

Steps to Having a Successful School Year!

Nadia Alaeddin
Kwalfle' Scott-Bradley

Hello!

We are the 161 Social
Emotional Learning (SEL)
Coaches.

Nadia Alaeddin (K-5)
nalaeddin@sd161.org

Kwalfle' Scott-Bradley (6-8)
kscottbradley@sd161.org





Social Emotional Learning



What is SEL?

SEL is the process through which students gain and effectively apply the knowledge, attitudes, and skills necessary to:

- Manage emotions
- Set and achieve positive goals
- Feel and express empathy for others
- Develop and maintain positive relationships
- Make responsible decisions
- <https://www.youtube.com/watch?v=ikehX9o1Jbl>

Standards and Goals of SEL

Goal 1

Develop self-awareness and self-management skills to achieve school and life success.

Goal 2

Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Goal 3

Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts

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Why do we need SEL?



ATTITUDES	BEHAVIOR	SCHOOL PERFORMANCE
Better sense of community	More class participation	Improved math, literacy, and social study skills
Higher academic motivation	Stronger pro-social skills	Higher achievement test scores (+14%)
Better understanding of consequences	Improved attendance	Higher grades (+11%)
Better coping skills	Reduction in discipline referrals	Improved problem-solving skills
Increased positive attitude towards school and learning	On track to graduate	Improved planning skills

How District
161 is
addressing
SEL:

Second Step

Promotes SEL development, safety, and well-being of children through teaching:

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

Capturing Kids



CKH supports growth in pro-social behaviors and CASEL's 5 SEL Competencies through:

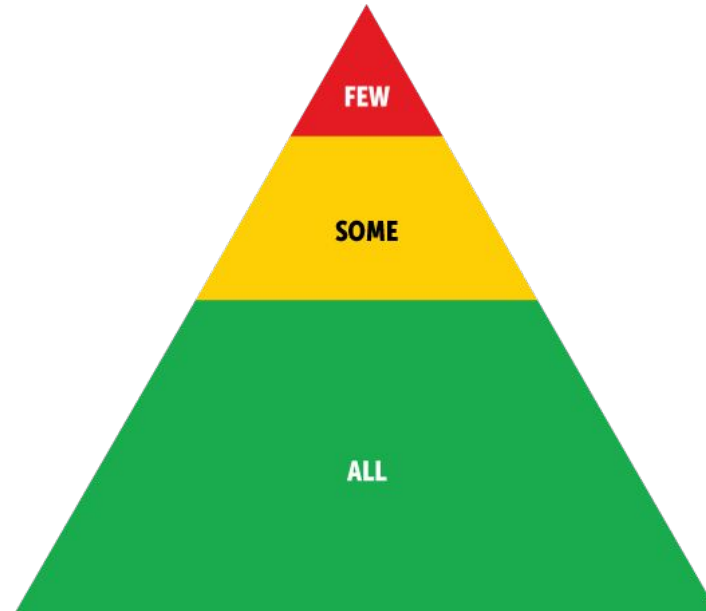
- Relationship building
- Good things
- Social Contract
- Affirmations



How District
161 is
addressing
SEL:

Positive Behavioral Interventions & Supports (PBIS)

- PBIS is a school-wide approach to creating a positive and safe climate in which students can learn and grow.
- It is used with all students and across all school environments,



**SEL
Integrated
During the
School Day**

Elementary
(K-5)

30 minutes, 1
day a week

6th & 7th Grade
43 mins, 5 days
a week

8th Grade
43 minutes, 1
day a week

CAN YOU "NAME THAT EMOTION"? Social
Emotional Learning Video Lesson/ Gameshow
- Social Awareness

The Present - OFFICIAL



**Coping
Strategies to
Teach Your
Child**

Strategies for Home

1.



2. *Make the choice not to over-react to stressors and deal with them one at a time*

e.g. take a few deep breaths and carry on.

3. *Take an objective view of your stressor*

e.g. is preparing dinner for 12 people really that horrible?

4. *Communicate!*

Don't ruminate or bottle up your emotions, as this will lead to an explosion later on.

5. *Accept yourself (and others)*

No one is perfect and there is always room for mistakes.

Strategies Cont.

6. Make *connections* with people

Social support is key!

7. Deal effectively with *mistakes*

i.e. Learn from your mistakes and apply them to future decision making.

8. Deal effectively with *successes* also!

This will build on your competence.

9. Develop *self-discipline and control*

e.g. train yourself to study harder in preparation for your final exam, or train yourself to work out four times a week to lose those pounds you gained since last Thanksgiving dinner!

10. *Maintenance!*

Practice, practice, practice for a long life of resilient living!





**Social
Emotional
Strategies for
Families**



**Strategies
for
Families to
Use at
Home**

- Be a good listener
- Model the behavior that you seek
- Nurture your child's self-esteem
- Respect differences



**Setting Up
Routines at Home
for a Successful
School Year!**



Routines

Why Routines Matter?

Routines provide a particular set of characteristics for children to be most developmentally supportive: **predictability and accessibility.**

Children benefit from relationships and environments that are predictable to them: this includes important caregivers who behave in predictable ways, and events that occur at predictable times.

Not only can children know easily when and how routines/events will occur, but even young children can often participate in these routines in meaningful ways by helping to set the table at dinnertime or choose their own book to read with a family member at bedtime.

Routines for Home

The Welcome Home Routine

- Home responsibilities
- Snack
- Completing homework
- Completing chores

The Destressing Routine

- Debrief about the day
- Activity of child's choice

The Winding Down Routine

- Set limits with screen time
- Introduce calming rituals
- Prepare for the next day
- SLEEP!



**SEL
Related
Activities
for at Home**

List of Books

List of Movies

SEL Activities for All Ages



Any **Questions?**