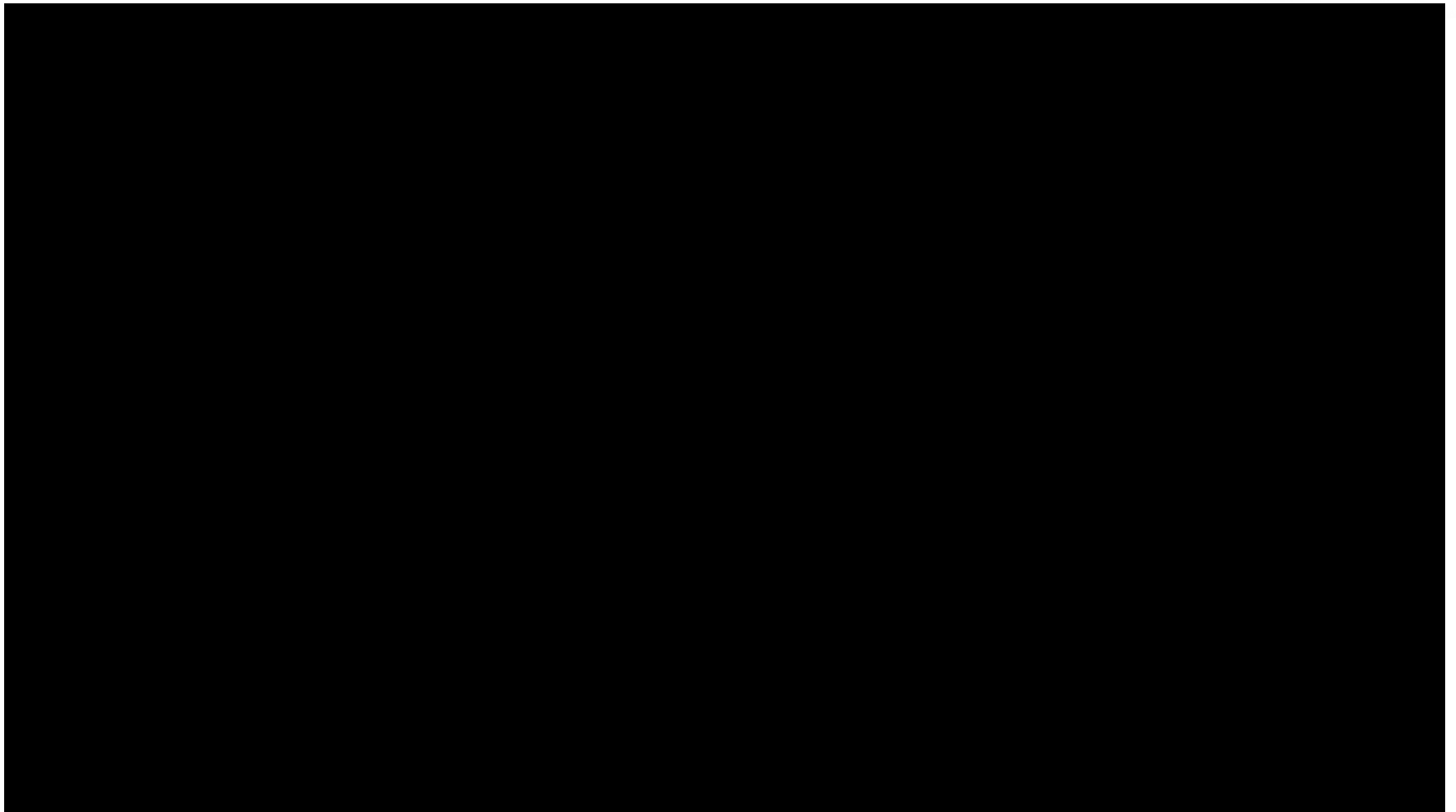
The ability to:

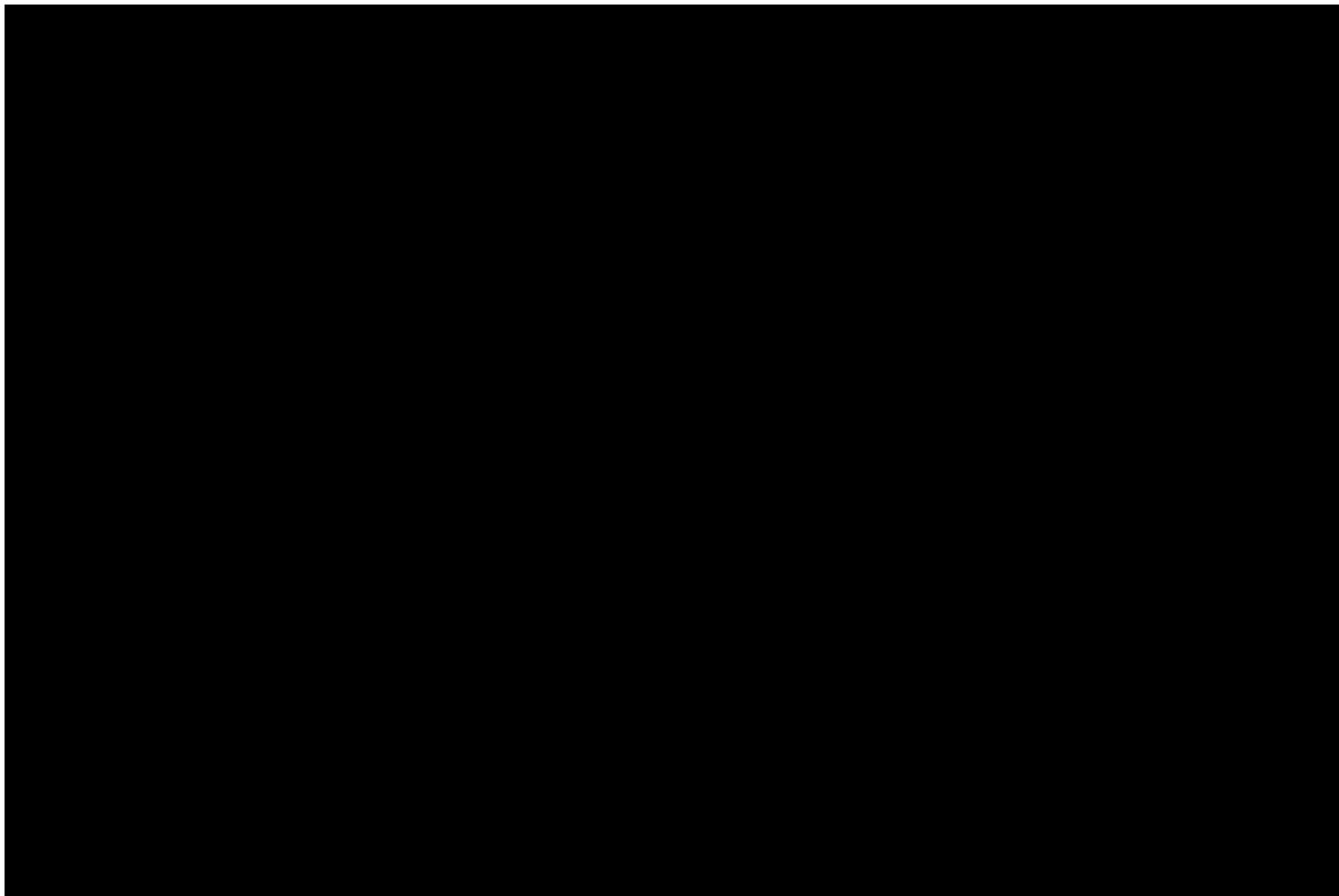
- Follow directions
- Persist at tasks
- Control impulses

Self-regulation skills at an early age can significantly affect long-term success in school and early adulthood.



Executive Function





Recommended Skills and Topics

K - 5

- Skills for learning
- Empathy
- Emotion management
- Problem solving
- Friendship skills



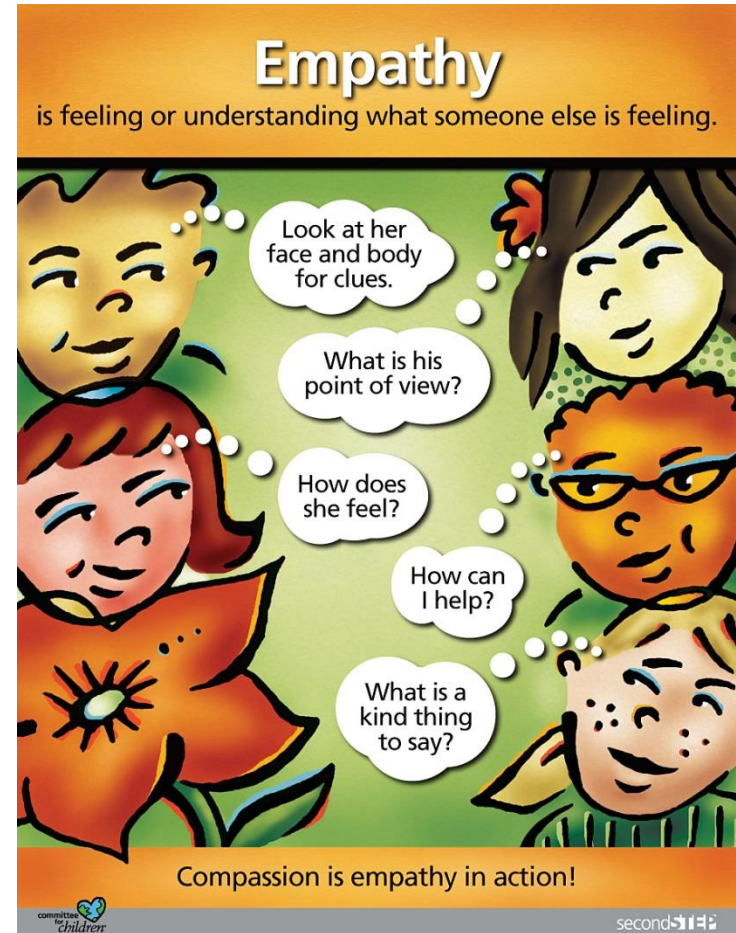
SEL Skills Help Kids Learn

- Listening
- Focusing attention
- Following directions
- Using self-talk
- Being Assertive



Empathy

- Identifying and understanding feelings
- Respecting similarities and differences
- Showing care and compassion
- Conversations skills, joining groups, making friends



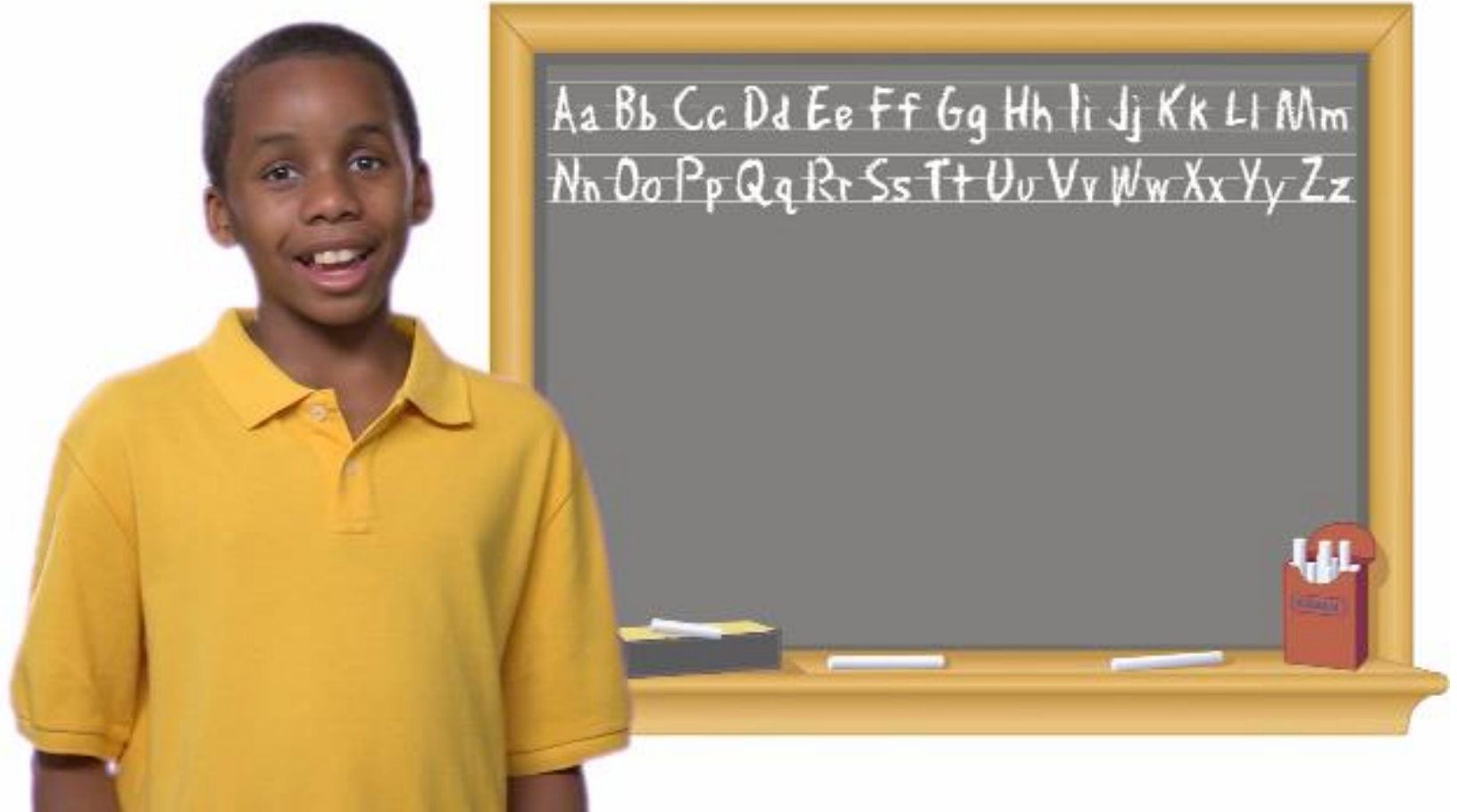
Teacher Discussion:

- How do you think Enrique felt?
- How do you think Derek felt?
- Why does Derek want to do something nice for Enrique?
- Think about what Derek could say to Enrique to show that he cares about how Enrique Feels.
- When you say or do something that shows you care about how another person feels, you are showing ***compassion***.

Emotion Management

- We feel feelings in our bodies
- Managing frustration and anger
- Calming down
- Managing accusations, disappointment
- Managing test anxiety

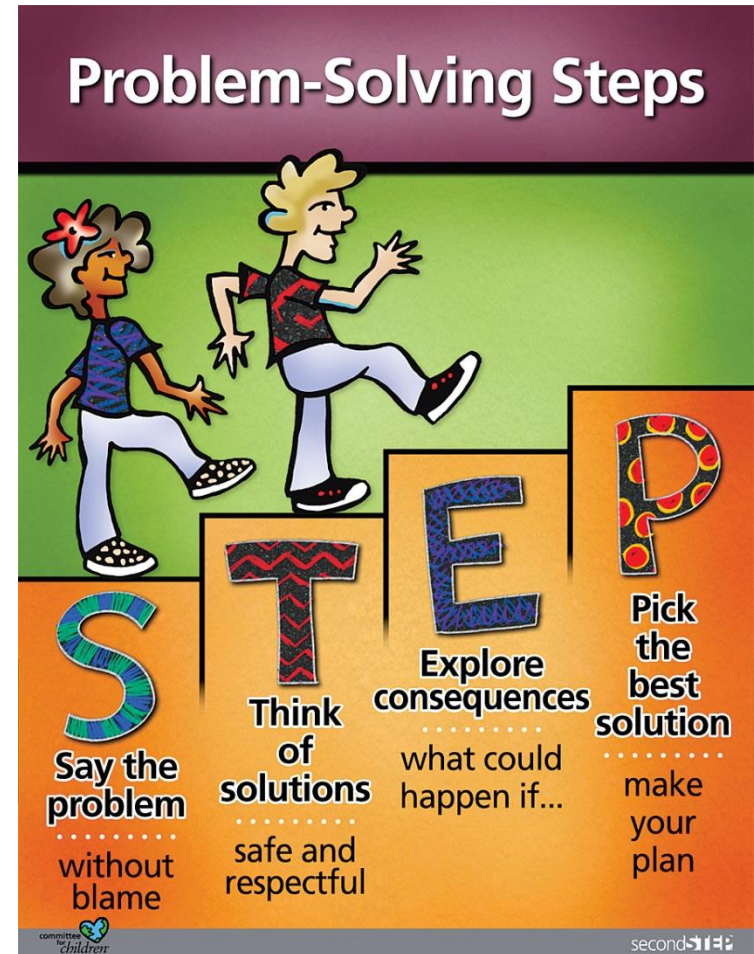




Belly Breathing Instructional Video

Problem Solving

- Solving problems
- Playing fairly
- Taking responsibility
- Solving classroom problems
- Seeking help when you need it



How to bring families in...

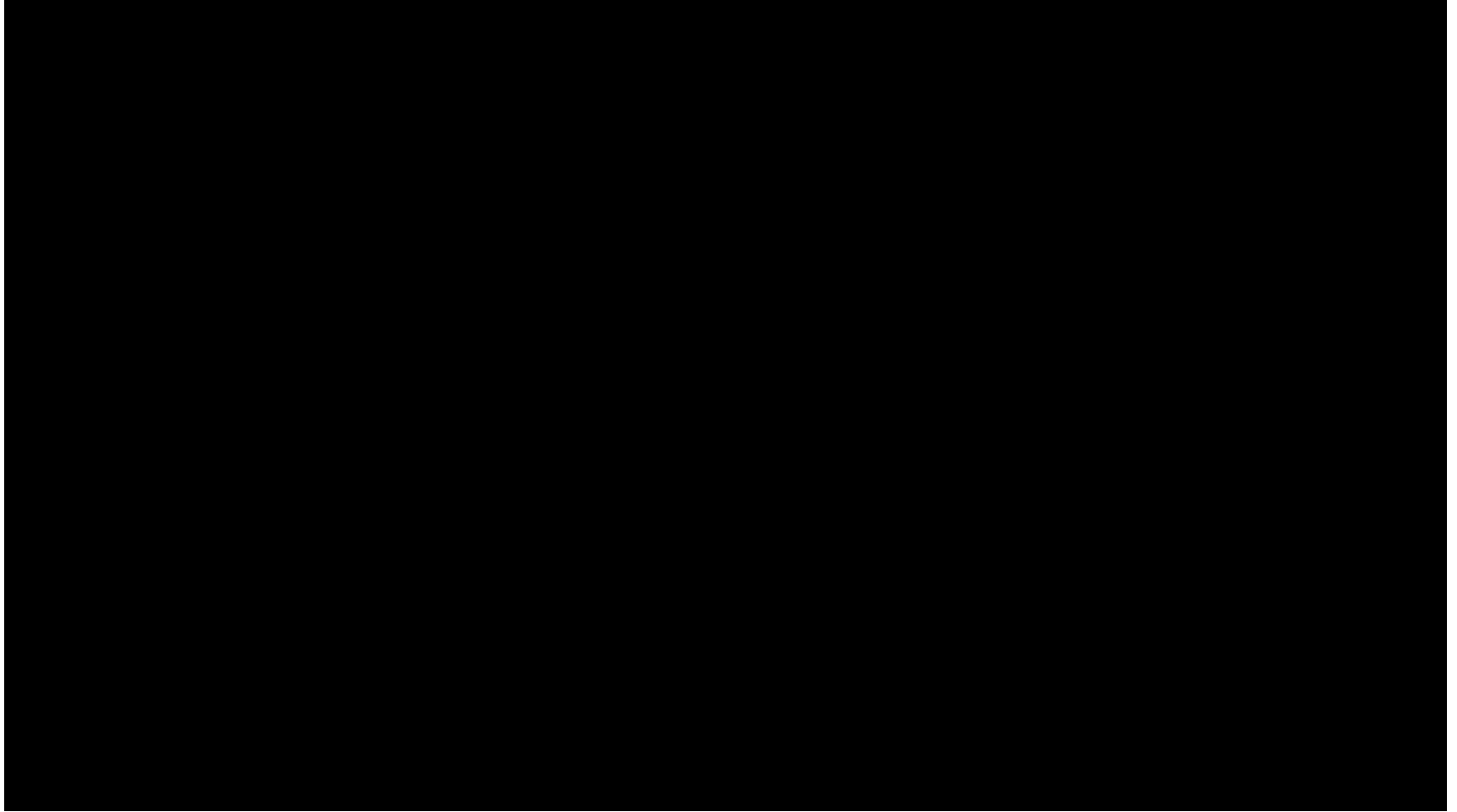
School Climate

- Providing comprehensive information to families
 - Do you know all the cultures in your school? Do you know how to communicate with them? Have you asked them?
- Volunteering
 - Is there a way to involve families in SEL in your classrooms?

Social-Emotional Learning

- Homework (Home Links)
- Family night to talk about SEL (what/why video?)
- Letters home in languages spoken in the homes
- Involve the community – speak with Out of School time so that SEL is in every aspect of the students daily lives
- What else?

Creative School-wide Success



Thank you!



Amy Walker
Regional Outreach Manager

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