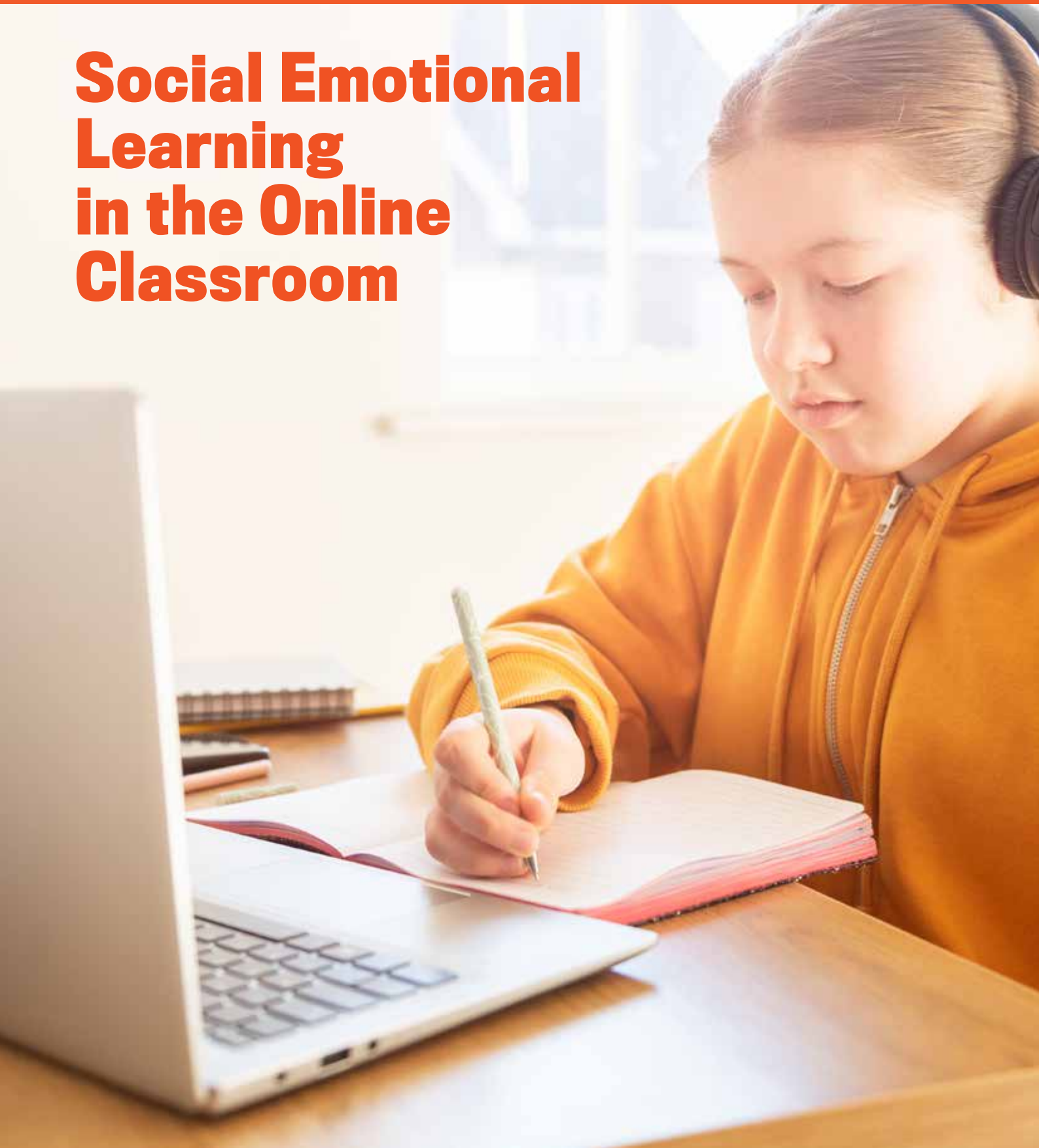


# SELmatters.

*for middle school teachers*

## **Social Emotional Learning in the Online Classroom**





Welcome Middle 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

Executive Director, SEL4IL - @SEL4IL

# 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?

ISSUE 01

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

## INSIDE

06 SELF-AWARENESS

08 SELF-MANAGEMENT

10 SOCIAL AWARENESS

12 RELATIONSHIP SKILLS

14 RESPONSIBLE DECISION-MAKING

16 eLEARNING





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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](http://www.casel.org)
- [www.SEL4USA.org](http://www.SEL4USA.org)

# SELF-MANAGEMENT

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



## SKILLSETS

Impulse control

Stress Management

Self-discipline & Motivation

Goal-setting

Organizational skills

## DISCUSSION STARTERS

I make a plan for each day - yes or no?

I do my homework best this time of day (morning, afternoon, evening).

I reward myself after I complete my school work by doing this:

## WRITING PROMPTS

What is the most adventurous thing you have ever done? Write it down. What makes it adventurous and would you do it again? Why or why not?

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

## 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.



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## RESOURCES

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

## 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?

# 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.



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## SKILLSETS

Identifying problems

Analyzing situations

Solving problems

Evaluating

Reflection

Ethical responsibility

## DISCUSSION STARTERS

- What is a responsible decision?
- What is an irresponsible decision?
- What are some responsible decisions you've made lately?

## WRITING PROMPTS

- Have you ever asked someone to help you make a decision before you've made it?
- Who is one person you could ask who can help you make good decisions?

## 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**.

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## 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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