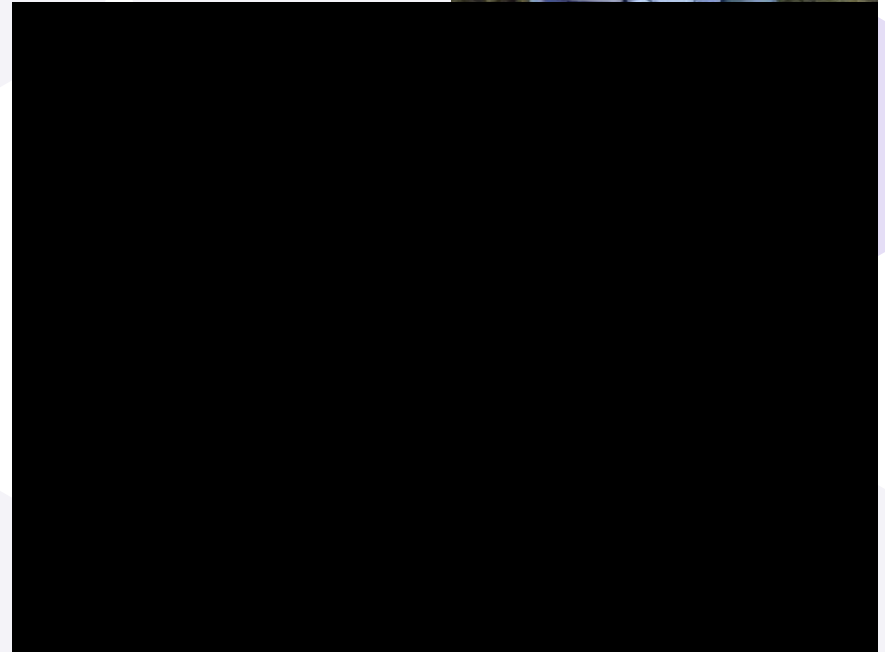


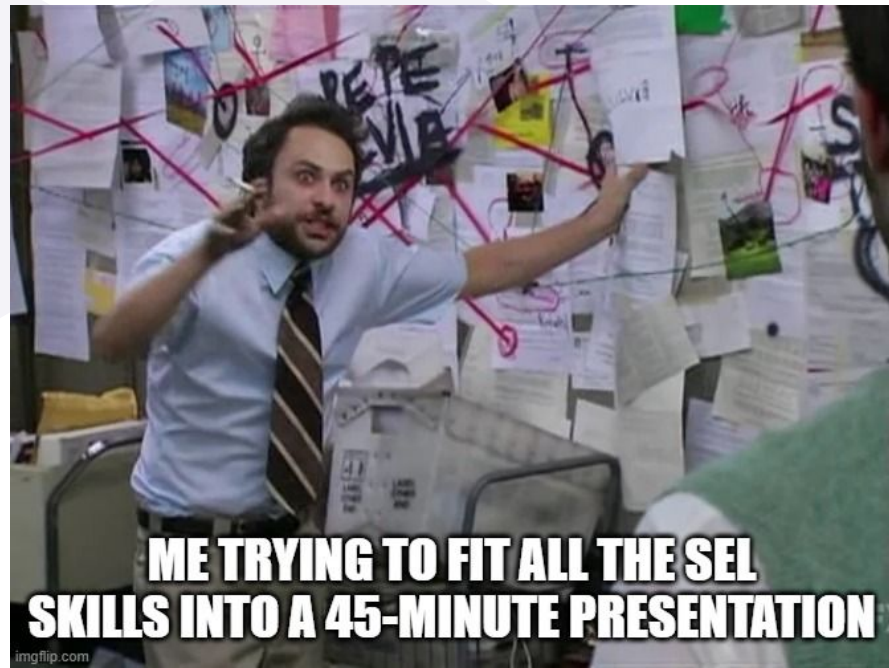


# HOW TO EMBED SEL SKILLS INTO THE CLASSROOM

# A little bit about me...

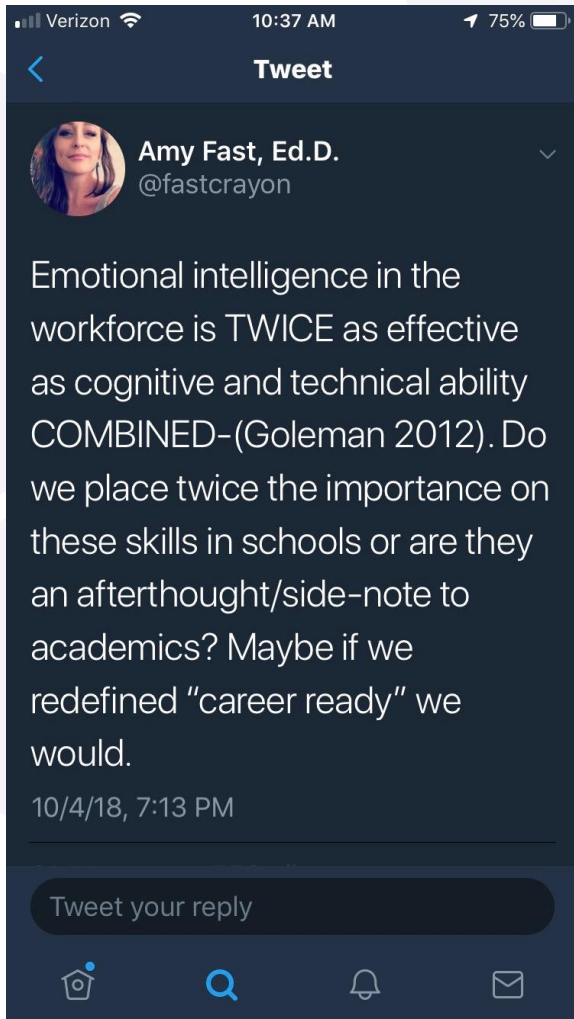
- BA - Elementary Education
  - ◆ Taught 5th/7th ELA at Elkhorn valley
  - ◆ Prague - 4 years
    - 5th/6th combined classroom
    - Title I (K-6th) and 7th grade ELA
- MA - Literacy
  - ◆ GIPS - 17th Year
    - 2nd grade
    - 7th grade ELA
    - **21st Century**
    - 7th grade ELA
    - Gear Up Academic Coach





“

*When students graduate high school and walk out of the building for the last time, what skills will they need in order to be successful, no matter what their next step will be?*



# IMPORTANCE OF SEL

- Average of 3.5 years AFTER the last intervention, the academic performance of students exposed to SEL was an average 13 percentile points higher than students NOT exposed to SEL.
- SEL students showed lasting decreases in negative outcomes such as conduct problems, emotional distress, and drug use, compared to control groups.

Taylor, Rebecca D., Eva Oberle, Joseph A. Durlak, and Roger P. Weissberg. "Promoting Positive Youth Development Through School-Based Social and Emotional Learning Interventions: A Meta-Analysis of Follow-Up Effects." *The Canadian Journal of Chemical Engineering*. Wiley-Blackwell, 07 July 2017. Web. 14 Nov. 2018.

DWANYE REED

"Students have to  
Maslow before they  
can Bloom."

Self-actualization

Esteem

Love & Belonging

Safety

Physiological



### Bloom's Taxonomy



Create

Evaluate

Analyze

Apply

Understand

Remember

# SEL Skills - Self

## Self-Management

Successfully regulating emotions, thoughts, and behaviors in different situations; effectively managing stress, controlling impulses, self-motivating, and setting and working toward personal and academic goals.

## Self-Awareness

Accurately recognize one's own emotions, thoughts, and values and how they influence behavior; accurately assessing one's own strengths and limitations; holding a well-grounded sense of confidence, optimism, and growth mindset.



# SEL Concepts - Self

## Self-Awareness

- Identifying emotions
- Optimistic explanatory style
- Growth mindset
- Self-efficacy

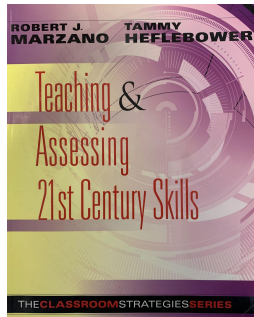


## Self-Management

- Managing interpretations
- Managing emotions
- Resilience
- Goal-setting



# Resilience



- Interactive notebook (glue chart, cut characteristics)
- Video analysis with should partner
- Check for accuracy and identify misconceptions
- Check for understanding - analysis and application
- Use with other ELA concepts - [Hatchet](#)

## Characteristics of Resilience Examples

Tough times don't last; Tough people do.

### Characteristic #1

Can tell positive from negative influences, and limit the power of those negative influences in their lives.



### Characteristic #2

Have a clear sense of what they want and do not want for themselves in the future.



### Characteristic #3

Do not feel resigned to an unsuccessful future, no matter how much adversity they have encountered.



### Characteristic #4

Have an ability to make and adapt specific plans to reach short- and long-term goals.



Erik Weihenmayer Video #1  
Erik Weihenmayer Video #2

## Characteristics of Resilience

Pg. 13

### 4 Characteristics of Resilient People:

<b>Characteristic #1</b>	Can tell positive from negative influences, and limit the power of those negative influences in their lives
<b>What obstacle did the individual overcome?</b>	
<b>How was this characteristic demonstrated in the video?</b>	

Characteristic	Video	
#1	Michael Oher	Can tell positive from negative influences, and limit the power of those negative influences in their lives
#2	Rion Paige	Have a clear sense of what they want and do not want, for themselves in the future
#3	Jim Carrey	Do not feel resigned to an unsuccessful future, no matter how much adversity they have encountered
#4	Erik Weihenmayer	Have an ability to make and adapt specific plans to reach short- and long term goals

# SEL Skills - Decision-Making

## Responsible Decision-Making

Making ethical, constructive decisions with a realistic understanding of the consequences; considering the well-being of oneself and others.



# SEL Concepts - Decision-Making

## Responsible Decision-Making

- Problem-solving
- Ethical Responsibility  
(Integrity)
- Taking ownership



DAVE COVERLY

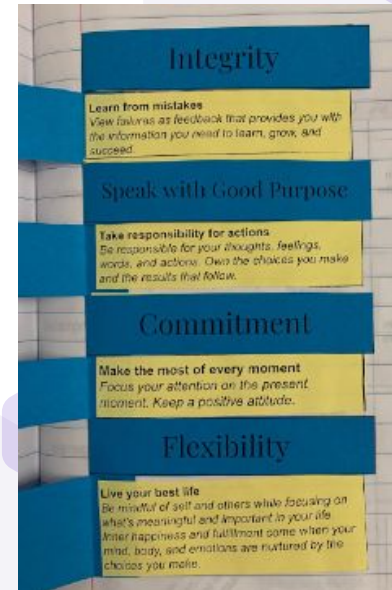
"MISS WILCOX, SEND IN SOMEONE TO BLAME."

# 8 Keys of Excellence

- Interactive notebook (glue chart, cut descriptions)
- Analysis with shoulder partner
- Check for accuracy and identify misconceptions
- Use videos, quotes, memes, cartoons, and song lyrics to reinforce concept
- Use with other ELA concepts



**MOST PEOPLE  
WOULD LEARN FROM  
THEIR MISTAKES  
IF THEY WEREN'T SO BUSY  
DENYING THEM**



# SEL Skills - Social Interaction

## Social Awareness

Demonstrating and practicing perspective-taking and empathy toward others; understanding appropriate social behavior; recognizing support resources such as family, school, and the community.

## Relationship Skills

Creating and maintaining healthy relationships; communicating and listening effectively; cooperating with others; resisting harmful social pressure; managing conflict constructively; seeking or providing help when needed.

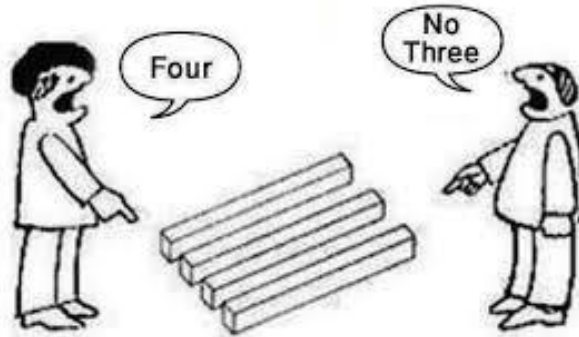


# SEL Concepts - Social Interaction

## Social Awareness

- Perspective-taking
- Empathy
- Tornadoes of Negativity

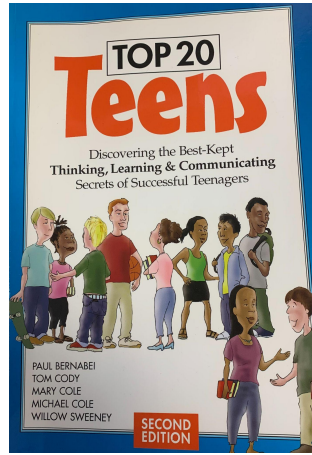
It is really confusing!!!



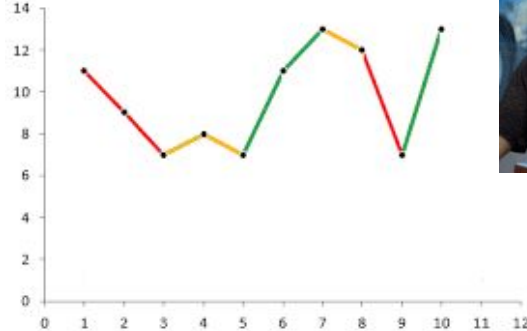
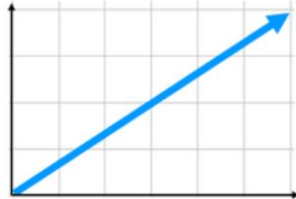
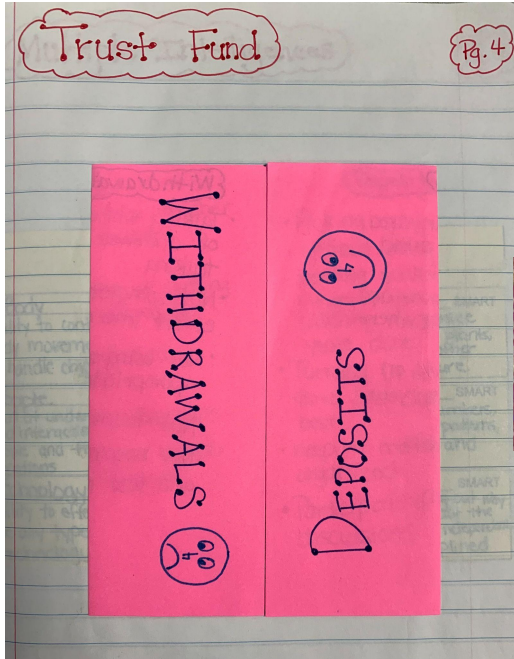
## Relationship Skills

- Controversy and Conflict Resolution
- Responsible Interaction
- Levels of listening
- Trust Fund
- “But I didn’t say anything!”

# Trust Fund



- Trust Fund Lesson
  - Examples
  - Outcomes (positive vs. negative)
- Interactive Notebook
- Check for understanding - analysis and application (historical figures, characters, etc.)
- Use with other ELA concepts (cause/effect relationship)



# Weekly Schedule - Application

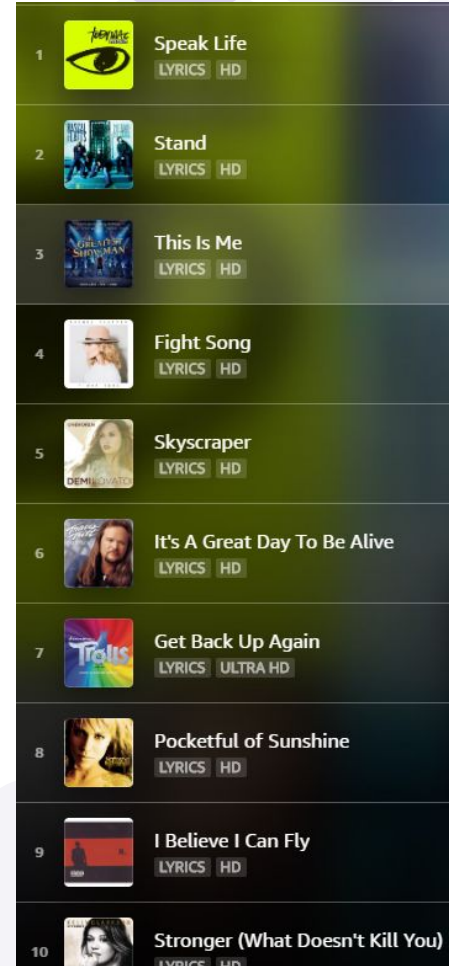
<b>2. Motivational Mondays</b> (What did you learn from the video? How can you apply it to your life?)	<b>3. 21st Century Tuesdays</b> (Which 21st Century Skill is being demonstrated? Give evidence to support your answer.)	<b>4. Writing Wednesdays</b> (Free write your thoughts and extend your thinking. Make connections to your life. )	<b>5. Thriving Thursdays</b> (Which of the 8 Keys to Thriving is being demonstrated? Give evidence to support your answer.)
<ul style="list-style-type: none"> <li>• <a href="#">Grit - Ted Video Writing</a></li> <li>• <a href="#">Change the World</a> - Greg Boyle speech</li> <li>• <a href="#">What Students Really Need to Hear</a></li> <li>• <a href="#">Quote about learning</a></li> <li>• <a href="#">Veteran's Mindset</a></li> <li>• <a href="#">Warrior Princess</a></li> <li>• <a href="#">Goal-Setting</a></li> <li>• <a href="#">Discipline Yourself</a></li> <li>• <a href="#">Best Advice from an Astronaut</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Rise Up Lyric Sheet</a></li> <li>• <a href="#">Death Crawl</a> - "Facing the Giants"</li> <li>• <a href="#">Life is not always as it seems</a></li> <li>• <a href="#">"Those who wish to sing..."</a></li> <li>• <a href="#">Hatchet: Ch. 1-5</a></li> <li>• <a href="#">The Climb</a></li> <li>• <a href="#">"Empathy begins..."</a></li> <li>• <a href="#">92-Year Old's Advice</a></li> <li>• <a href="#">Brick Foundation</a></li> <li>• <a href="#">Nick Vujicic - Part 1</a></li> <li>• <a href="#">Nick Vujicic - Part 2</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">"State of Mind" quote</a></li> <li>• <a href="#">"Wonderful" lyrics</a></li> <li>• <a href="#">Scary Story Prompt</a></li> <li>• <a href="#">"Don't Settle" quote</a></li> <li>• <a href="#">My Trip</a></li> <li>• <a href="#">Overcoming Obstacles</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">"Cookie Jar" lyrics</a></li> <li>• <a href="#">Quote "Wind/Sails"</a></li> <li>• <a href="#">Quote/"Kindness"</a></li> <li>• <a href="#">Watch your...</a></li> <li>• <a href="#">The Empty Pot</a></li> <li>• <a href="#">Live Like You Were Dying</a></li> <li>• <a href="#">"Time..."</a></li> <li>• <a href="#">The Office - Golden Ticket</a></li> <li>• <a href="#">"Hero" by Superchick</a></li> </ul>



## Other Ideas



- \*Collaborate with other teachers and divide the content
- \*Make an SEL playlist and start each class playing a song
- \*Share with other teachers what you're teaching so they can use the same vocabulary to reinforce the information



# Resources

## 8 Keys of Excellence

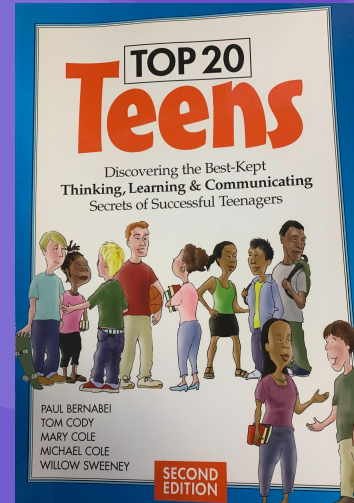
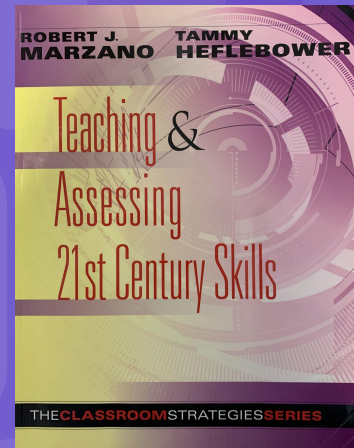
- \*Integrity
- \*Failure Leads to Success
- \*Speak With Good Purpose
- \*Ownership
- \*Commitment
- \*This is it!
- \*Flexibility
- \*Balance

## Top 20 Teens

- \*EQ vs. IQ & Star Qualities
- \*Trust Fund
- \*Levels of Listening
- \*Tornadoes of Negativity
- \*\*“But I didn’t say anything!”

## Teaching & Assessing 21st Century Skills

- \*Managing Interpretations
- \*Resilience
- \*Growth Mindset
- \*Optimistic Explanatory Style
- \*Positive Possible Selves
- \*Avoiding Negative Ways of Thinking
- \*Perspective-Taking and Perspective Analysis



Questions?



[slindsey@gips.org](mailto:slindsey@gips.org)



Have a great day!!!