

# Learning the Rules of the Game: Social Emotional Learning (SEL)



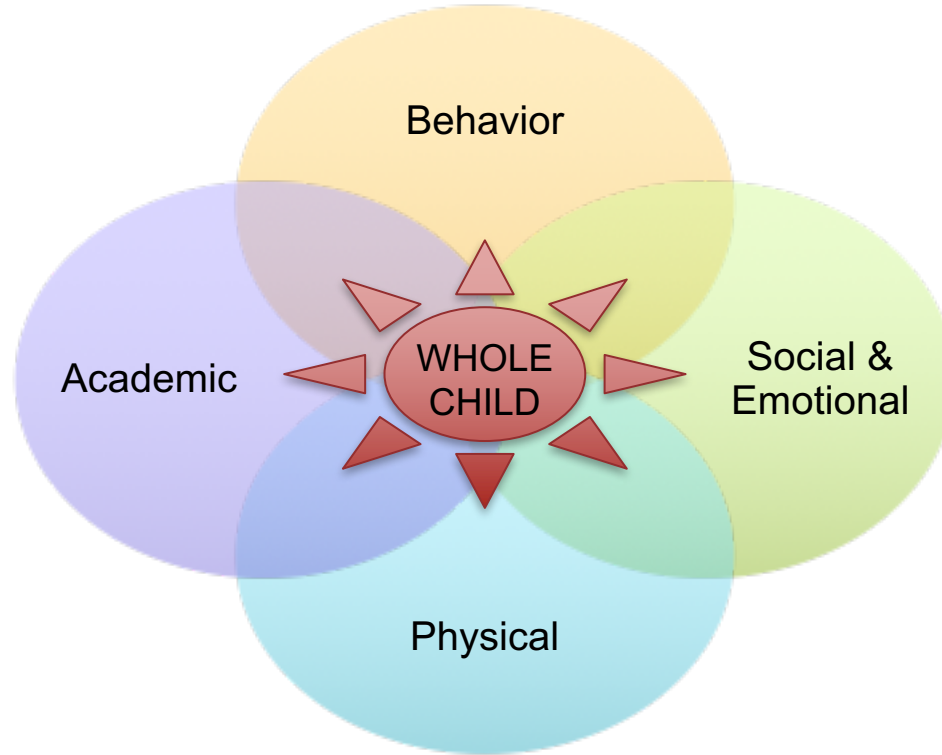
Saturday, April 21, 2018  
10:20 a.m. - 11:20 a.m.

# Session Outcomes:

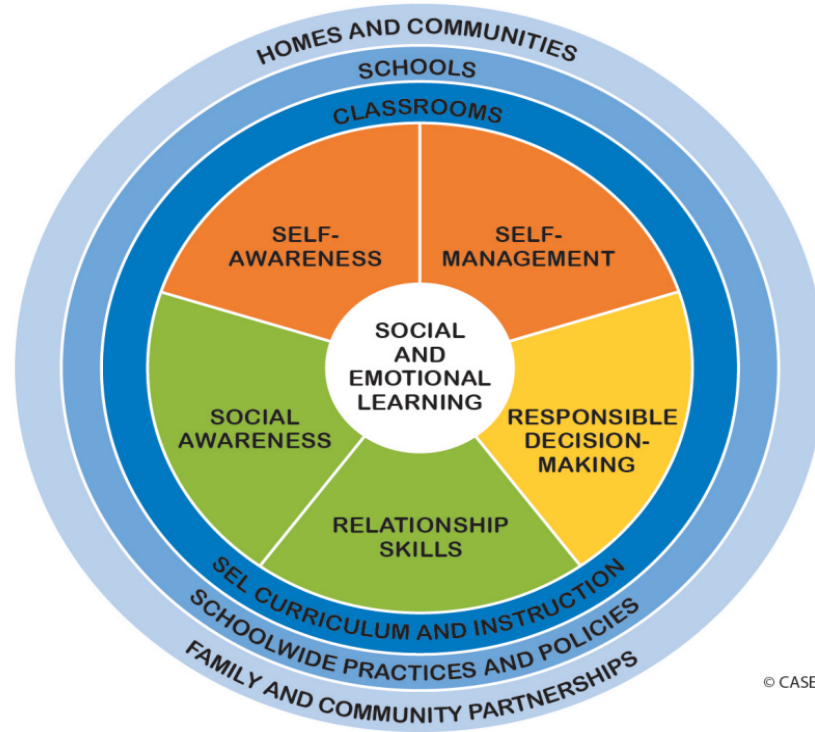
Gain practical social, emotional learning strategies and activities on how you can support your child at home



# Whole Child Education



# What Is SEL?



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# Why SEL?

Major domains of human development—**social, emotional, cognitive, linguistic, academic**—are **deeply intertwined** in the brain and in behavior, and all are central to learning.

## The Evidence Base for How We Learn

### Supporting Students' Social, Emotional, and Academic Development

Consensus Statements of Evidence  
From the Council of Distinguished Scientists

National Commission on Social, Emotional, and Academic Development  
The Aspen Institute

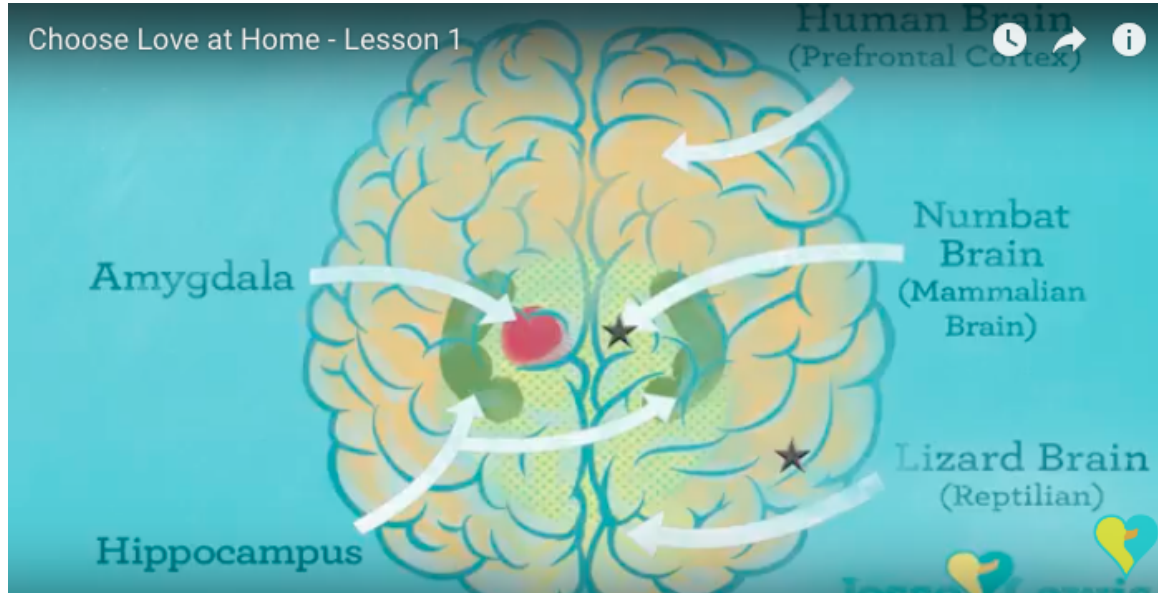
Stephanie M. Jones & Jennifer Kahn

September 13, 2017



# Strategies: Stress Ball

## Understanding and Managing Emotions



<https://www.jesselewischooselove.org/choose-love-home-program/>

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# Strategies: SMART Goals

## Setting and Achieving Positive Goals



Adapted from Rainbows in Me Program

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# Strategies: Emotional Awareness

## Showing Empathy for Others



*Before you speak, Think and be smart. It's hard to fix a wrinkled heart!*



# Strategies: Emotional Awareness

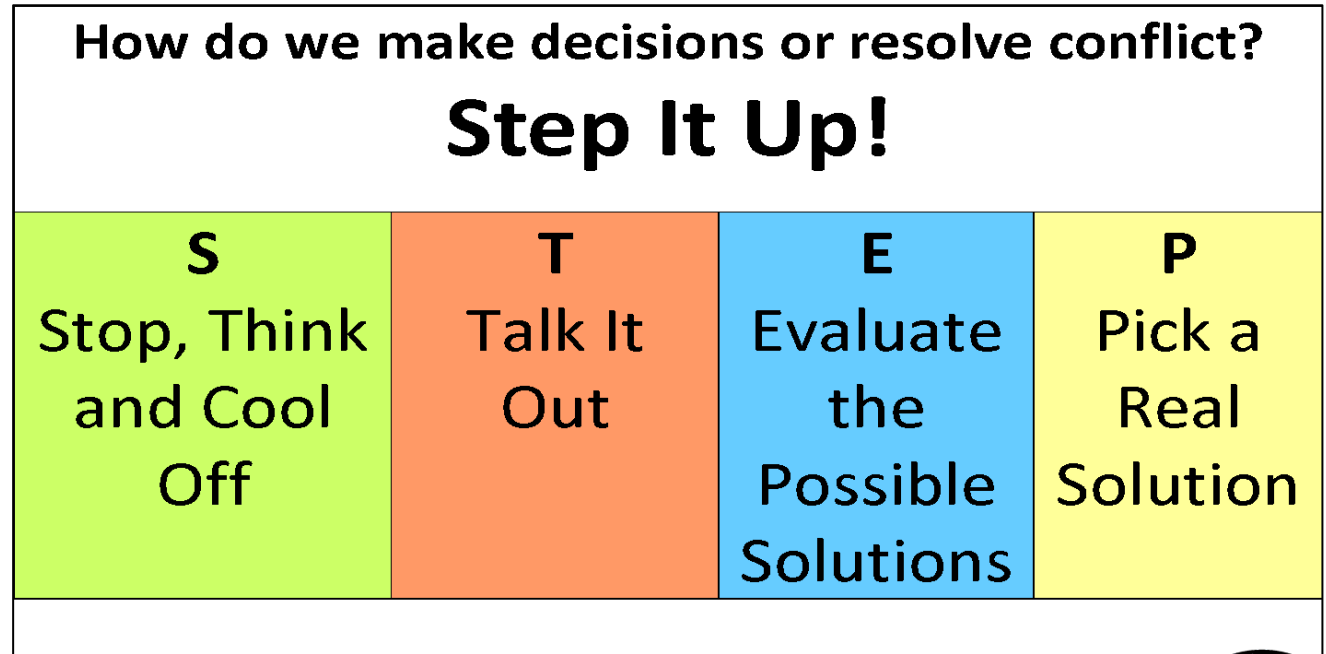
## Establishing and Maintaining Positive Relationships

Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids



# Strategies: Decision-Making Process

Making  
Responsible  
Decisions



Adapted from Sanford Harmony Program

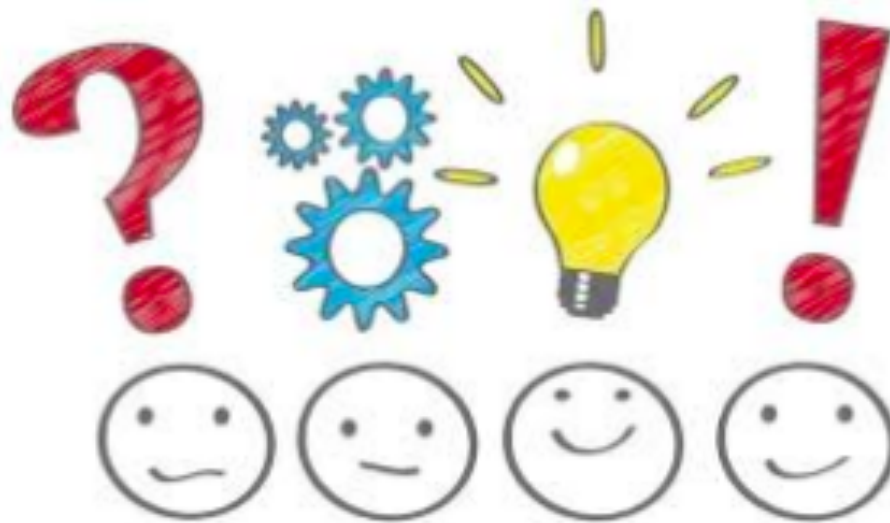
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# Questions



# References

- Choose Love Program: <https://www.jesselewischooselove.org/>
- Collaborative for Academic, Social, and Emotional Learning (CASEL): <https://casel.org/>
- Committee For Children: <http://www.cfchildren.org/mission-vision/what-is-sel/>
- Edutopia Blog: SMART Goal Setting with Your Students: <https://www.edutopia.org/blog/smart-goal-setting-with-students-maurice-elias>
- Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids
- Rainbows in Me program by Stephen Chinen
- Sanford Harmony Program
- The Aspen Institute



# Additional Resources

- [http://www.casel.org/wp-content/uploads/2017/11/ReadyToLead\\_FINAL.pdf](http://www.casel.org/wp-content/uploads/2017/11/ReadyToLead_FINAL.pdf)
- [https://assets.aspeninstitute.org/content/uploads/2017/09/SEAD-Research-Brief-9.12\\_updated-web.pdf](https://assets.aspeninstitute.org/content/uploads/2017/09/SEAD-Research-Brief-9.12_updated-web.pdf)
- Using Stress Balls to Focus the Attention of Sixth-Grade Learners
- <https://files.eric.ed.gov/fulltext/EJ853381.pdf>
- Operation Respect – Crumpled Heart narrative: <http://operationrespect.org/theme-1-expressing-feelings/lesson-4-torn-heart/>



# Additional Resources

- Additional recommended readings:
- **Chrysanthemum** by Kevin Henkes
- **The Hundred Dresses** by Eleanor Estes
- **Wonder** by R.J. Palacio
- Turtle Technique: <http://csefel.vanderbilt.edu/modules/module2/handout7.pdf>
- Setting SMART GOALS: <https://www.scholastic.com/teachers/blog-posts/genia-connell/setting-almost-smart-goals-my-students/>
- Perseverance: The Frostig Center: <https://frostig.org/professional-development/success-attributes/>
- **The 6 Success Factors for Children with Learning Disabilities: Ready-to-Use Activities to Help Kids with LD Succeed in School and in Life** by [Frostig Center](#), [Richard Lavoie \(Foreword by\)](#), [Marianne Frostig Center of Educational Therapy Staff](#) Frostig Center



# Mahalo!

Thank you for spending time with us learning about  
SEL!

*Patricia Dong, HIDOE Educational Specialist*

*Fern Yoshida, HIDOE Educational Specialist*

