Social Emotional Foundations of Learning

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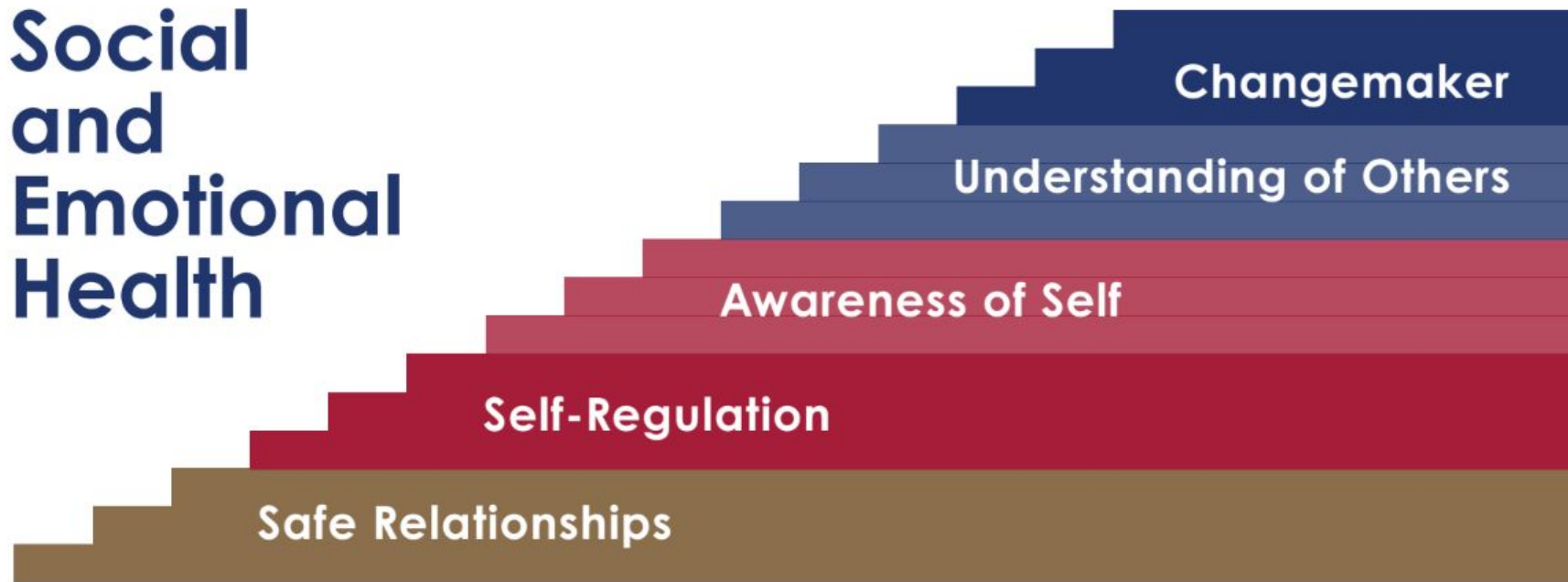
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Head of Lower School

SEL is the process through which young people and adults receive and apply knowledge, skills, and attitudes to help us:

- understand ourselves
- connect with others
- achieve goals
- support communities

Safe Relationships

- Communicating effectively

- Listening actively

- Developing positive relationships

- Accepting and respecting others

- Practicing teamwork and collaborative problem-solving

- Seeking or offering support and help when needed

NEST Assembly

Pre-K

Design Lab

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Self-Regulation

- Managing one's emotions
- Identifying and using stress-managements strategies
- Showing self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills

Primer

"This year's class loves fountain breath. It helps when we need to remember to be self aware, manage our behavior, have butterflies in our tummies, etc. The kids really like that they help with all big feelings - sad, happy, excited, frustrated - everything!"

Science

Music

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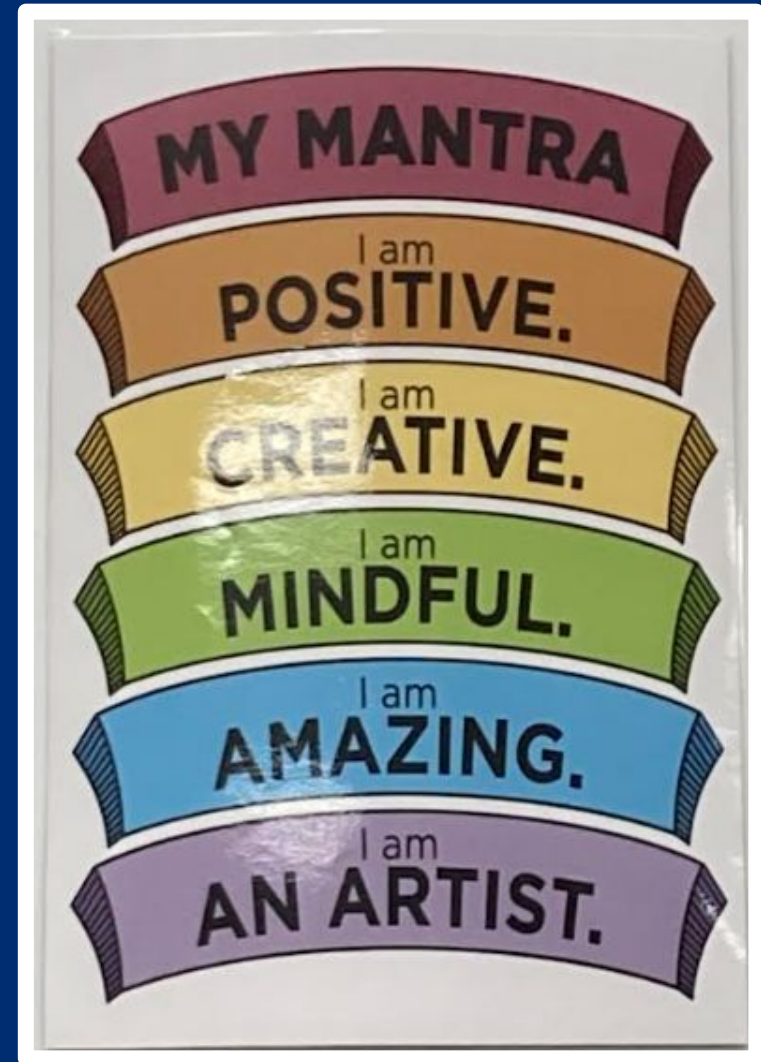
Awareness of Self

- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Having a growth mindset
- Developing interests and a sense of purpose

Beginners

Kindergarten

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Art

MY MANTRA

I am POSITIVE.

I am CREATIVE.

I am MINDFUL.

I am AMAZING.

I am AN ARTIST.

Understanding of Others

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Understanding and expressing gratitude
- Understanding the influences of organizations/systems on behavior

1st grade

3rd grade

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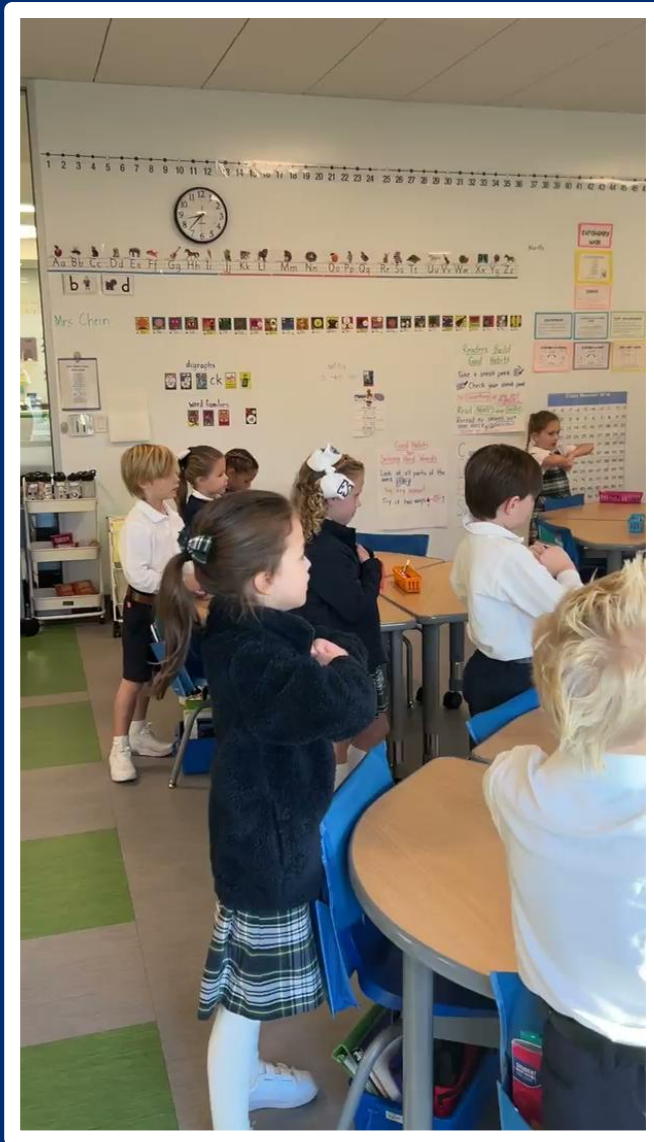
2nd grade

"You have a good sense of humor."

"You're creative."

"You are fun to play with."

"You are thoughtful."

Changemaker

- Demonstrating curiosity and open-mindedness
- Identifying solutions for personal and social problems
- Learning to make a reasoned judgment after reviewing information, data, and facts
- Anticipating and evaluating the consequences of one's actions
- Evaluating personal, interpersonal, community, and institutional impacts
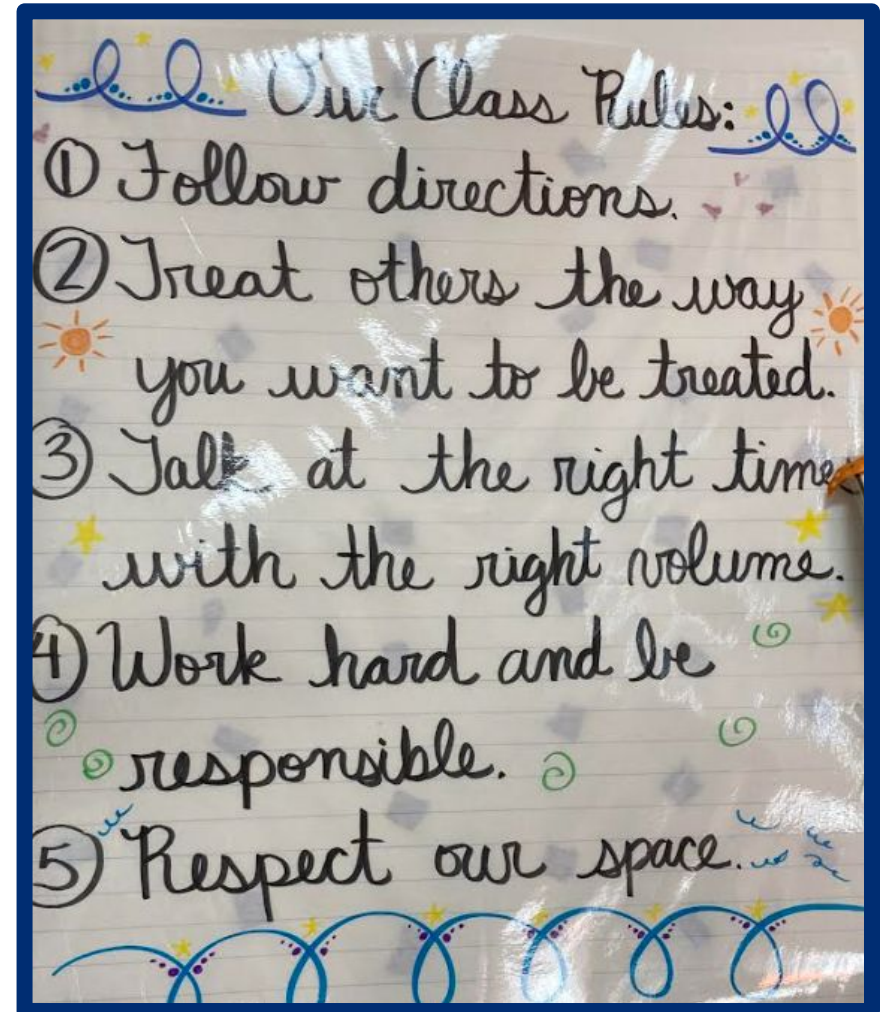
4th grade

PE

Library

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The *Responsive Classroom* Approach

- Morning Meeting & Closing Circle
- Quiet Time & Energizers
- Establishing Expectations
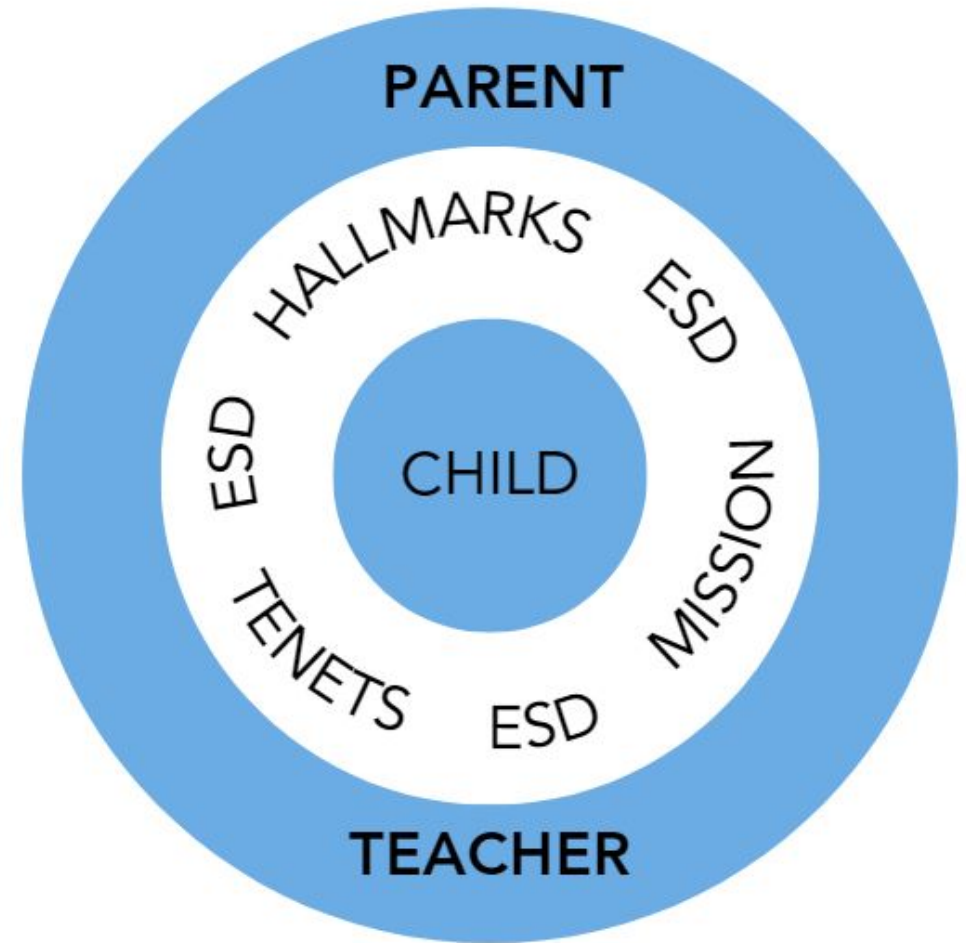- Logical Consequences
- Academic Choice

Families and Caregivers

Social-emotional skills are developed through the learning experiences and interactions that students have in all of the places they live and learn.

Exploring Emotions

How are you feeling today?

| Angry | Happy |
| Sad | Calm |

HOW ARE YOU FEELING?

Infuriated	Restless	Energetic	Elated
Anxious	Annoyed	Focused	Proud
Glum	Bored	Satisfied	Fulfilled
Hopeless	Exhausted	Chill	Blissful

ENERGY

PLEASANTNESS
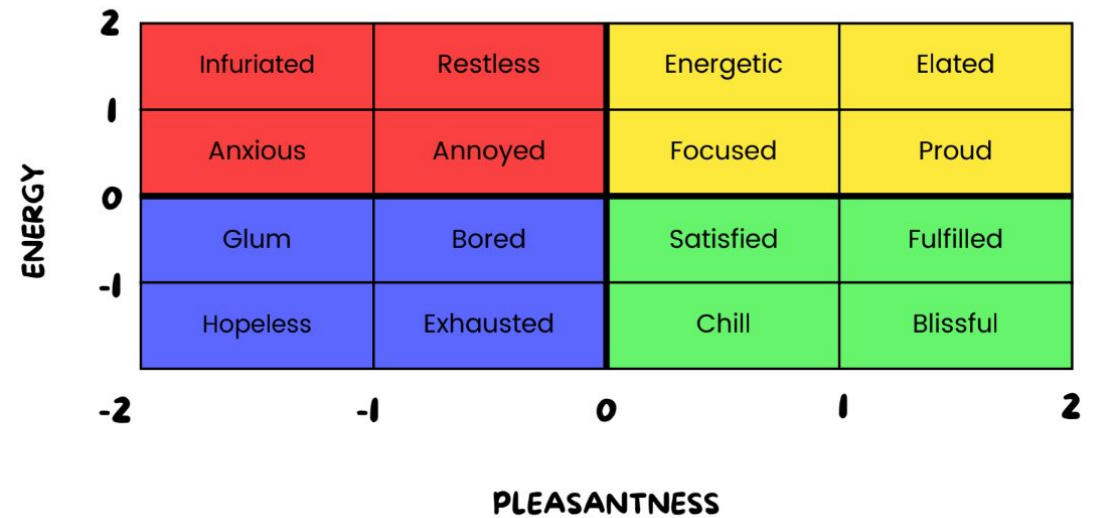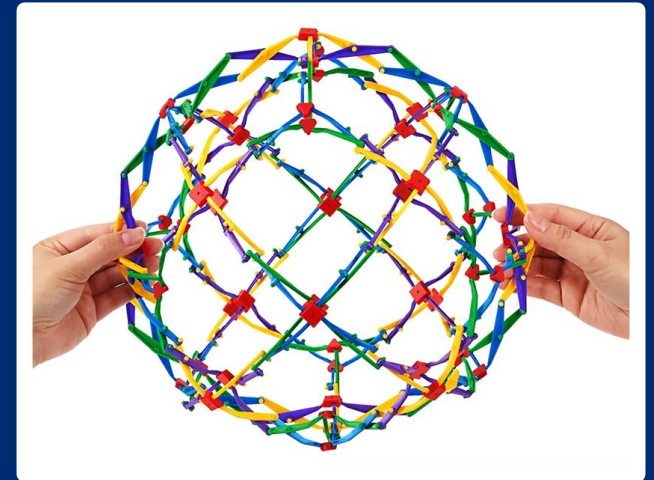
Breathing Techniques and Tools

- Rainbow breathing
- Balloon breathing
- Belly breathing
- Starfish breathing
- Box breathing
- Hot cocoa breathing
- Flower and candle breathing

Use Language Intentionally

- <u>Model your thought process and decisions:</u> "I notice I am starting to feel frustrated. I think I'll stop, sit down, and take a few deep breaths so I can be my best self when I handle this challenge."

- <u>Reinforce what children are doing well:</u> "It really shows responsibility how you brushed your teeth without reminders."

- <u>Acknowledge mistakes</u>: "I don't think I was very empathetic earlier when you were sharing with me. Can we try that again? I want to be a better listener."

Collaborative Problem-Solving

1. Empathize to identify/clarify what the child's concern is about a problem

2. Share your concern about that problem

3. Invite the child to collaboratively brainstorm solutions with you that are mutually satisfactory

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Books

THE RABBIT LISTENED — CORI DOERRFELD

An ELEPHANT & PIGGIE Book — Waiting Is Not Easy! By Mo Willems

What If Everybody Did That? by Ellen Javernick — Illustrated by Colleen M. Madden

Spaghetti in a Hot Dog Bun — Having the Courage to Be Who You Are — Maria Dismondy — Illustrations by Kimberly Shaw-Peterson

THE BIG UMBRELLA — Amy June Bates — Cowritten with Juniper Bates

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids — By Carol McCloud . . . Illustrated David Messing

Voices IN THE PARK — Anthony Browne

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