

Start Your SEL Journey with CATCH's
new K-12 SEL

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



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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



Thank You for Joining Us!

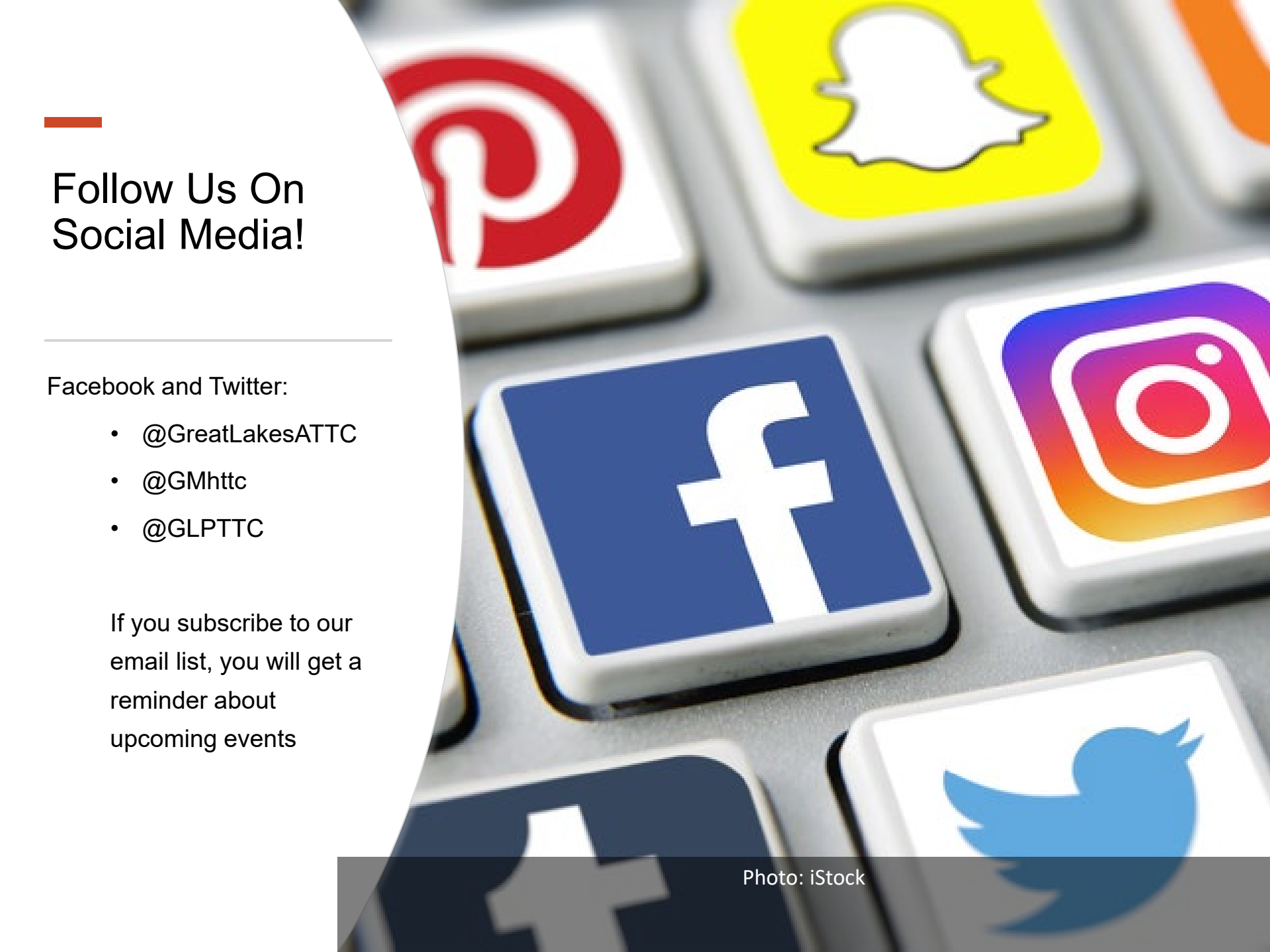
A few housekeeping items:

- If you are having technical issues, please individually message Kristina Spannbauer or Stephanie Behlman in the **chat section at the bottom of your screen** and they will be happy to assist you.
- If you have questions for the speakers, 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 two weeks.

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).

Follow Us On Social Media!

Facebook and Twitter:

- @GreatLakesATTC
- @GMhttc
- @GLPTTC

If you subscribe to our email list, you will get a reminder about upcoming events

Presenters

Abby Rose



Margot Toppen



SEL & Whole Student Wellness

SEL  **JOURNEYS**



Objectives



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- Take a look at how CATCH integrates SEL into Whole Child Wellness
- Explore the inextricable link between physical and mental wellness
- Learn about dance & movement as an evidence-based modality for SEL
- Take a tour of the SEL Journeys Program

Check-In: **MIND-HEART-BODY**



MIND

Do I feel alert? Focused?
Ready to learn?



HEART

How are my emotions?



BODY

How's my health today?
Do I feel energized?
Have I eaten any GO foods?

Anchor Activity #1



CATCH: Whole Child Wellness

Nurturing the:

- MIND
- HEART
- BODY

Inter-Relation Between



Physical



and



Mental Health

CASEL Framework

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



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SEL & Movement (embodied SEL)

Self-Awareness: students develop physical & mental awareness, self-confidence, and self-efficacy

Self-Management: students practice impulse control and develop self-discipline

Social Awareness: students develop respect for others and celebrate diversity

Relationship Building: students practice communication, social engagement, relationship building & teamwork

Responsible Decision-Making: students become aware of their role as global citizens



What is SEL Journeys?

- 30 SEL lessons with grade level differentiation can be paired with any global dance destination to make hundreds of unique lesson combinations.
- In each 20-30 min lesson, students are introduced to a new SEL theme as they explore a world culture and learn about a dance from that culture.
- Supplemental resources provide extended learning activities.



SEL Journeys: CASEL Alignment



- 5 broad competency domains
- 25 sub-competencies + 5 anchor activities
- SEL Journeys lessons refer to the sub-competencies as the “Big Ideas”

Key Benefits

- Build Self-Confidence
- Develop self-awareness through mind-heart-body engagement
- Build Relationships & Empathy
- Celebrate Diversity & Differences
- Improve Cognitive Development
- Relieve Stress & Anxiety
- Develop Gross Motor Skills
- Connect with Others
- All Ages. All abilities.



Why Dance?

Numerous studies comparing dance to other forms of physical activity show dance produces significantly higher SEL outcomes, especially:

- **Self-perception**
- **Self-confidence**
- **Empathy**

Sources: McInman & Berger, 1993; Poretz, 1974; Gurley, Neuringer & Masee, 1984

DANCE & EQUITY

These outcomes are particularly high for ELLs and students of low socio-economic status, and **dance as a form of cultural expression** is particularly effective.

Sources: Menzer, 2015; Clark, 2006; Brouillette, 2010; Lutz & Kuhlman, 2000

Equity Lens: A Closer Look



- Dance engages culturally diverse and marginalized groups and promotes understanding, open conversations, and trust between teachers and students (Gehris et al, 2014; Pereira & Marques-Pinto, 2017)
- Students in dance programs demonstrate increased respect for others, awareness and understanding of other cultures, and pride in their own cultural heritage (PRA, 2008)
- Some studies show that dance more effectively promotes SEL in students of non-White ethnic origin than do ther arts (Clark, 2006)

The Magic Formula

Common Self-Care Themes:

Exercise
Play music
Be Creative
Stay connected



Scientifically Speaking:

Movement boosts endorphins
Music reduces cortisol
Creative expression boosts immunity
Social connection improves heart health

**Movement + Music + Creativity +
Connection = DANCE!**

SEL JOURNEYS

Let's take a journey!

3-for-Me Breathing

Any time you feel over-excited or upset, it's helpful to stop and breathe before you act (STOP-BREATHE-GO).



Breath 1

Focus on the Mind
(hands on head)



Breath 2

Focus on the Heart
(hand on heart)



Breath 3

Focus on the Body
(raise arms on inhale,
lower arms on exhale)

Anchor Activity #2

Student-Reported Outcomes



95%

SELF-AWARENESS

95% of students say our programs helps them build self-confidence



89%

SELF-MANAGEMENT

89% of students say our programs help them get motivated and set goals



99%

SOCIAL AWARENESS

99% of students say our programs help them practice showing respect for others



94%

RELATIONSHIP SKILLS

90% of students say our programs help them feel more comfortable with their peers



90%

RESPONSIBLE DECISION-MAKING

94% of students say our programs help them make safe and healthy choices that are good for themselves and others

Inclusivity & Special Needs

CATCH believes in the **powerful therapeutic benefits** of movement and strives for 100% inclusivity of students.

Physical Mobility Impairments: marking, clapping, nodding

Hearing/Sight Disability: aides, preferential placement, visual content

ADHD: permission to move while providing structure and predictability

Autism: Watch before trying, time to acclimate, instructor as first partner

ELLs: visual-based learning process, expression through non-verbal communication

Body-Based Interventions for Responding to Trauma

Grounding/anchoring: stress management breathing exercises; repetition of a mantra like “I am safe” – add gesture or movement (rocking, brushing)



Co/shared regulation: Synchronous movement with a group can be soothing



Mirroring: Focus on posture, facial expression, gestures while mirroring another



Bi-lateral Movement: use both sides of the body to stimulate both sides of the brain (can help to neutralize stress response)



Relaxation & Mindfulness: tense and release muscles, press palms together, press top of head, focus on breath, self-hug



Professional Development

3 Modules:

1. **Adult SEL - Building a Supportive Environment among Staff**
2. **SEL Journeys Implementation Training**
3. **SEL Integration Into Core Academics - extending the benefits of SEL Journeys**

CATCH's expert trainers lead each 2-hour module. Training can be conducted in-person all in one day, or virtually over the course of 3 dates.

CATCH Michigan Expansion

Whole Child Capacity Building in Michigan

<https://catch.org/catch-michigan>

Vision: A sustainable training, support & implementation model to establish and grow healthy school environments in Michigan schools in line with the WSCC framework and local initiatives and partners.

Goals for school year 2021-22:

- Recruit 100 schools to engage with CATCH (30 Whole Child Guided Journey)
- Recruit 13 schools to engage in SEL Journeys school level implementation

Final Reflection - Part 1



What is 1 new thing you
learned or insight you gained
from this training?

Final Reflection - Part 2



How did the content of this training make you **feel**?

Final Reflection - Part 3



What are **two action steps** you can take as a result of this training?

Write them down!

Thank You!

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