But first, housekeeping.

Participate today
Questions
Ask anything in the questions box.
If we can’t get to questions in real time, we’ll answer in the Q&A.

Participate today and beyond!
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Educator Resources for Real World Learning

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AGENDA

• Introductions
• SEL Overview
• Q & A
5 Ways to Bring SEL into Any Classroom

Jessica Geldore
Educator
Lemoore Union Elementary School District

Pooja Patel
K12 Implementation Lead, New Jersey
EVERFI
5 Ways to Bring SEL into Any Classroom
Let’s hear from you!
Use the chat box to share your answers!

- What do you struggle the most with when bringing SEL into your classroom?
- What's one way you’ve tried to incorporate SEL into your classroom before?
School-wide Behavior Expectations

SPIRIT Expectations

S-elf-Control
P-erseverance
I-ntegrity
R-espectful
I-nvolvement
T-rustworthiness
1. Daily Check-Ins Using the Zones of Regulation

- As students come in they grab their names and put it in the specific colored cups: green, yellow, blue and red
- Each color has associated emotions or feelings:
  - **Green** is happy, ready and calm.
  - **Yellow** means worried, silly, frustrated or excited.
  - **Blue** means sad, bored, tired, or sick
  - **Red** means angry, or terrified.
2. Enhancing School Culture

- Since 2016, every November, my school community rolls out **16 Days of Gratitude**. We provided daily writing prompts, and staff and students were encouraged to share about things and people they were thankful for.

- *The Compassion Project* paves the way for students to create gratitude challenge ideas utilizing “Compassion Playground” scenarios.
Everyone Matters supports inclusion of students with different abilities with specific themed activities. This year’s theme is “Be a Difference Maker!”

Compassion Project activities are employed throughout the week. These activities cultivate an inclusive and collaborative school community.
3. Utilizing Brain Breaks throughout the day

- Students have access to a SPIRIT Walk on campus. It’s made up of different **brain break activities** students can perform to regulate themselves.

- Students have **break cards** they can use throughout the day. They’ll just have to hold the break cards up or put one on top of their desks.

- Students are in a buddy system.
4. Calm Corner

- A special place in the classroom for students to take a break when they are upset, angry, or need to calm themselves.

- This has a rug, calming toys, books, fidgets, etc. students can enjoy to help with self-regulation.
5. Teaching Mindfulness Activities

- This chaotic year has created a lot of stress and anxiety for our kids. **Practicing mindfulness** is one activity that may alleviate anxious feelings and help kids further develop their **social-emotional awareness**.

- Incorporate breathing techniques, glitter jars, coloring activities, yoga activities, etc.
The Compassion Project: Lower Elementary

At-a-Glance
The Compassion Project: Upper Elementary builds on The Compassion Project: Lower Elementary to continue to teach the complex but critical skill of compassion. This course covers key social-emotional learning competencies such as the development of the understanding of self, others and impact of the actions we take.

Course Highlights
- Short videos to model key themes and concepts
- Interactive scenarios help students practice compassion
- Guided classroom discussion

Course Topics
- Defining compassion
- Empathy and perspective taking
- Mindfulness and growth mindset

Visit EVERFI.com/create
At-a-Glance

Through storytelling, reflection, and rich interactive experiences, this curriculum helps to build a foundation for compassion to take root. Videos, digital activities, and classroom lessons invite students to engage with compassion in context and apply new skills, strategies, and insights to their daily lives.

Course Highlights

• Three online, interactive lessons help students develop simple, actionable social emotional learning strategies.
• Online score reports to monitor student progress and knowledge gain.
• Offline lesson plans and student activities help teachers maximize the impact of the content across all learners.

Course Topics

• Compassion & Empathy
• Mistakes & Self-Care
• Emotions & Mindfulness

Also Available in Spanish

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Thank you! Let’s go Forward Together!

#LearnOn2022

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