<u>SEL TOOLKIT</u>

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<u>An Overview of Social Emotional Learning in Massachusetts Public Schools-</u>

Social and Emotional Learning (SEL) is a student-centered approach that emphasizes:
- Building on students' strengths
- Developing skills through hands-on, experiential learning
- Giving young people voice in the learning process
- Supporting youth through positive relationships with adults over an extended period of time

Commonly used in school and after-school settings, SEL programming offers behavioral health strategies and techniques that align with the positive youth development approach.

<u>What you need to know:</u>
- <u>What Is the CASEL Framework? - CASEL</u>
- <u>Ashland Staff SEL - SEL Competencies</u>
- Department of Education and Secondary Education "Social and Emotional Learning in Massachusetts": <u>https://www.doe.mass.edu/sfs/sel/default.html</u>
- **<u>What's in the Toolkit? - SEL Toolkit - ACT for Youth</u>**

<u>Videos-</u>
- SEL 101: What are the core competencies and key settings? (**<u>Bing Videos</u>**)
- **Additional videos:**
  - <u>https://www.youtube.com/watch?v=ikehX9o1JbI</u>
  - <u>https://www.youtube.com/watch?v=CEPw4CEGc1o</u>
  - <u>https://www.youtube.com/watch?v=gGa9yieENKM</u>
  - <u>https://www.youtube.com/watch?v=oeiI38Szy9M</u>

Parent & Caregiver Education:

Social and Emotional Learning (SEL) is an integral part of education and human development. SEL 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, and make responsible and caring decisions.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

The Casel 5 Model

The CASEL 5 addresses five broad and interrelated areas of competence and highlights examples for each: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The CASEL 5 can be taught and applied at various developmental stages from childhood to adulthood and across diverse cultural contexts. Many school districts, states, and countries have used the CASEL 5 to establish preschool to high school learning standards and competencies that articulate what students should know and be able to do for academic success, school and civic engagement, health and wellness, and fulfilling careers.

A developmental perspective to SEL considers how the social and emotional competencies can be expressed and enhanced at different ages from preschool through adulthood. Students' social, emotional, and cognitive developmental levels and age-appropriate tasks and challenges should inform the design of SEL standards, instruction, and assessment. Given that, stakeholders should decide how best to prioritize, teach, and assess the growth and development of the CASEL 5 in their local schools and communities.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines SEL as "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, and make responsible and caring decisions." CASEL has identified core competency areas that are nurtured in SEL programming: self-awareness, self-management, social awareness, relationship skills, and decision making.

The 5 Competencies of Social Emotional Learning:

1. **Self-Awareness**—My recognition of who I am, what I need and how I feel relative to the world around me.Social and emotional learning nurtures self-awareness: the ability to identify our own feelings, values, strengths, and limitations, as well as how our feelings and thoughts influence what we do. Below you'll find resources to help promote self-awareness with youth in each of the following areas:
   a. Identifying and building on strengths
   b. Exploring identities
   c. Exploring personality and learning styles
   d. Building on emotional intelligence
   e. Understanding stress and stressors

Self awareness is one's ability to recognize our own emotions, thoughts, and values, and how they influence behavior. It's also the ability to accurately assess our strengths and limitations with a sense of confidence, optimism, and a growth mindset.

Examples may include:
- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assetsIdentifying one's emotions
- Demonstrating honesty and integrityLinking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

2. Self-Management—My ability to manage my emotions and behaviors, to complete a task or succeed in a challenging situation.

Self management…
- Promotes a growth mindset
- Promotes Perseverance
- Nurture the motivation to learn
- Facilitates goal setting
- Facilitates emotion regulation
- Integrates mindfulness practices into our daily lives

Self Management is one's ability to successfully regulate their emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

Self Management may look like…

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

3. Social Awareness—How I demonstrate my consideration of others and a desire to positively contribute to my community.

Social awareness…
- Teaches Empathy
- Creates Inclusive and Safe Environments
- Nurtures Civic Engagement
- Allows us to explore Community Resources

Social Awareness is one's ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and support.

Social Awareness may look like…
- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities

4. Relationship Skills—My ability to use positive communication and social skills to interact effectively with others.

Relationship skills…
- Model and Promote Positive Communication Skills
- Teach Social Skills and Relationship Education
- Teach Conflict Resolution Skills

Relationship Skills are one's ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help

Relationship Skills may look like…
- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure

5. Decision Making- My approach to problem solving that involves learning from others, from past experiences and using my values to guide my action and accepting responsibility for my decisions.

Decision making skills…

Promote Problem-Solving Thinking

There are many simple ways to infuse problem-solving thinking and reflection into program activities:
- Articulate differences and connections
- Identify emotions behind actions
- Brainstorm different approaches or solutions to a task
- Explore possible consequences
- Model and articulate decision-making process
- Reflect on past experiences
- Evaluate actions - did they meet the goal?
- Simulate or role play a task
- Teach Critical Thinking and Decision-Making Skills

Responsible Decision Making is one's ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others

Relationship Skills may look like…
- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are

Links to Regional School Curriculums (includes activities)

- **Everyday Speech**:
  Social-Emotional Learning Curriculum for Tier 1 Students - Everyday Speech
  For Parents - Everyday Speech

- **Jesse Lewis Choose Love Movement**: (Hudson)
  Choose Love Movement - Promoting Hope, Healing & Connection

- **Positivity Project**:
  Character Education for Families | The Positivity Project
  Weekly Family Letter - P2 Introduction - Pre-K-12 - Google Docs

- **Second Step**: (Northborough-Southborough)
  Student Well-being Programs | Second Step
  Resources for Parents | Second Step
  Free SEL Resources for Families | Second Step

- **Wayfinder**: (Natick)
  Family Information Hub

Social Emotional Learning RESOURCES & ACTIVITIES
Resources include manuals, activities, fact sheets, videos, and websites.

Parenting Montana-Tool for Your Child's Success
https://parentingmontana.org
I Want to Know More - Parenting Montana

This resource helps to promote the healthy mental, emotional, and behavioral development of children by actively growing their social and emotional skills like self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. You can learn about strategies to thoughtfully address challenges with their children while at the same time growing and improving social and emotional skills, increasing wellbeing,and reducing risky behaviors.The website includes tools that are organized developmentally by the age of the child, user can select an age-specific tool.

Leading-with-SEL-Parent-Toolkit-6.pdf
This toolkit is a quick guide for parents and caregivers to share accurate information in support of SEL in our children's schools and communities. Use these tools to ground conversations in facts and data, dispel misinformation, and advocate for high-quality social, emotional, and academic learning.

SEL Family Toolkit Call to Action
A step by step guide for engaging families in social emotional learning initiatives. **Great handouts and resources.**

SEL with Families & Caregivers - CASEL

Course-An Introduction to Social and Emotional Learning