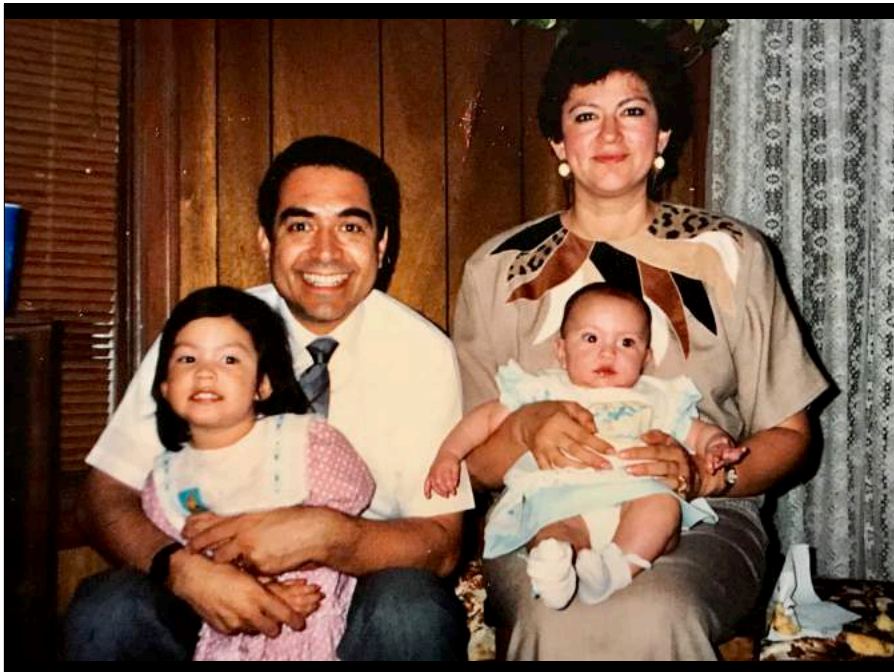


Engaging and Empowering Parents Through Social and Emotional Learning (SEL)

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Mood Meter

Yale Center for Emotional Intelligence



What are the qualities you most want your children to possess as they grow into adults?

Is it math skills, scientific knowledge, athletic ability?

Is it confidence, kindness, a sense of purpose, the wisdom to build healthy, lasting relationships?

"It's true that knowledge is power, but academic achievement is only one aspect of a successful education. Children must also learn social-emotional skills like managing emotions, practicing self-discipline, setting goals, and making responsible decisions."

What is Social and Emotional Learning?

Social and emotional learning (SEL) is the process through which children, adolescents, and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to:

- understand and manage emotions,
- set and achieve positive goals,
- feel and show empathy for others,
- establish and maintain positive relationships, and
- make responsible decisions.

Social and Emotional Learning (SEL) and Culturally Responsive Teaching (CRT) Competencies



© 2015 Collaborative for Reaching & Teaching the Whole Child and Acknowledge Alliance
Based on "Social and Emotional Learning Core Competencies," Collaborative for Academic and Social Emotional Learning (CASEL) and work with ePly Consultancy

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY

SELF-MANAGEMENT

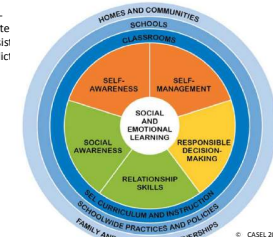
The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK



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JANUARY 2017

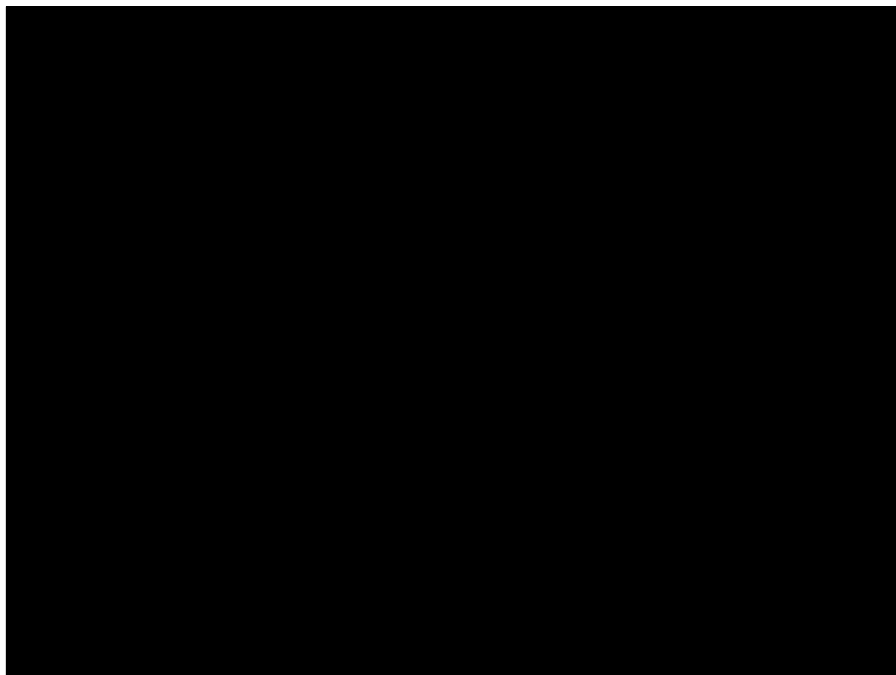
COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING

www.casel.org

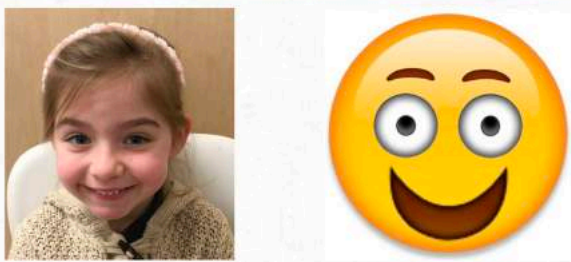
"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another."

- Alfred Adler





Thankful



I feel thankful when someone gives me a present so I give them one back. -Ellie



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

The Power of Words

Never underestimate the power of your words to change a child's perception of themselves.

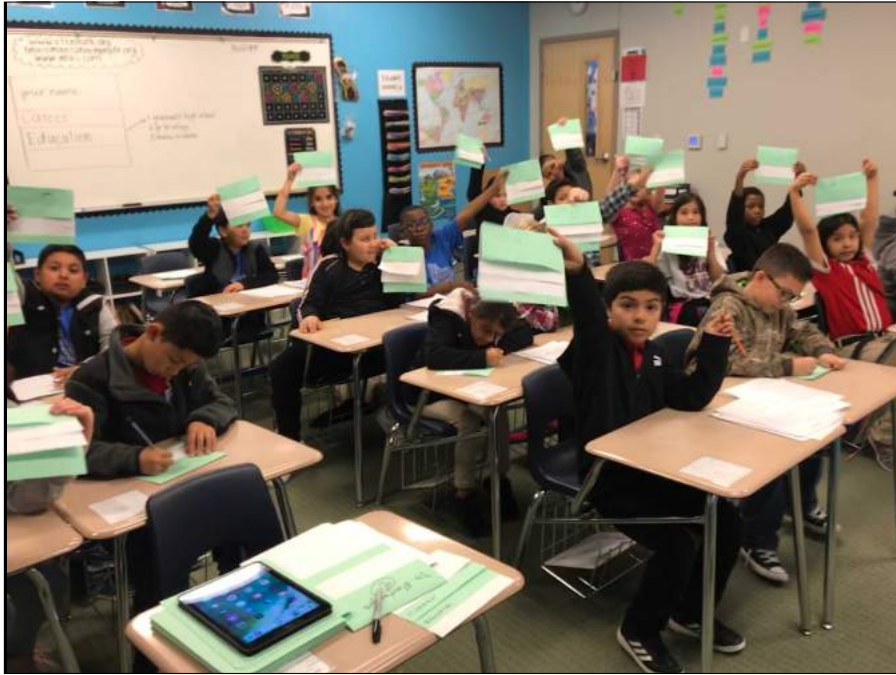


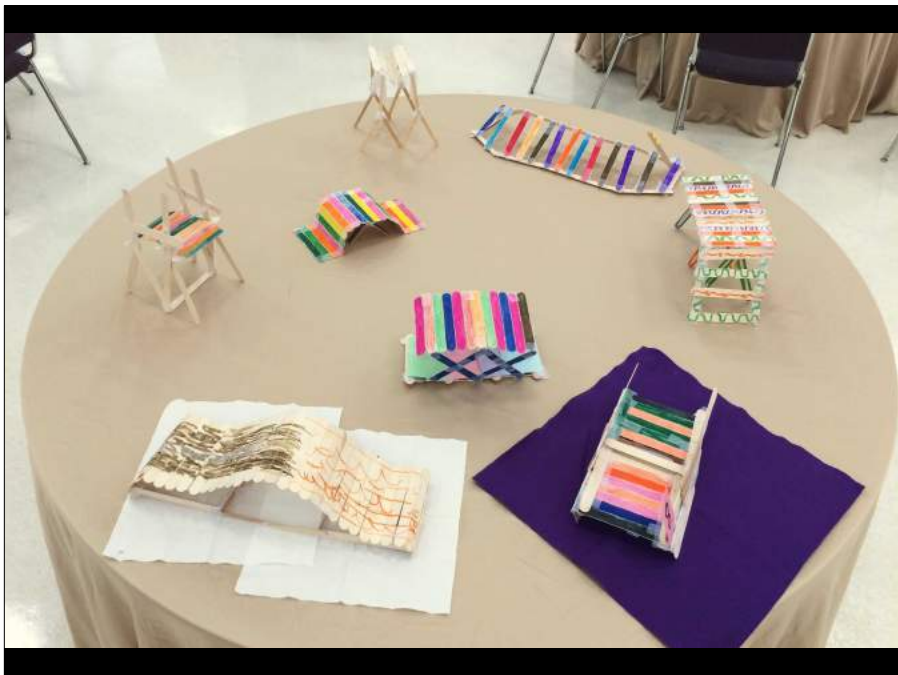
Lifting Student Voices

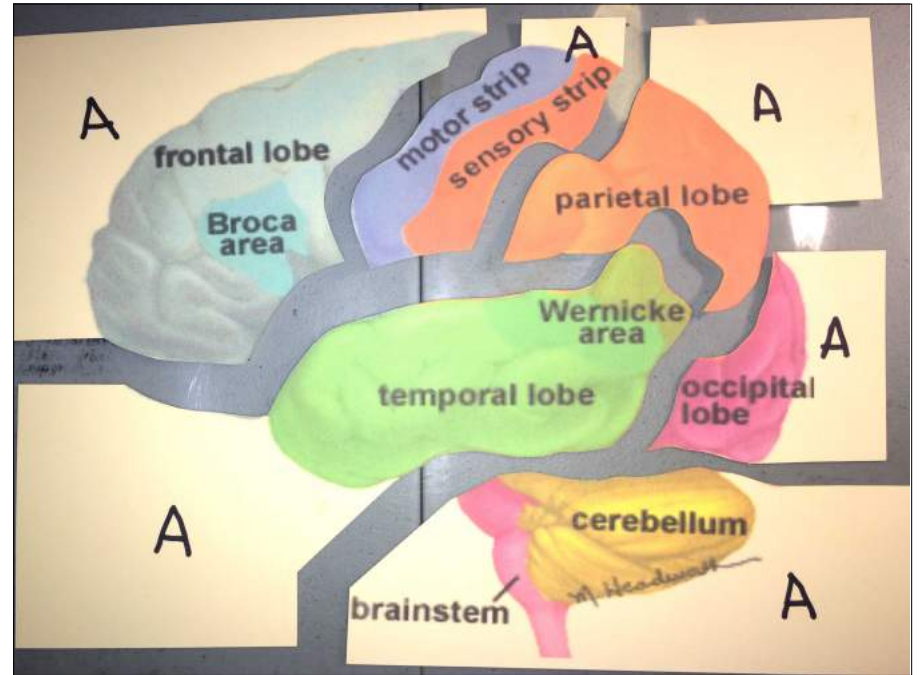
The five most frequent responses youth give when asked, “What do you want most in life?”

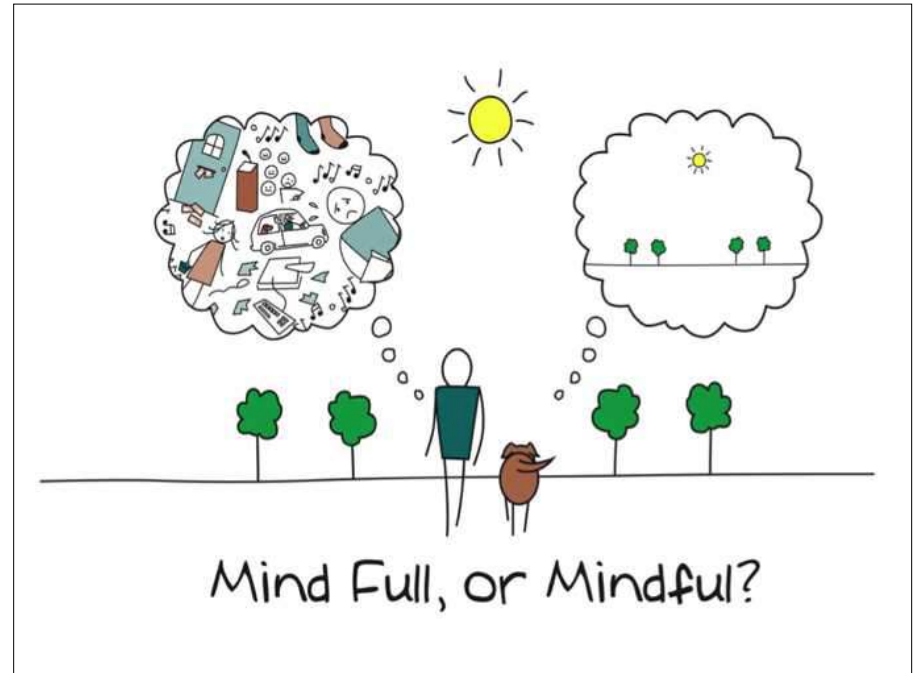
- To belong
- To be understood
- To live with structure
- To live comfortably
- To be loved











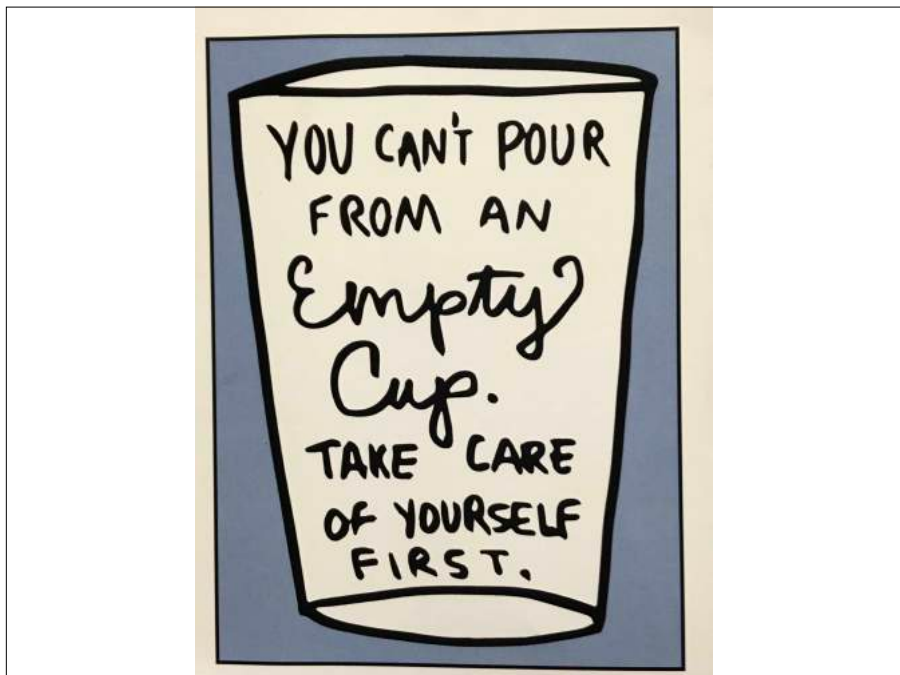
What is Mindfulness?

- Mindfulness is paying attention to your life, here and now, with kindness and curiosity.
- Paying attention to our internal and external worlds and the interactions between the two.
- Attending to the breath, the body, thoughts, emotions, tastes, smells, sights, sounds, and our impulses and actions and their effects on others and our environment.
- Simply, noticing the way things are...
Without Judgment

Mindful Posture

A mindful posture has six guidelines:

1. Face forward
2. Keep your back upright and comfortable
3. Place your hands on your thighs
4. Quiet your mind
5. Relax your entire body
6. Close your eyes or leave them gently open and softly focused



Dr. Thelma Melendez



Beginning...



...With the End in Mind



METTA

Hand on heart (unmute).

May I be Safe

May I be Healthy

May I be Happy

May I be at Peace

