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

- Behavior
- Social & Emotional
- Physical
- Academic

WHOLE CHILD
What Is 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.
Strategies: Stress Ball

Understanding and Managing Emotions

https://www.jesselewischooselove.org/choose-love-home-program/
Strategies: SMART Goals
Setting and Achieving Positive Goals

Adapted from Rainbows in Me Program
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

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<thead>
<tr>
<th>Step It Up!</th>
<th>How do we make decisions or resolve conflict?</th>
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<tr>
<td><strong>S</strong> Stop, Think and Cool Off</td>
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<td><strong>T</strong> Talk It Out</td>
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<td><strong>E</strong> Evaluate the Possible Solutions</td>
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<td><strong>P</strong> Pick a Real Solution</td>
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Adapted from Sanford Harmony Program
Questions
References

- Choose Love Program: https://www.jesselewiscooselove.org/
- Committee For Children: http://www.cfchildren.org/mission-vision/what-is-sel/
- Rainbows in Me program by Stephen Chinen
- Sanford Harmony Program
- The Aspen Institute
Additional Resources

- Using Stress Balls to Focus the Attention of Sixth-Grade Learners
- Operation Respect – Crumpled Heart narrative: [http://operationrespect.org/theme-1-expressing-feelings/lesson-4-torn-heart/](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
- Perseverance: The Frostig Center: [https://frostig.org/professional-development/success-attributes/](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