


SELmatters.

for elementary school teachers

A young girl with dark hair and glasses is smiling while looking at a laptop screen. The laptop is open on a white desk, and a smartphone is lying on the desk to the left. The background is a blurred indoor setting with plants and a window.

**Social Emotional
Learning
in the Online
Classroom**



Welcome Elementary School Teachers,

We are happy to share with you our inaugural issue of “SELMatters,” a publication designed to provide teachers with social emotional learning (SEL) guidance, strategies and resources to support your teaching & learning community and help students reach their full potential.

As we publish this issue, we are experiencing unprecedented times due to the COVID-19 pandemic. For the first time, traditional schools have transitioned to an eLearning platform. This huge shift in teaching & learning practices came suddenly and, for many educators, without support and direction regarding best-practices. You have reconsidered curriculum, revised assessments, and reinvented instruction. We want to lighten your load a little and assist you by sharing SEL strategies to continue the connections you had with your students in your school building through this phase of eLearning and develop an approach to a re-entry plan to support your students once are allowed back into our beloved school buildings all across this country.

We know how much is being asked of you and you want to support your students academically, socially, and emotionally. We want to lighten your load a little and assist you by sharing SEL strategies to support your critical work. Together, we can strive to provide the continual SEL growth opportunities we know our students need and deserve.

SELMatters. Now more than ever.

Enjoy!

A handwritten signature in black ink that reads 'Molly A. Gosline'.

Molly A. Gosline, Ed.M, M.A., EdD (Penn, exp. 2022)

Executive Director and Founder, SEL School Consulting - @SELSchool

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What is SEL?

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



UNDERSTAND &
MANAGE
EMOTIONS



SET & ACHIEVE
POSITIVE
GOALS



FEEL & SHOW
EMPATHY FOR
OTHERS



ESTABLISH &
MAINTAIN POSITIVE
RELATIONSHIPS



MAKE
RESPONSIBLE
DECISIONS

SEL, Our Approach:

To form a long-term plan to build pro-social skills in our students in a meaningful way, and build academic successes, we should make certain that adults receive the professional development and learning opportunities they need to support student social and emotional learning. These opportunities include learning about the values of:



SCHOOL-WIDE
TRANSPARENT
PLAN



DATA
COLLECTION &
DIALOGUE



SCHOOL
LEADERS CREATE
POLICIES



RESEARCH
BASED
STRATEGIES



ADULT SEL
PROFESSIONAL
DEVELOPMENT

What is SEL success for teachers & students?

Teachers will learn applicable skills that support building an SEL culture in their classroom:

- Developmental psychology (actionable theoretical constructs)
- Strategies to apply research conceptual frameworks
- SEL data-driven collection, dialogue, and decision-making
- Protocols to support committing to the work and continual growth to expand possibilities to support student learning
- Building practices based on your classroom's data
- Developing high leverage teaching practices to support building a school wide SEL culture

Students will learn Strategies to build skill sets to develop competencies in:

Self-efficacy, Self-awareness, Social awareness, Self-management, Responsible decision-making, Relationships, empathy

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SELF-AWARENESS

When kids understand themselves better, it's easier for them to build positive self-esteem. Knowing more about how they think and how they come across gives kids a better sense of when to speak up for what they need, or self-advocate.

SKILLSETS

Identifying Emotions

Accurate Self - Perception

Recognizing Strengths

Self - Confidence

Self - Efficacy

DISCUSSION STARTERS

Finish the sentence:

I feel _____ when I see my classmates in my online classroom.

I am good at _____ during this time of staying at home.

I am not good at _____ while I'm stuck at home!

I can improve at _____ because I want to and know I can get better!

WRITING PROMPTS

I like to do this outside: _____

I like to do this inside: _____

One of the best feelings I've ever had was _____ when this happened _____.



- RESOURCES**
- Mindfulness Activities
 - www.casel.org
 - www.SEL4USA.org

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SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations are aspects of self-management .



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SKILLSETS

Impulse control

Stress Management

Self-discipline & Motivation

Goal-setting

Organizational skills

DISCUSSION STARTERS

Everything is not cancelled?
Spring is not cancelled.
TV is not cancelled.
Friendships are not cancelled.
What else can you think of that is not cancelled?
Type it in the chat!

How am I getting outside today?

How will I move my body today to stay healthy?

WRITING PROMPTS

If you had a super power, what would it be and why?

What can you imagine the best summer would be? Write about or draw what that summer would look like!

RESOURCES

- The Character Lab (Angela Duckworth)
- Greater Good Science Center Magazine



SOCIAL - AWARENESS

We all have the ability to develop social awareness by taking the perspective of and empathizing with others from diverse backgrounds and cultures. If we are open to understanding social and ethical norms for behavior, and recognizing family, school, and community resources and support, we can develop this competency throughout our lives.

SKILLSETS

Perspective-taking

Empathy

Appreciating diversity

Respect for others

Sense of belonging



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DISCUSSION STARTERS

- What communities are you a part of? Are you able to stay connected? How?
- How can you help your communities while you are stuck at home?
- How can you help your friends when you are stuck at home?

WRITING PROMPTS

- Write down one place you can't wait to go visit once it's reopened. Why?!
- What is one thing you can do for the planet today to make it healthier?

RESOURCES

- Emotional Intelligences and Positive Psychology
- Greater Good Center, UC Berkeley

RELATIONSHIP SKILLS

Relationship building skills are a combination of skills that a person applies to connect with others and form positive relationships. As relationships evolve through time and different norms (COVID 19 is a great example!), we can continue to nurture our skill sets to better connect with others. The Developmental Relationships Framework provides a thoughtful approach towards building strength in this competency.

SKILLSETS

Teamwork

Social Engagement

Relationship-building

Communication

DISCUSSION STARTERS

Think of one person you would like to connect with most right now. Why?

Brainstorm ways you can connect with your friends outside of class (writing letters, etc.)

WRITING PROMPTS

What do you think is the most important part of being a friend?

How can you be a good friend right now?

RESOURCES

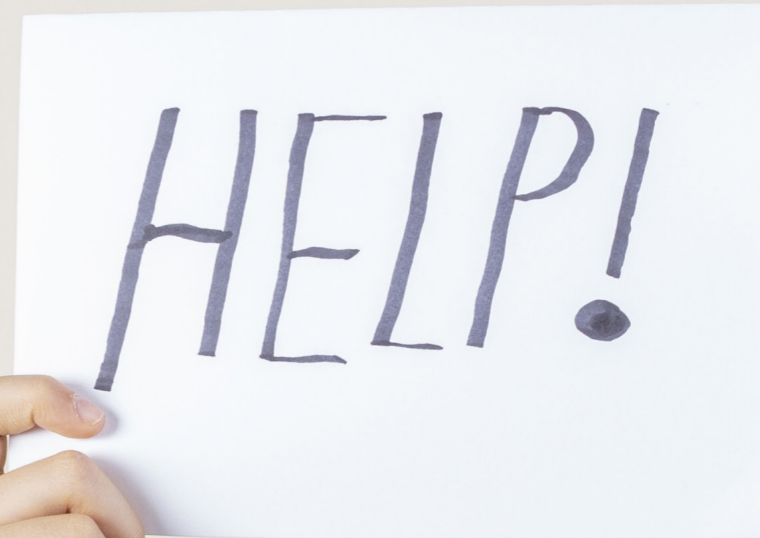
- Taking Care of Students during eLearning
- Staying Connected with Teens



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RESPONSIBLE DECISION MAKING

Children can behave in impulsive and even harmful ways. Studies have shown that adolescents brains are still developing, and this may contribute to how they reason and analyze situations.. While they continue to mature and develop their minds, there are teacher resources to help support their growth in positive ways.



SKILLSETS

Identifying problems

Analyzing situations

Solving problems

Evaluating

Reflection

Ethical responsibility

DISCUSSION STARTERS

What is a responsible decision?

What are some responsible decisions you've made lately?

WRITING PROMPTS

Who is one person you could ask who can help you make good decisions?

What is a good decision you made today?!

RESOURCES

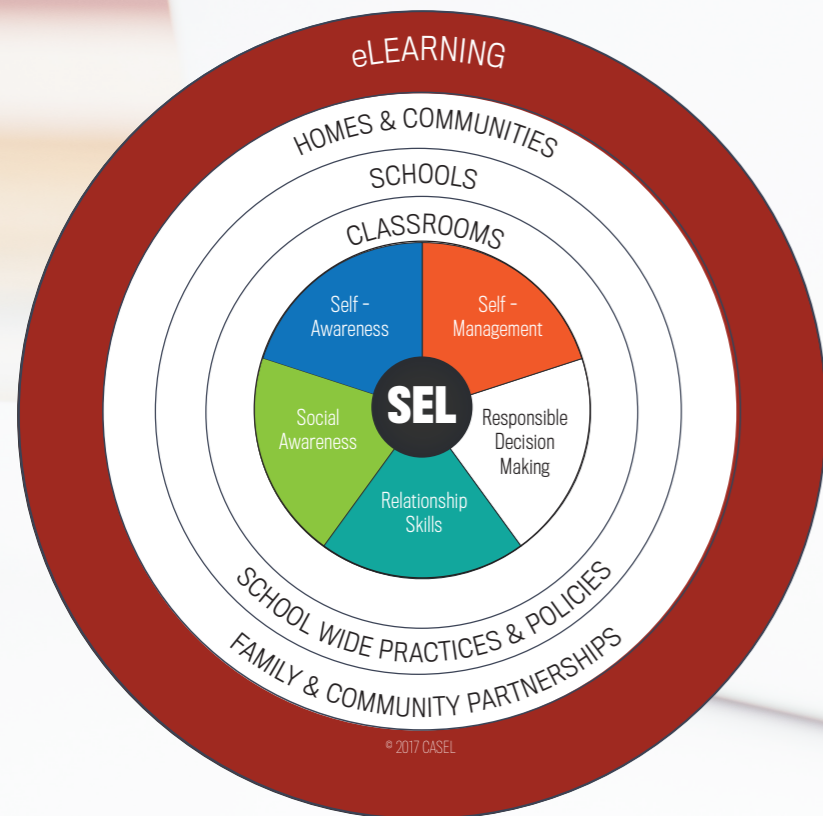
- Cultivating SEL during eLearning
- EASEL Lab: Building SEL Knowledge Together

E-LEARNING

Social Emotional Learning (SEL) has emerged from leading education research institutions and organizations as an integral – and often missing – piece in eLearning instructional practices that develop skills beyond academic competencies.

While sound SEL research that highlights the importance of school-wide implementation exists, an understanding of what SEL looks like – how it lives and breathes in online learning communities – does not. Our teachers and school leaders are working hard to develop and implement SEL practices and strategies that matter during this eLearning time.

But how can families and communities also participate in providing opportunities for their youth to engage in building skill sets that support developing social skills and emotional intelligences during eLearning?



Some tips include:

Communicate with other families

- #learningtogether
- #notalone
- #friendsmatter

Honor each day as a new opportunity

- #thisdaymatters
- #mixitupFriday

Cultivate positive attitudes

- #iamhere2help
- #candoattitude

Schedule fun brain break activities

- #springishere
- #getoutside
- #movearound

Stick to consistent routines

- #stressrelief
- #knowingmatters
- #alleviateanxiety

Promote kindness

- #kindnessmatters
- #siblingrivalryhappens
- #dudejustbenice

RESOURCE

“Confident Parents, Confident Kids”, Jennifer S. Miller



SEL matters.



Molly A. Gosline, Ed.M., M.A.

Molly is the Coordinator of Social Emotional Learning at **Adlai E. Stevenson High School** in Lincolnshire, Illinois where she works within the professional learning community to build an SEL culture. She is the Executive Director of **SEL4IL** and the **Founder** of SEL School Consulting. Molly earned an Ed.M. in the risk & prevention division of the human development and psychology program from **The Harvard Graduate School of Education** and is currently a doctoral student in the Mid-Career Education Leadership Program at the **University of Pennsylvania**.

Resources



SEL4IL The IL Chapter of SEL4US is a valuable statewide organization which connects, promotes and advocates for SEL policies, funding, and professional development opportunities to support building efficacy among IL teachers and students.

CASEL, The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social & emotional learning.

CASEL CARES is a new initiative that connects the SEL community with experts to address how SEL can be most helpful in response to today's circumstances.

New from CASEL: A supportive on-line feature with Resources, Guidance and Weekly Webinars on supporting student SEL during COVID-19)



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