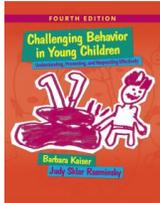


# The Importance of Social Emotional Learning



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## POLL

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### What are Social Skills?

“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 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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### Why Social and Emotional Skills are Important

- Children behave more appropriately and are more successful in school and daily life
- Enables children to recognize and manage their emotions
- Helps children develop more positive attitude toward themselves and others
- Children have more confidence in their ability to complete tasks and set and achieve positive goals
- Results in more positive social behaviors and relationships with peers and adults
- Decreases stress and anxiety
- Increases the ability to appreciate the perspective of others and resolve conflicts less aggressively



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How will teaching social emotional skills support a child with challenging behavior?



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### Social Emotional Competence

**Impacts:**

- A child's ability to graduate from high-school and continue on to a post-secondary education
- The ability to develop and maintain positive peer and family relationships
- A person's mental health
- Reduces criminal behavior
- Increases engaged citizenship



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### Social Emotional Learning

- **Increases:**
  - Pro-social behaviors
  - Resilience
  - Self confidence
  - Academic performance
- **Reduces:**
  - Challenging behavior
  - Depression and stress
  - Emotional distress
  - Negative thinking




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### 5 Keys to Successful SEL

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making/
  - Problem Solving Skills




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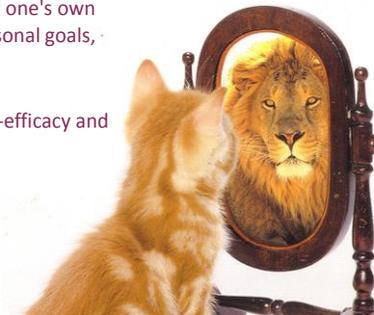
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### Self Awareness

- Understanding one's own emotions, personal goals, and values
- A sense of self-efficacy and optimism




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### Self-management

- The ability to regulate one's own emotions and behaviors
  - delay gratification
  - manage stress
  - control impulses
  - persevere through challenges in order to achieve personal and educational goals



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### Social Awareness

- The ability to understand, empathize, and feel compassion for those with different backgrounds or cultures.
- Understanding social norms for behavior and recognizing family, school, and community resources and supports



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### Relationship Skills

The ability to:

- Communicate clearly
- Listen actively
- Cooperate
- Resist inappropriate social pressure
- Negotiate conflict constructively
- Seek help when it is needed



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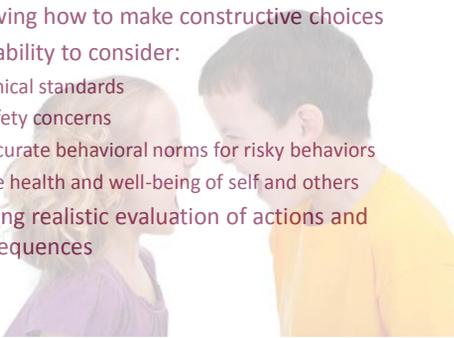
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### Responsible Decision Making/Problem Solving Skills

- Knowing how to make constructive choices
- The ability to consider:
  - ethical standards
  - safety concerns
  - accurate behavioral norms for risky behaviors
  - the health and well-being of self and others
- Making realistic evaluation of actions and consequences




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### Outcomes Associated with the Five Competencies




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## NO strategy works in a vacuum

The importance of classroom/school climate when Teaching Social Emotional Skill

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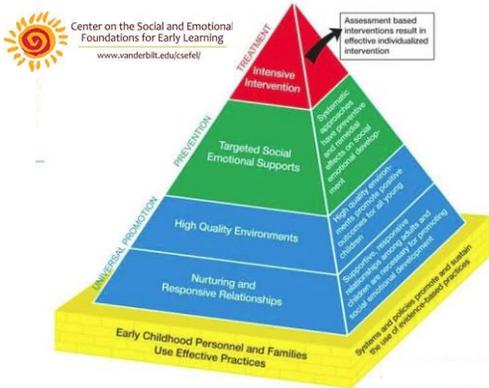
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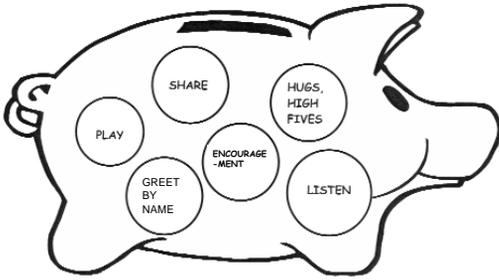
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## Relationship Deposits



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How do you forge a relationship with a child with challenging behavior?

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How can you accept him/her for who he is and care about him no matter how s/he behaves?



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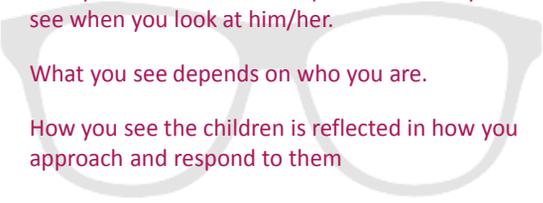
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How you relate to a child depends on what you see when you look at him/her.

What you see depends on who you are.

How you see the children is reflected in how you approach and respond to them



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### The importance of a positive outlook

- Notice the child's positive feelings and behaviors
- Respond positively to the child's requests
- Spend one on one time with the child
- Reframe the child's behavior, making it a strength, not a deficit
  - Persistent
  - Curious
  - Creative
  - High energy
  - A cry for help
  - An opportunity for relationship building
  - A request for communication
  - A plea for recognition

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### What Do You Need to Do?

- Teach and model social and emotional skills throughout the day
- Provide opportunities for children to practice and hone those skills
- Be aware of natural opportunities for children to apply these skills
  - Coach as necessary

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A child who interacts everyday with his socially competent peers has many opportunities to learn appropriate ways to behave



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**Key Social Emotional Skills**

- Empathy
- Emotion management
  - Impulse control
  - Self regulation
  - Anger management
- Friendship skills
- Problem solving skills



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**SEL and Children with Challenging Behavior**

The child who stands to gain the most may be the least interested in taking part



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**Children With Challenging Behavior**

- Have difficulty in the social and emotional realm
- Have few opportunities to learn and practice these skills or build self-confidence



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**Toxic stress/Trauma can harm children for life**

- **Trauma associated with Adverse Childhood Experiences (ACEs)**
  - Household dysfunction, abuse, or neglect
  - Witnessing or being a victim of violence
  - Poverty, housing instability
  - Natural disasters
  - immigration and refugee experiences
- **There's a direct connection between stress and learning**



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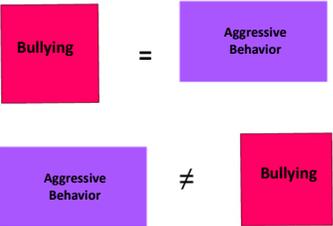
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**SEL and Bullying Behavior**



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**How Do Children Learn Social and Emotional Skills?**

- From watching you and others interact
- Directed and intentional teachings
- Practicing skills
- Real-life opportunities to use skills
- Reinforcement



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### How Do You Teach Social And Emotional Skills?

- Teach social and emotional skills to the whole class
- Give them formal status in the program
- Be developmentally appropriate/culturally sensitive
- Disguise and recycle real incidents using puppets, photographs, drawings, books, role playing, and discussion.
- Social and emotional learning should be fun
- Use a research-based social and emotional learning program

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### Attributes of an Effective SEL Program

- Sequenced:** connected and coordinated sets of activities to foster skills development
- Active:** active forms of learning to help children master new skills
- Focused:** emphasis on developing personal and social skills
- Explicit:** targeting specific social and emotional skills

(Durlak 2011)

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### Research-based Social and Emotional Learning Programs

- Based on Bandura’s social cognitive learning theory
- Use a variety of methods
  - didactic instruction
  - breaking a skill into component parts
  - modeling, demonstrating, role-playing
  - prompt and reinforce skills in real-life interactions
  - group discussion
- Integrate social and emotional learning into the curriculum
- Be your pro-social best

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## Second Step



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## Empathy: Identifying Feelings



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## Empathy: Accident or Intention?



secondSTEP



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### Friendship Skills: Joining a Group



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### Assertiveness: Asking for What You Need



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### AI's Pals: Kids Making Healthy Choices



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## Seeds of Empathy




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### When Children Apply What They've Learned

- Stay closely attuned and coach, prompt, cue, and reinforce them
- Ensure that they get the desired results
- Reinforce approximations of appropriate behavior
- Encourage them to keep trying
- Once a child's skills are firmly established, you can gradually decrease your reinforcement

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### Using Skills Every Day

Think Ahead	Reinforce	Think Back
<p>Have children <b>THINK AHEAD</b> about when they might use their skills in the activity .</p>	<p><b>NOTICE</b> when children use their skills and give them specific feedback.</p>	<p>Have children <b>THINK BACK</b> and remember how and when they used their skills in the activity.</p>

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**Empathy**

- Children with high levels of empathy tend to make better progress in school and be less aggressive, better liked, and more socially skilled.

**Skills for Learning**

- Children who can self-regulate are better able to participate in and benefit from learning.

**Emotion Management**

- Children who can recognize strong emotions and calm them down cope better and are less likely to be aggressive.

**Friendship Skills and Problem Solving**

- Children who can solve conflicts with peers are less likely to be impulsive or aggressive. Impulsive or aggressive behavior can affect their success in school and life.

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