Empowering Your Kids with SEL

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What is SEL?

Social Emotional Learning

SEL is the process of helping students develop the skills to manage their emotions, resolve conflict nonviolently, and make responsible decisions.

What is SEL?

Social Emotional Learning

Why does it matter?

Research shows that promoting social and emotional skills leads to:

- Reduced aggression among children
- Higher academic achievement
- Improved ability to function in school and in the workplace

Social Emotional Learning:

What is SEL and Why It Matters

Goals of SEL in Schools

- Recognize emotions in oneself and others
- Manage strong emotions
- Have empathy for others
- Control impulses
- Communicate clearly and assertively
- Maintain cooperative relationships
- Make responsible decisions
- Solve problems effectively

What Does SEL look like at BPE?

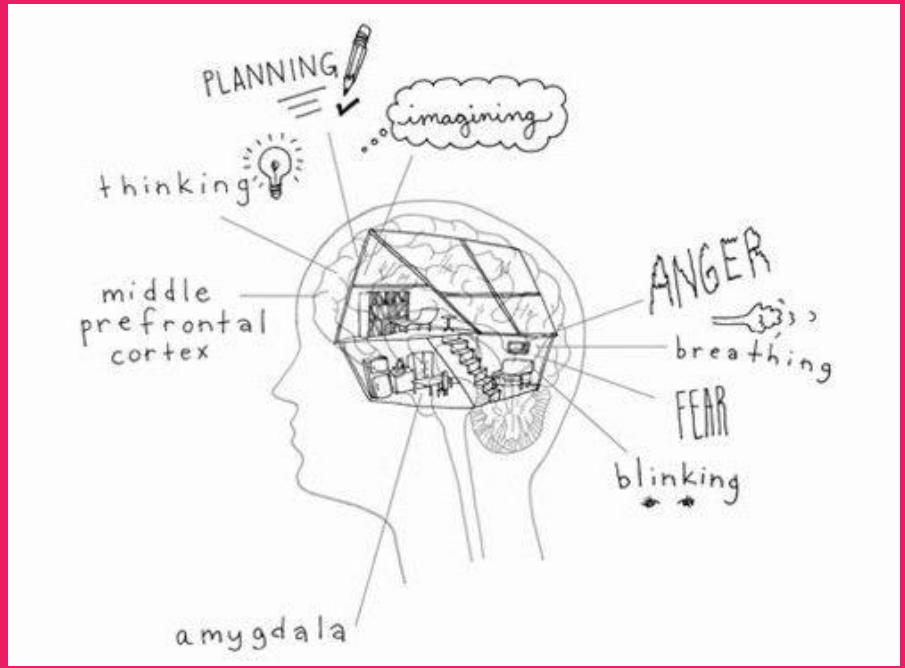
- Classroom Morning Meeting (Daily)
- Counselor Led SEL Monthly Classroom Lessons
- BPE Life Skills program
- Teacher Led SEL Lessons using Second Step
- 5th Grade Leadership Program
- Buddy classrooms
- No Place for Hate Activities

Monthly Counselor Led SEL Lessons

Each month, Ms. Edwards or Ms. Ashorn visit each classroom to teach SEL lessons. Lessons topics can include:

- Acceptance
- Diversity
- Growth Mindset
- Bullying
- Mindfulness
- Internet Safety
- Positive Decision Making
- Self Esteem
- Goal Setting
- Friendship
- Brain Safety
- Managing Stress

The Importance of Labeling Emotions

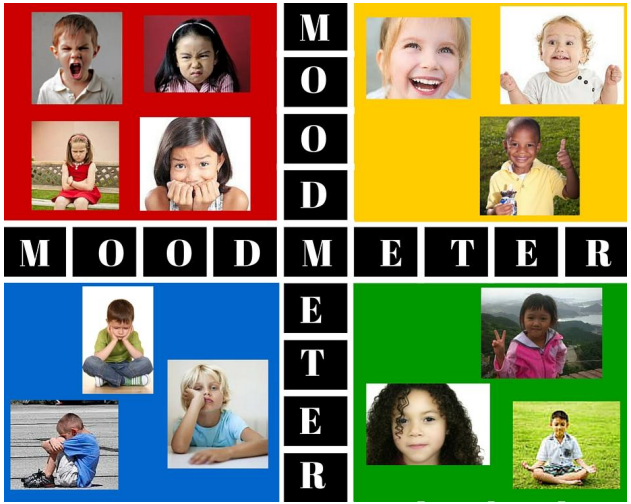


“Name It To Tame It”:

Why is “naming” an emotion important for “taming” it?

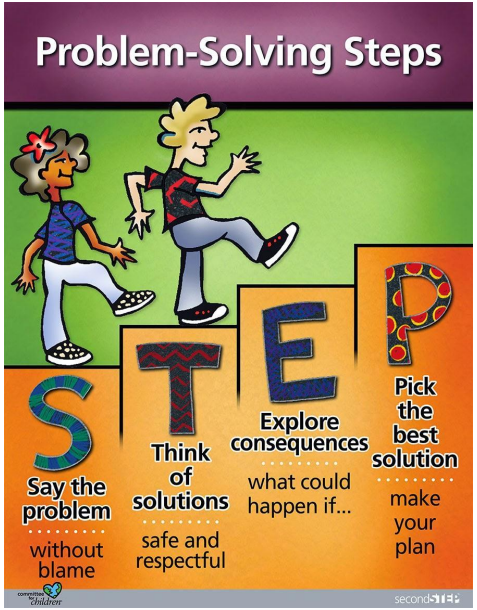
- Build self-awareness
- Helps us to communicate our needs
- Reduces miscommunication
- Allows us to think about how to
- regulate emotion

The Mood Meter



Enraged	Furious	Frustrated	Shocked	M	Hyper	Lively	Motivated	Ecstatic
Livid	Frightened	Angry	Restless	O	Energized	Cheerful	Inspired	Excited
Fuming	Anxious	Worried	Annoyed	O	Enthusiastic	Happy	Optimistic	Thrilled
Repulsed	Troubled	Concerned	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Sad	E	At Ease	Content	Loving	Fulfilled
Pessimistic	Lonely	Mopey	Bored	T	Relaxed	Secure	Chill	Grateful
Embarrassed	Depressed	Discouraged	Tired	E	Calm	Mellow	Satisfied	Carefree
Despair	Hopeless	Miserable	Exhausted	R	Relieved	Peaceful	Tranquil	Serene

Second Step Strategies



Growth Mindset: The Power of Yet

No Place for Hate

Bully Free Dress Up Week

Monday, December 18
BE A SUPER HERO
dress up as your favorite super hero

Tuesday, December 19
BULLY FREE FROM HEAD TO TOE
silly socks, hat & hair day

Wednesday, December 20
BE A BUDDY, NOT A BULLY
match with a buddy or several buddies

Thursday, December 21
BULLYING IS BAD, WEAR YOUR PLAID
wear a plaid shirt, skirt, pants, etc.

Friday, December 22
PUT BULLYING TO BED
pj day

What To Do at Home

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1. Be a model yourself: Share your feelings
2. Share your emotional experiences: “When I was little…” “Today was hard…”
3. Be a coach; resist the urge to jump in and solve problems for your kids
4. Be a social detective: Identify and name emotions
5. Use books, tv and media to discuss emotions and how they were handled
6. Embrace the power of “Yet…”
7. Boost children’s confidence based on inner belief, not false praise.
8. Find groups or activities that support ***your child’s*** unique interests

Bridge Point Elementary SEL Website

bpesel.weebly.com

- Monthly Counselor SEL Lesson Schedule
- Monthly Counselor SEL Lesson Synopsis
- Counselor’s Corners
- 5th Grade Leadership
- Etc…