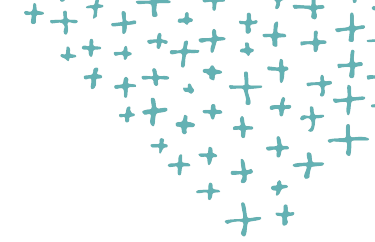


Empowering Students From Afar With Social and Emotional Learning



Poll

How familiar are you with teaching social emotional learning?

I have taught or supported student SEL

I recently began teaching or supporting student SEL

I don't yet teach or support student SEL, but will

I do not have any immediate plans to teach or support SEL

But first, housekeeping.

Audio

Listen through your computer speaker or by calling (213) 929-4221, access code: 740-765-362.

Questions

Type your questions in the box. We'll get to your questions in real time or during the Q&A. Otherwise, you'll receive a response via email within 24 hours.

Social

Find us on Twitter, Facebook and Instagram at @EVERFIK12. Share your experiences using #EVERFIempowers if you share out!

A recording will be emailed to you after the webinar.

Today's Presenters



Erin McClintock

Head of Impact, Social and
Emotional Learning
EVERFI
Boston, MA



Dr. Melisa Marsh

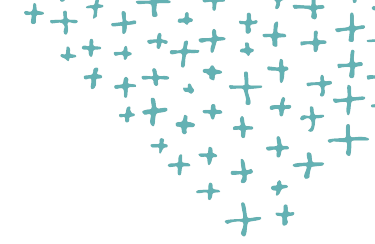
Supervisor of School
Counseling
Cobb County School District
Marietta, GA



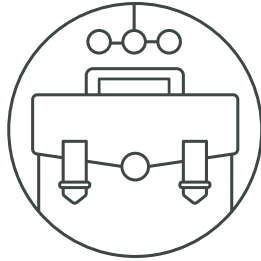
Jenny Watson

Family and Consumer Sciences
Teacher & FCCLA Adviser
Southeast Middle School
Kernersville, NC

Educating the Whole Child



**Career
Readiness**



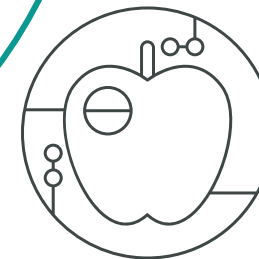
**Social and
Emotional
Learning**



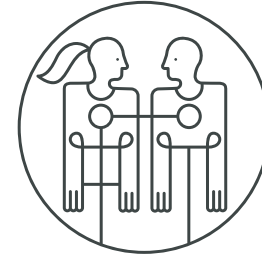
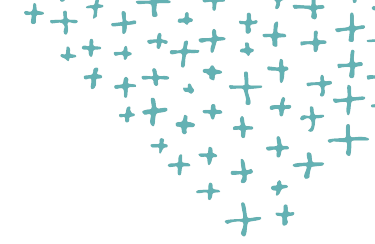
**Financial
Capability**



**Health and
Wellness**



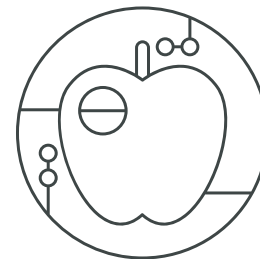
Educating the Whole Child



Social-Emotional Learning

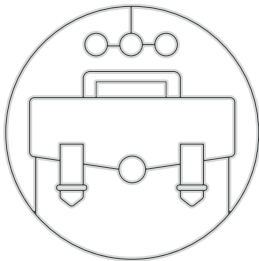
DigCitCommit

SEL PROVIDERS COUNCIL

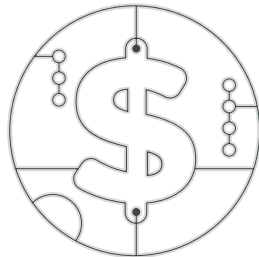


Health and Wellness

Career Readiness



Financial Capability



AGENDA

1

The State of The Issue(s)

2

Strategies for Teaching SEL Remotely

3

Supporting Your Own Mental Wellness

4

Q&A

“What do you feel are the most pressing issues impacting students today?”

Mental health

56%

Social media

53%

Cyberbullying

35%

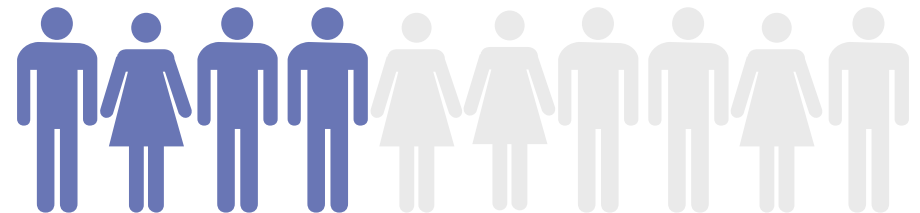
99% of educators said it is extremely important or very important to include these types of topics in their schools curriculum

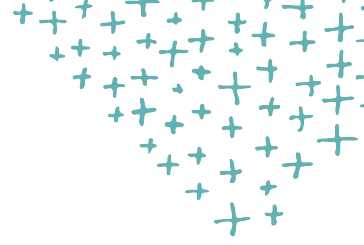
99%

71% of educators feel that their school has the resources necessary to support **physical health**



41% of educators feel that their school has the resources necessary to support **mental health**





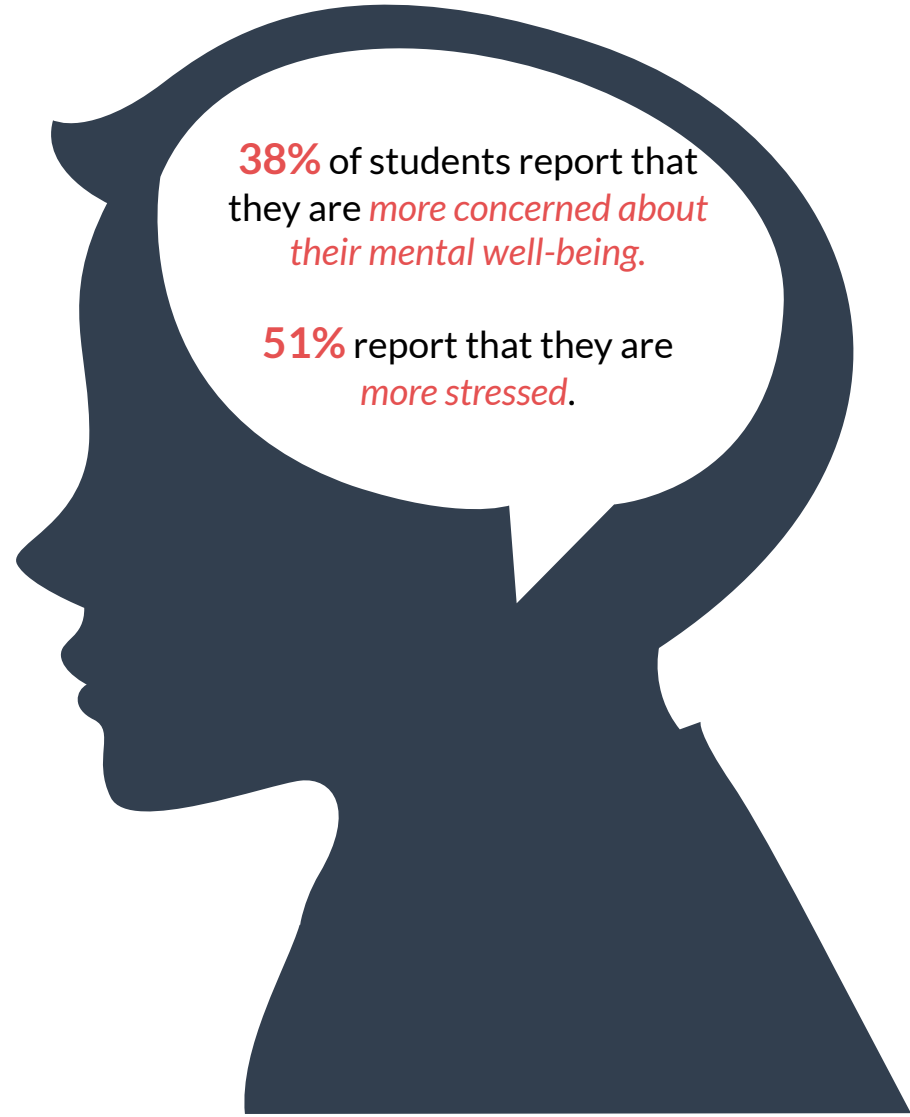
The Impact of COVID-19

Loss of loved ones

Hyper-awareness
of health

Rites of passage
are changing

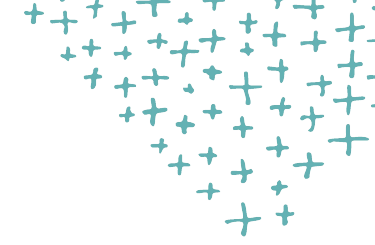
Isolation, fear,
uncertainty



38% of students report that they are *more concerned about their mental well-being.*

51% report that they are *more stressed.*

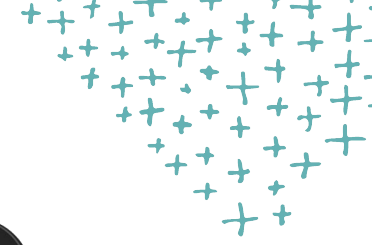
“The New Norm”



The 8 Dimensions of Wellness



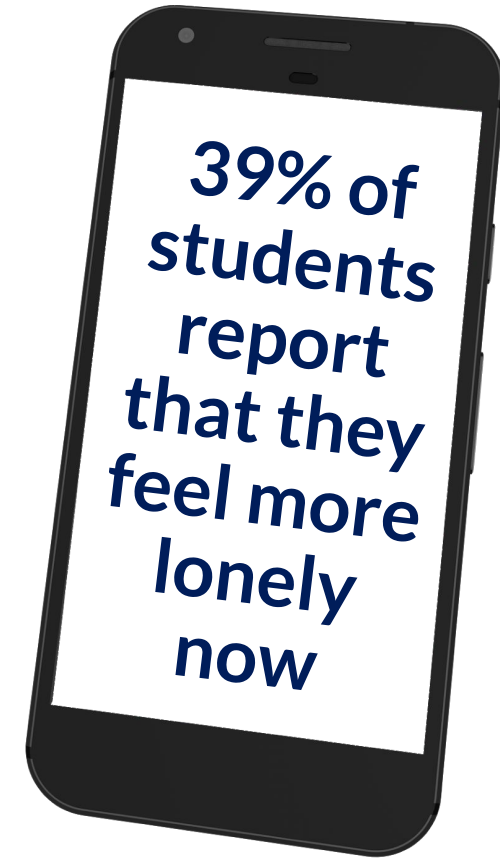
Loneliness and Digital Wellness



Students who spend more time online report higher levels of loneliness

Students with high levels of loneliness are less likely to protect their safety online

Less than 50% of lonely students feel prepared to protect their mental health online



Adapting to Remote Learning

Jenny Watson, Middle School FCS Teacher

FLEX Fridays

F

Fun

This requires no explanation!

L

Leisure Learning

Caregivers and students will have additional opportunities to spend time in nature, go on virtual field trips, complete a puzzle, draw, paint, play an instrument, and/or read...whatever interests you and your child!

E

Emotional Time & Connections

Caregivers and students can participate in a social-emotional activity together.

X

X-tra Learning & Support

This day can be used for catching up and making additional connections with teachers for any additional support required for student success.



Virtual Field Trips



The Louvre



MOMA



Detroit
Institute of
Arts



Rijksmuseum,
Amsterdam



The Vatican

Character Playbook

Building Healthy Relationships

Grade Level: 7th -9th

Total Lessons: 6 lessons, 20-25 minutes each

Aligns with NHES; CASEL SEL framework



At-a-Glance

Character Playbook is a digital course using evidence-informed strategies to educate students on core SEL competencies.

Using true-to-life scenarios, students learn concrete strategies for **managing their emotions**, **communicating effectively** with others and **making responsible decisions**.

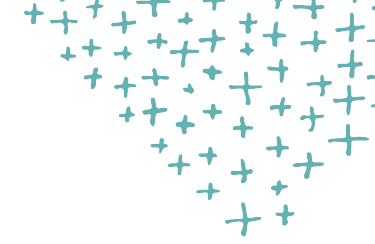
Course Highlights

- Guided practice and scenario-based activities with targeted feedback
- Extension resources for students to dive deeper in specific topics

Student Learning Objectives:

- Analyzing Influences
- Understanding and Managing Emotions
- Communicating Effectively
- Resolving Conflicts

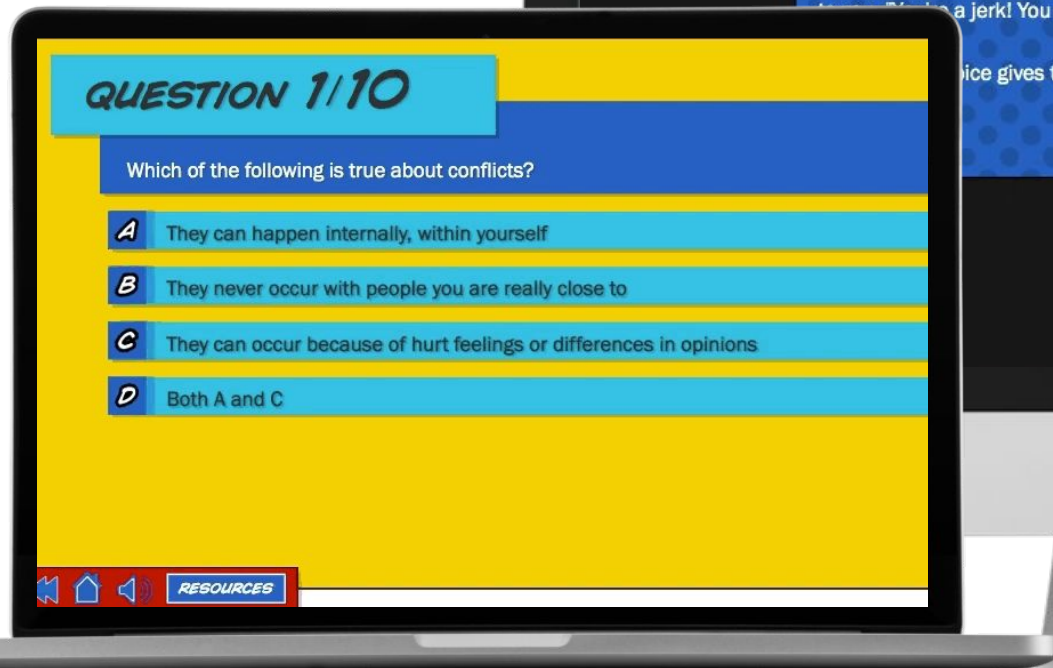
Digital Resources



COMMUNICATING DURING CONFLICTS

Good communication is crucial to resolving a conflict. Would you rather someone say "You're a jerk! You never listen!" or "I feel hurt when you don't listen to me"?

Which choice gives the same information in a way that doesn't insult you?

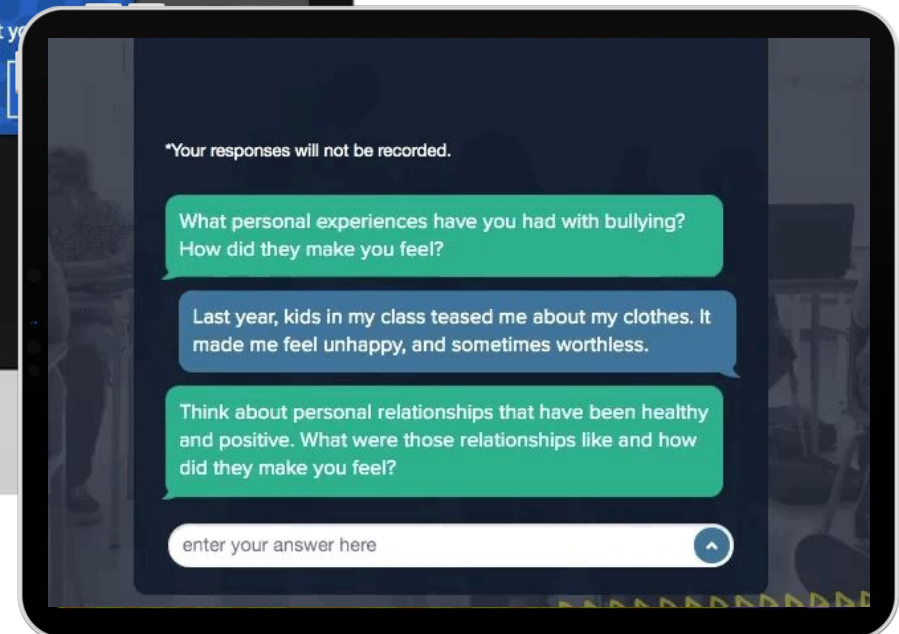


QUESTION 1/10

Which of the following is true about conflicts?

- A** They can happen internally, within yourself
- B** They never occur with people you are really close to
- C** They can occur because of hurt feelings or differences in opinions
- D** Both A and C

RESOURCES



*Your responses will not be recorded.

What personal experiences have you had with bullying?
How did they make you feel?

Last year, kids in my class teased me about my clothes. It made me feel unhappy, and sometimes worthless.

Think about personal relationships that have been healthy and positive. What were those relationships like and how did they make you feel?

enter your answer here

SEL Activities

GoNoodle

A website that engages kids in movement and mindfulness activities



Journaling

Daily writing in a relaxed format provides a way to explore thoughts, feelings, and new ideas



Self-Compassion

A quick self-compassion practice that can be applied throughout the day whenever difficult emotions arise.



SEL Video Lessons

6-minute SEL Lessons that include a short video and discussion questions.



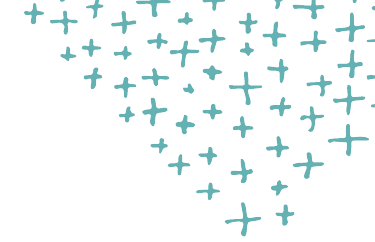
Write Down & Rip Up

Have your child write down their expectations and insecurities, rip them up, and throw them away.



Best Possible Self

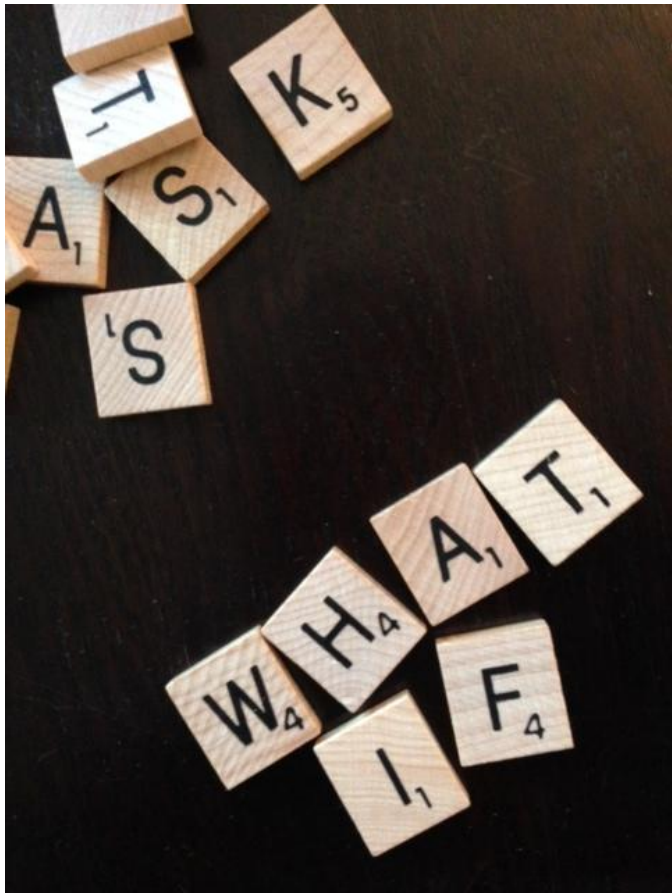
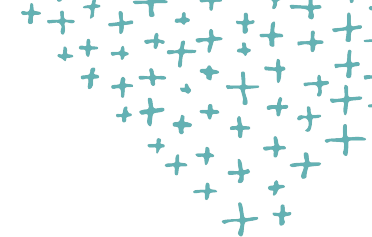
Students write answers to questions about what they want their lives to be at age 40.



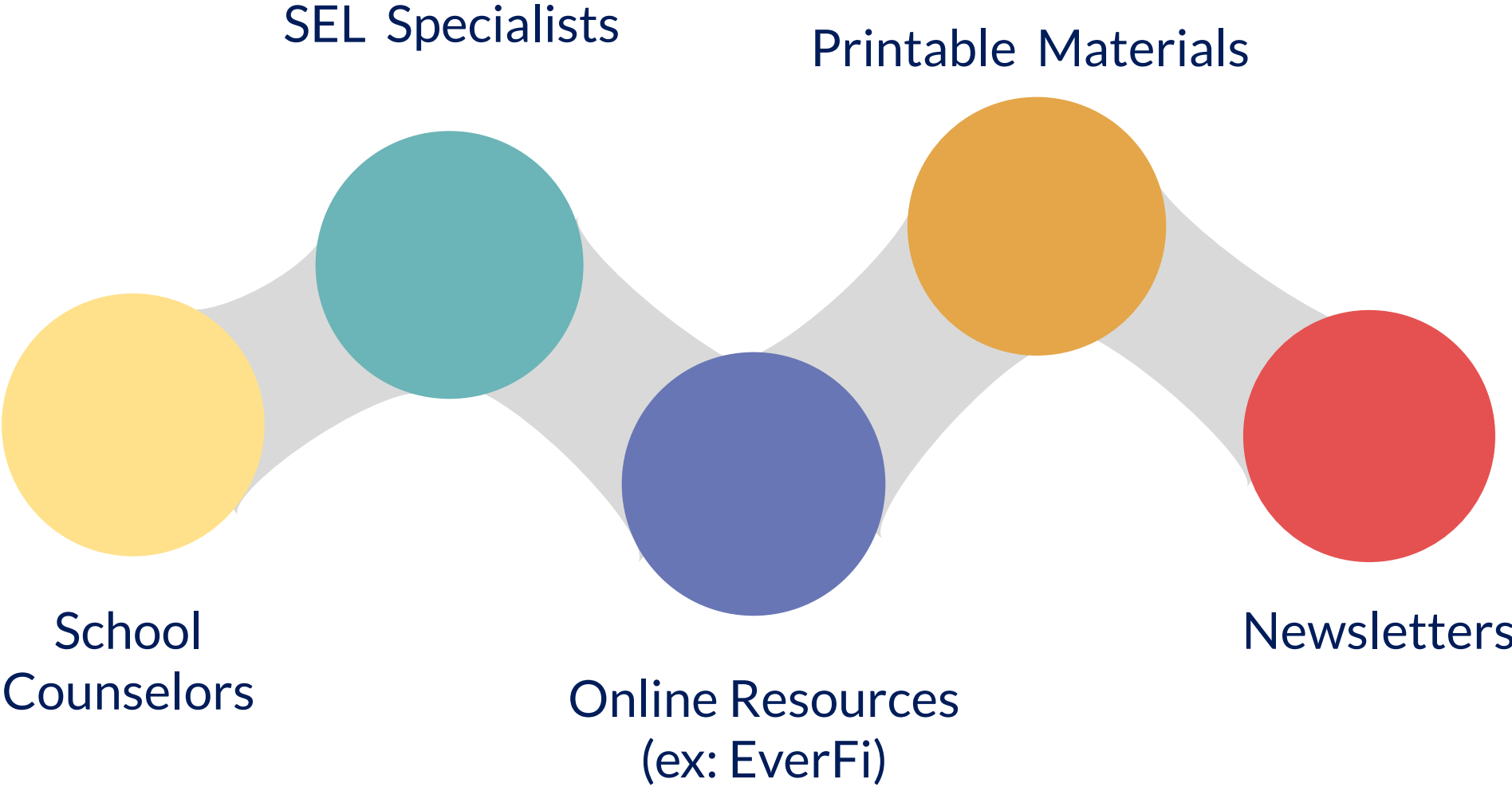
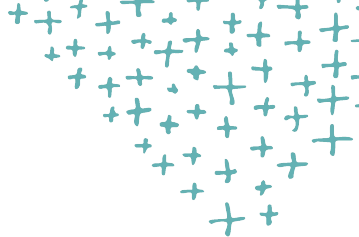
Navigating the Virtual Setting and SEL

Dr. Melisa Marsh, Supervisor of School Counseling

Changing the Narrative



Supporting the Community



Providing Examples & Direct Instruction



An Example in Engagement - Palmer

PALMER
COUNSELING

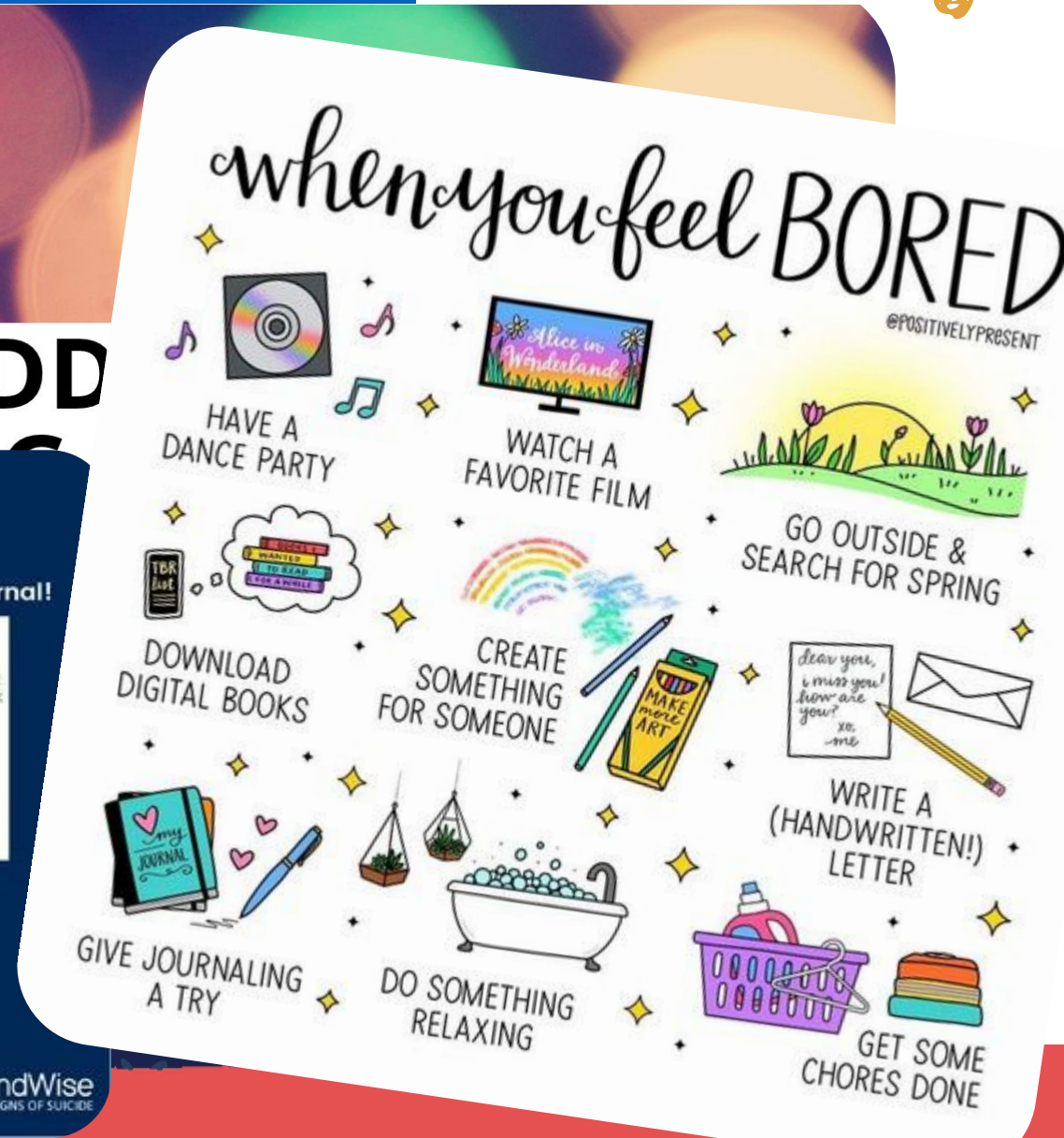
- HOME
- ABOUT
- ASCA MODEL
- GRADE LEVEL INFORMATION
- ENROLLING YOUR STUDENT

PALMER MIDD COUNSELING

WEEKLY WELLNESS CHALLENGE

Try to complete as many of these daily activities and record your progress in a journal!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 Post a photo of you doing a healthy activity on social media or send to a friend	 Write down at least three things you're grateful for today	 Do 5 minutes of deep belly breathing (Watch SOS video)	 Make sure you drink enough water! Drink half your body weight in ounces
 Video call or call a friend on the phone and ask how they are doing	 Take a 15-minute walk outside	 Unfollow negative social media accounts	 Try 5 minutes of box/square breathing (Watch SOS video)
FRIDAY	SATURDAY	SUNDAY	
 Take a social media break for the day and focus on the life around you	 If you feel tired, take a restful nap	 Spend an hour doing a hobby you love	
 Spend a half hour reading a new book you haven't had the time to start	 Call or text a family member to say hello	 Journal about the week and celebrate your accomplishments!	



Garrison Mill



Community Connections - Newsletter

THE COUNSELORS' CLAMOR

NEWS AND UPDATES IN OUR VIRTUAL ENVIRONMENT

WEEK 2

Congratulations...you made it to week 2 of our virtual environment. Hopefully by now, you have created a schedule, introduced some self-care and breaks throughout your day, and found a way to communicate with your students, staff and families through an online platform. Our hope is that we will also send you a weekly newsletter to highlight some of the resources that have been shared throughout the week (just in case you missed them). Please feel free to use this with your school community as well. Remember that we are all here to help one another and share with each other. #InThisTogether <3 Missy & Alex

Accessibility

High Contrast Mode

Aa

Aa

Aa

Melisa Marsh

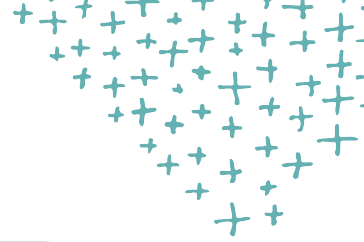
Melisa is using Smore newsletters to spread the word online.

Get email updates from **Melisa**:

Follow Melisa Marsh

Contact Melisa Marsh

Mental Wellness Basics



One of the most important things you can do for your mental health is to find the coping strategies that work for you. When you feel more balanced, hopeful, and able to get through your day and build relationships with others, then you know the strategy is working.

Let's see what else you've learned.

Healthy Coping Skills

Coping Strategies

Breathe Mindfully

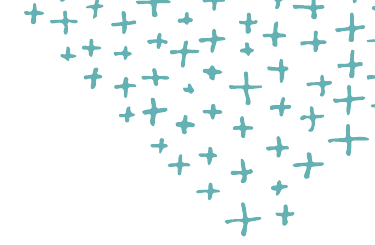
Mindfulness practices, like yoga and meditation, help you focus on the present, notice your feelings, thoughts, and sensations, and create a moment to pause, reflect, or just "be."

Try this as part of your morning routine, during difficult situations, or before going to sleep. Breathing at a pace that you find calming can lower your heart rate, which can help if you're having anxiety.

PRACTICE

Healthy Coping Skills

Teaching SEL At Home



Modeling healthy behaviors & coping strategies

Checking in and discussing feelings

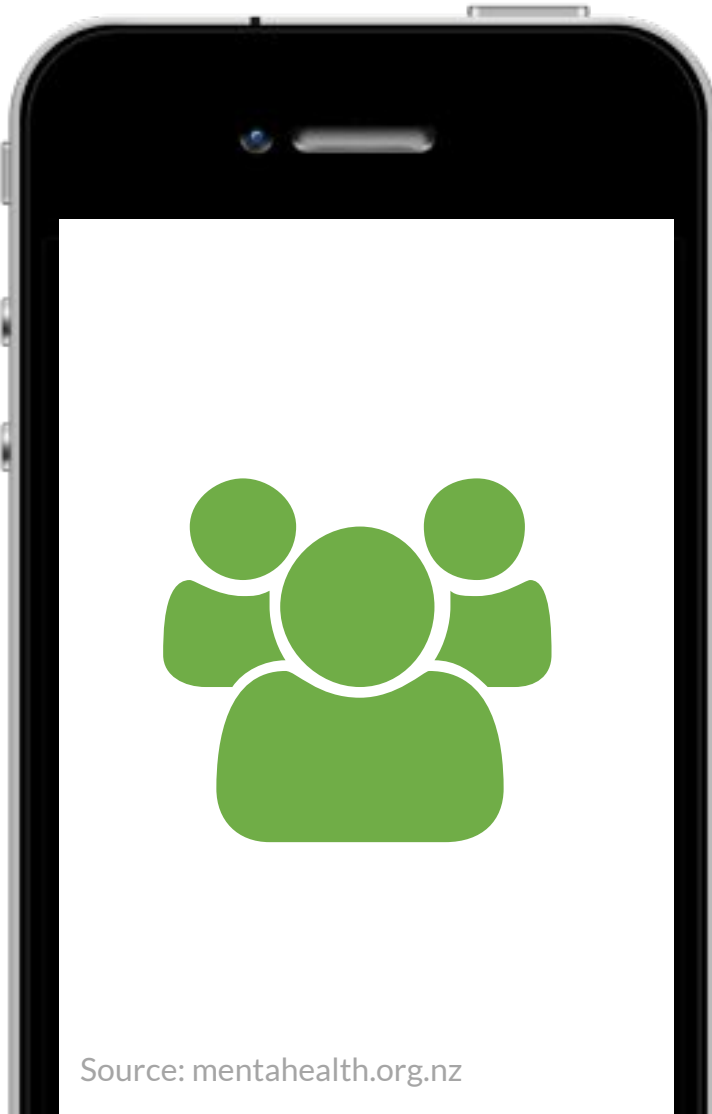
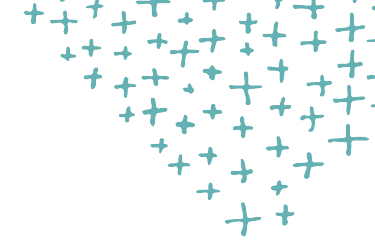
Demonstrating healthy communication

Practicing problem-solving skills

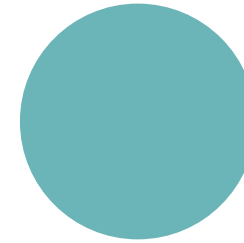
Carving out time for self-care

Building in SEL “class periods”

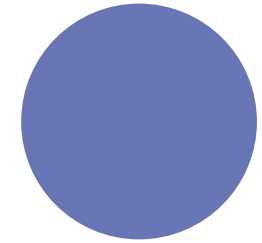
Warning Signs In A Digital Environment



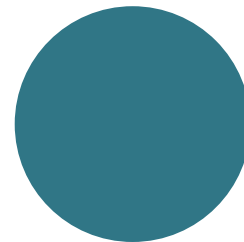
Say they want to die or kill themselves



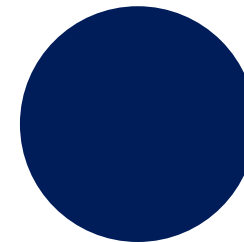
Write or post a lot about suicide, death, or self-harm



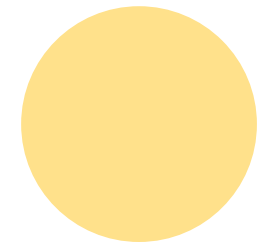
Stop responding to messages



Have changes in mood- depressed, angry, withdrawn

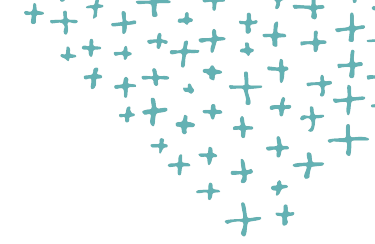


Seem to have lost interest in life or other things they enjoy



Increase in high-risk behavior

Support In A Digital Environment



Make space for mental health

Encourage them to chat privately

Be direct

Have resources available

Crisis Text Line: Text SHARE to 741741

National Suicide Prevention Lifeline: 1-800-273-TALK

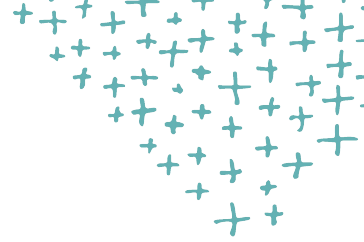
SAMHSA National Helpline: 1-800-662-HELP

NAMI HelpLine (M-F 10am - 6pm EST): 1-800-950-6264

Disaster Distress Hotline: 1-800-985-5990 or Text TalkWithUs to 66746

Turning It Inwards: Prioritizing Educator Well-being

Poll



How are you doing?

I'm really struggling

I'm doing okay but could be better

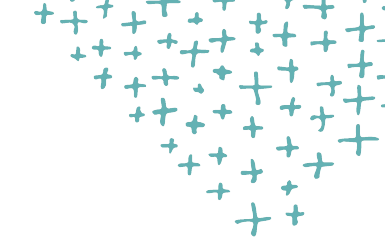
I'm doing pretty well

I'm doing great



NOT EVERY TEACHER

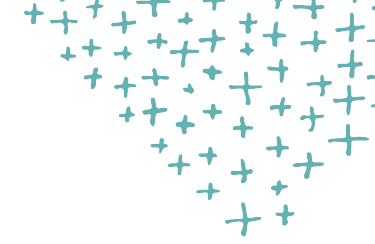
- Not every teacher lives in conditions they want broadcasted to their co-workers or students over video conferencing.
- Not every teacher can afford to buy out a craft store to convert their living room into a learning wonderland.
- Not every teacher has the bandwidth, literally or otherwise, to become an online instructor overnight.
- Not every teacher can put their health at risk to pass out work packets or meals to families in need.
- Not every teacher works in neighborhoods you can parade through.
- Not every teacher has the in-home support to balance being a caregiver, instructor, chef, tutor and tech support all day.

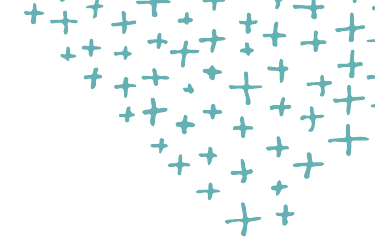


But one thing **every teacher** is doing is trying. Through pandemics, technology breakdowns, revolving expectations and unknown unknowns, we keep trying and we keep teaching.

So if you feel like you are not every teacher, principal, para, librarian or counselor, please know this: while your *daily diligence* may not go viral, the work you do everyday is **vital**. Truly. Thank you.

Putting Your Lifemask On First





Supporting Your Own Mental Health

Control the
controllables

Carve out time for
self-care

Model
self-compassion

Set reasonable
expectations

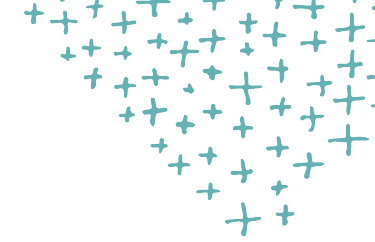
Communicate,
Communicate,
Communicate

Be unapologetic

Create a dedicated
work space

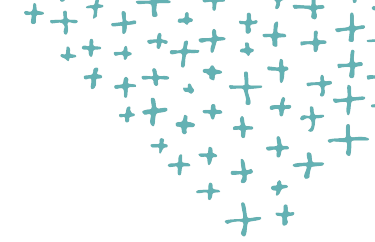
Set “office hours”

Reach out



**What are you doing for
your mental health during
this time?**

Taking One Step Together



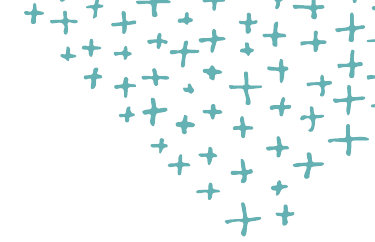
Share a tip, a takeaway, a thought -
Bring this conversation to move educators, using
#EVERFIempowers:

I'm taking care of my mental health by _____

I miss _____ most, but I'm enjoying _____

One good thing about remote teaching has been _____.

I'm looking forward to _____.



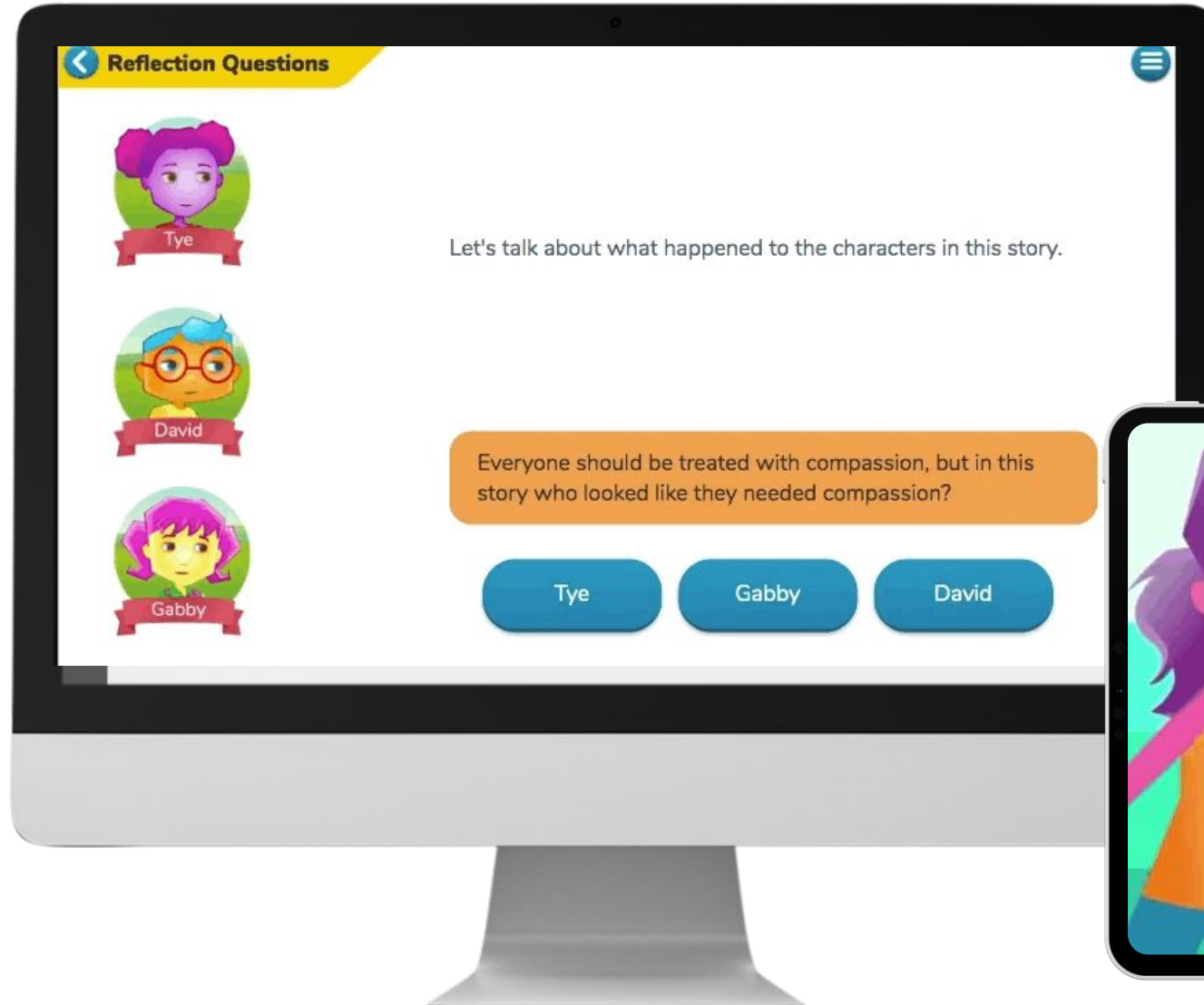
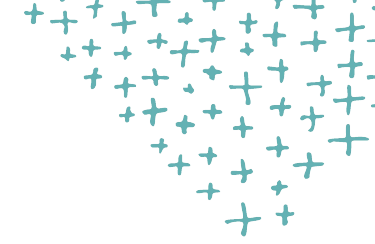
Resources for Educators

- [We Are Teachers Helpline](#)
- [Headspace for Educators](#)
- [Taking Care of Teachers](#)
- [Staying Calm](#)
- [Enough](#)
- [There's an App for That](#)
- [Support Mapping](#)
- [Words of Encouragement](#)
- [ASCA COVID-19 Resources](#)
- Three Good Things - Download on your iPhone or Android
- Calm App - Download on your iPhone or Android

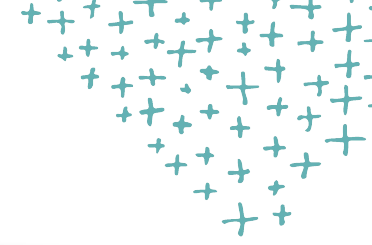
Additional Support

Financial Education	STEM & Career Exploration	Social Emotional Learning	Health & Wellness	Early Learning	Cultural Literacy
Vault Understanding Money 4–6 th Grade	Future Goals Hockey Scholar – Math Edition 4–7 th Grade	The Compassion Project 2nd–4 th Grade	Healthier Me Nutrition & Wellness 1st–4 th Grade & 6–8 th Grade	WORD Force Literacy Adventure K–2nd Grade	306 African–American History 9–12 th Grade
FutureSmart 6–8 th Grade	Future Goals Hockey Scholar – Science Edition 4–7 th Grade	Ignition Digital Wellness & Safety 6–9 th Grade	Mental Wellness Basics 8–10 th Grade	Summer Slugger Math & Literacy 4–5 th Grade	
Venture Entrepreneurial Expedition 7–10 th Grade	Endeavor STEM Literacy & Career Exploration 7–9 th Grade	Character Playbook Character Education 7–9 th Grade	AlcoholEdu 9–12 th Grade		
EVERFI Financial Literacy 9–12 th Grade	Keys To Your Future College & Career 9–12 th Grade	Honor Code Bullying Prevention 8–10 th Grade	R_x Drug Safety 9–12 th Grade		
Marketplaces Investing Basics 9–12 th Grade					

The Compassion Project



Getting Started- Teachers



everfi.com/newteacher

- Select your state & school
- Username & password
- Select one resource to start & add more later

EVERFI

Educator Quick Start Guide

▶ Go to EVERFI.com/newteacher to begin

1. Locate Your School

- Find your state/province
- Enter your school name
(if your school isn't listed, select "Can't find your school?")

2. Create Your Profile

- Enter your first & last name
- Enter your school email address
- Create & confirm your password
- Select a course from the drop-down
(You can add additional courses after logging in)
- Agree to terms of service

3. Create Your Classes

Register

Student/Learner | **K12 Teacher**

Find Your School:
Please select a state and search for your school.

State/Province

[Can't find your school?](#) **Next**

Already have an account? [Login](#)

Register

Student | **K12 Teacher**

First Name | Last Name

Enter your school email address

Create a Password

Password Confirmation

Show password

Select a course

I agree to the [terms of service](#)

Next

Already have an account? [Login](#)

HOME | CATALOG | SUPPORT

COURSES | CLASSES | STUDENTS | REPORTS


The Student Dashboard



CURRENT COURSES REMOTE COURSES PAST COURSES

Enter Course Code Add Course

306




[▶ CONTINUE](#)

Current Module: [☰ PROGRESS](#)
Underground Railroad

Supported By:
EVERFI

AlcoholEDU For High School




[▶ CONTINUE](#)

Current Module: [☰ PROGRESS](#)
Brain and Body


Supported By:
EVERFI

Keys To Your Future



[▶ CONTINUE](#)

The Compassion Project

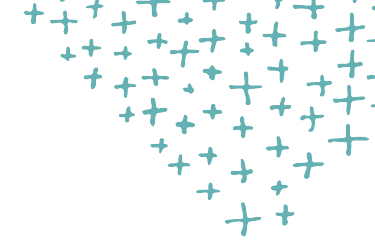


[▶ CONTINUE](#)



Questions?

Next Steps



Learn

Visit everfi.com/k-12 for more information.

Use everfi.com/remotelearning/ to learn more about addressing remote learning with your students.

Try

Register for an account at www.everfi.com/newteacher

Try a new course. You can add from your teacher dashboard.

Share

Share with colleagues.

Share about your class on social media - tag [@EVERFIk12](https://twitter.com/EVERFIk12) and/or use [#EVERFIempowers](https://twitter.com/EVERFIempowers)