

# Tips for Keeping the “Social” in Social Emotional Learning

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Great Lakes Mental Health  
Technology Transfer Center  
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# Brought To You By:



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January 2021

# MHTTC Words Matter

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

Adapted from: [https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide\\_2019ed\\_v1\\_20190809-Web.pdf](https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf)



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## A few housekeeping items:

- If you are having technical issues, please individually message Stephanie Behlman or Kristina Spannbauer in the **chat section at the bottom of your screen** and they will be happy to assist you.
- If you have questions for the speaker, please put them in the Q&A section at the bottom of your screen.
- A copy of the power point slides, as well as the recording and handout will be available on the MHTTC website within a week.

# Thank You for Joining Us!

## A few more housekeeping items:

- You will be directed to a link at the end of the presentation to a very short survey – we would really appreciate it if you could fill it out. It takes about 3 minutes.
- We will be using automated captioning during the presentation today
- Certificates of attendance will be sent out to all who attended the full session. They will be sent via email.

A close-up photograph of several social media icons on white keyboard keys. The icons include Pinterest (red circle with white 'P'), Snapchat (yellow square with white ghost), Instagram (purple-to-orange gradient square with white camera outline), Facebook (blue square with white 'f'), and Twitter (blue bird silhouette). The keys are arranged in a grid pattern, and the background is a light gray surface.

## Follow Us On Social Media!

Facebook and Twitter:

- @GreatLakesATTC
- @GMhttc
- @GLPTTC

# Presenters

- **Angela Begres** is a licensed clinical social worker who did her training at the University of Chicago, where she obtained her MSW.







Partners for Healthy Lives

# Tips for Keeping the “Social” in Social Emotional Learning

Angela Begres, LSCW



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# Learning Objectives



DEFINING SOCIAL EMOTIONAL  
LEARNING (SEL)



BENEFITS OF TEACHING SEL



STRATEGIES TO INCORPORATE  
SEL IN TEACHING



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How are you  
feeling



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# What is Social Emotional Learning (SEL):

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Social emotional learning is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to:

- Develop healthy identities
- Manage emotions and achieve personal and collective goals
- Feel and show empathy for others
- Establish and maintain supportive relationships
- Make responsible and caring decisions



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# Benefits of teaching SEL<sup>5</sup>:

Improved academic achievement

Decreased conduct problems and improved classroom behaviors

Reduced depression and sadness; increased happiness, health, and emotional well-being

Improved emotional literacy, self-management, and problem-solving skills

Improved school climate

Healthy relationships and social skills



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# Five core SEL competencies:

<b>Self-awareness</b>	Recognizing emotions and thoughts, understanding how they influence behavior, and assessing personal strengths and weaknesses.
<b>Self-management</b>	Regulating thoughts, emotions, and behaviors. Setting goals, controlling impulses, and managing stress.
<b>Social awareness</b>	Understanding the perspective of others, showing empathy for diverse groups of people, and finding support through family, school and community relationships.
<b>Relationship skills</b>	Communicating, cooperating, resisting negative pressure, and offering help. Building and maintaining healthy relationships.
<b>Responsible decision-making</b>	Making ethical and respectful choices about personal behavior and relationships, and evaluating the consequences of decisions.



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# Research on the benefits of incorporating SEL in the classroom:

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Students were 42% less likely to say they were involved in physical aggression

5–12% decrease in school dropout rates associated with SEL

13% increase in academic achievement with SEL

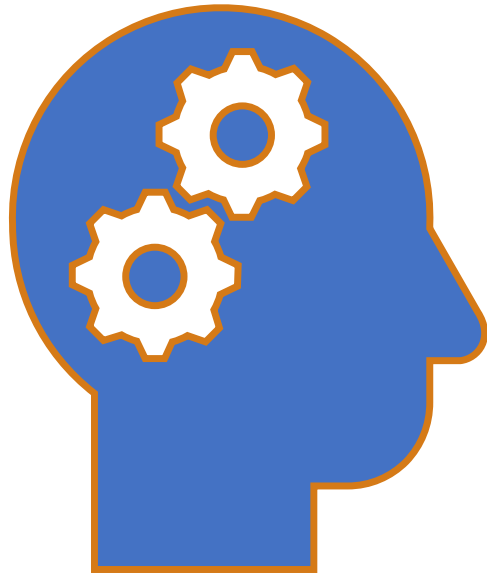


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# Strategies to incorporate social emotional learning



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# Building SEL skills in the classroom

Research has shown that social and emotional competence can be enhanced using a variety of classrooms approaches such as:

- Explicit instruction through which social and emotional skills and attitudes are taught and practiced in developmentally, contextually, and culturally responsive ways.
- Teaching practices such as cooperative learning and project-based learning.
- Integration of SEL into academic curriculum along with language arts, math, science, social studies, health, and performing arts.



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# How schools can support SEL



Investigate your school's efforts to support social and emotional learning



Begin the discussion



Celebrate diversity



Get involved



Professional development



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# Strategies for parents to promote SEL

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- Be a good listener
- Model the behavior you seek
- Nurture your child's self-esteem
- Respect differences
- Take advantage of support services

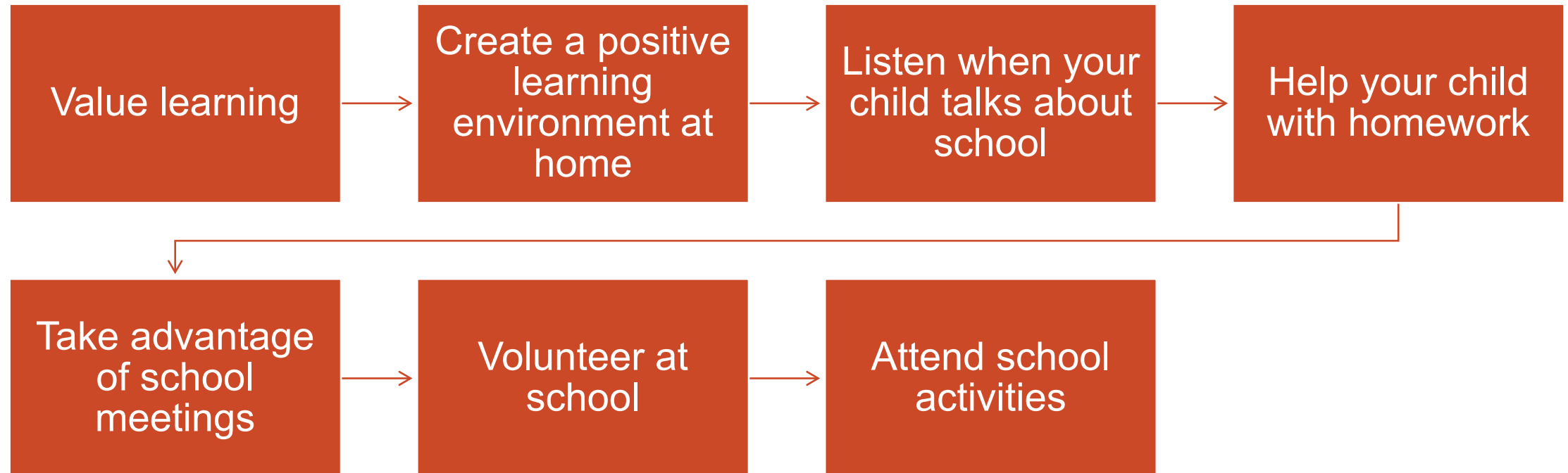


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# Parents and schools working together to promote SEL:

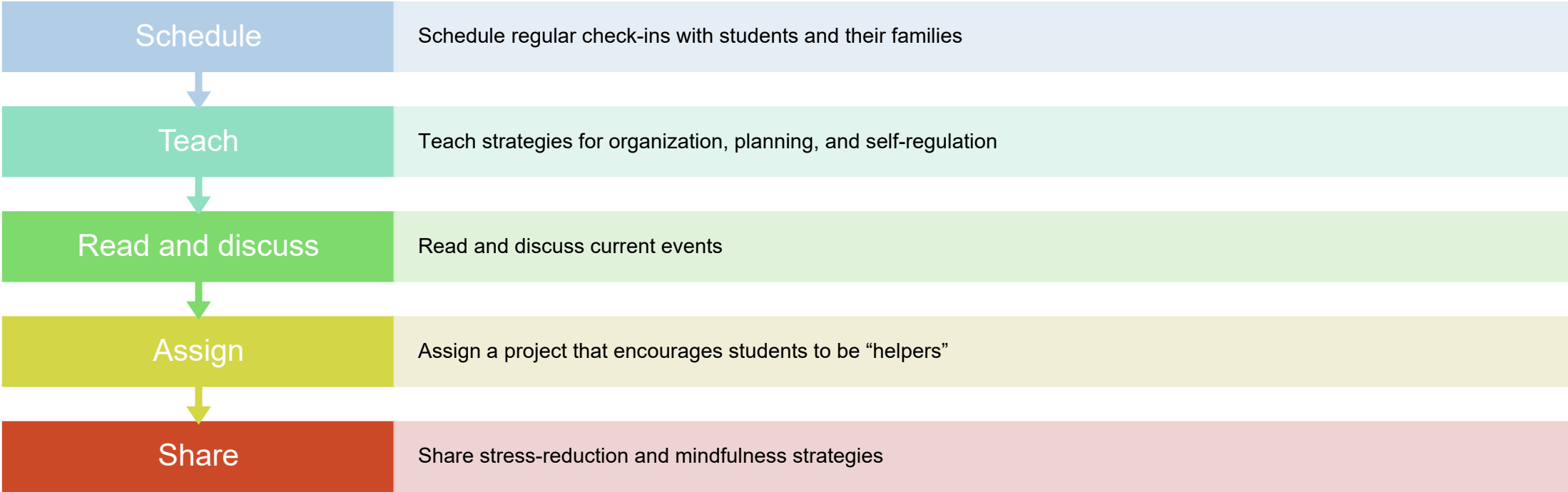


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# Social emotional learning should be prioritized during COVID-19



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# Ways to integrate social emotional learning

Do Daily Greetings

Incorporate Art Activities

Talk About Managing Emotions

Give Responsibilities

Practice Problem-Solving Skills

Build Community with Teamwork

Encourage Positive Self-Talk

Create a Calm Down Area

Encourage Kindness

Provide a Daily Check-in

Discuss Empathy

Highlight Skills Throughout the Day.



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# Social emotional learning by grade



## Elementary school:

Guided discussion, read aloud stories, and problem-solving opportunities can teach social skills and appropriate classroom behavior.



## Middle school:

Middle school is often a time of change and social dynamics, so focusing on healthy relationships and stress management can be beneficial.



## High school:

Subject-specific strategies work best in high school where students usually work with different teachers every day.

Students can benefit by developing strategies to manage stress and prepare for life after school, as well as feel like valued members of society



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# Final thoughts on social emotional learning

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The way you implement social emotional learning will be unique to your school -- and that's the best way to do it.

Choose a program that:

- Is backed by research
- Meets your school's goals
- Empowers and equips your teachers
- Adjust as necessary



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# Books that teach SEL Skills:

- The Color Monster: A Story About Emotions
  - This book helps young children identify emotions and feel more in control. English version.
  - Ages: 3-6
- Grumpy Monkey
  - A story about Jim the chimpanzee in a terrible mood for no good reason. This book highlights how to deal with unexplained feelings and the dangers of not expressing your feelings.
  - Ages: 3-7
- I Just Like You
  - A story about a group of young animals showing readers that even though others might look, talk, or walk differently, we can like each other just as we are. This book teaches children about tolerance, acceptance, and friendship.
  - Ages: 4-8
- Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere
  - A story filled with mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions.
  - Ages: 4-10
- Be Kind
  - Be Kind is a sweet and thoughtful picture book about kindness that gets the message across without being heavy handed.
  - Ages: 4-10
- The Whole Brain Child
  - Written by a neuroscientist and parenting expert, this New York Times Bestseller explains the child's developing brain and how we can best support it.
  - Adults/parents



# Resources

- **Findtreatment.gov**
- **Michigan peer-run warmline**
  - (888) PEER-753 ((888) 733-7753).
  - It's available every day from 10 a.m. to 2 a.m.
- **National Helpline:** Treatment, referral, and information 24/7
  - <https://www.samhsa.gov/find-help/national-helpline/>
  - 1800-662-Help (4357)
- **National Institute of Health**
  - Social wellness toolkit
  - <https://www.nih.gov/health-information/social-wellness-toolkit>



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# Resources

- **National Suicide Prevention Lifeline**
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - 1-800-273-TALK (8255)
- **Crisis Text Line**
  - [www.crisistextline.org](http://www.crisistextline.org)
  - Text “START” to 741-741
- **National Alliance on Mental Illness**
  - <https://www.nami.org>
- **Tips For Keeping The Social In Social Emotional Learning**
  - [Handout](#)



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# Additional Resources

- Great Lakes MHTTC Suicide Prevention Resource Guide
- States in HHS 5: IL, IN, MI, MN, OH, and WI
- Great Lakes MHTTC Products and Resources

<https://mhttcnetwork.org/centers/great-lakes-mhttc/product/great-lakes-mhttc-suicide-prevention-guide>



# Stay in Touch

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# Questions



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