



LEARN

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ON

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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.

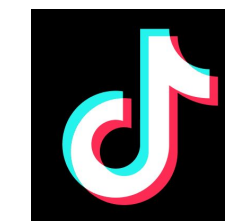
Participate today and beyond!



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AGENDA

- Introductions
- SEL Overview
- Q & A

5 Ways to Bring SEL into Any Classroom



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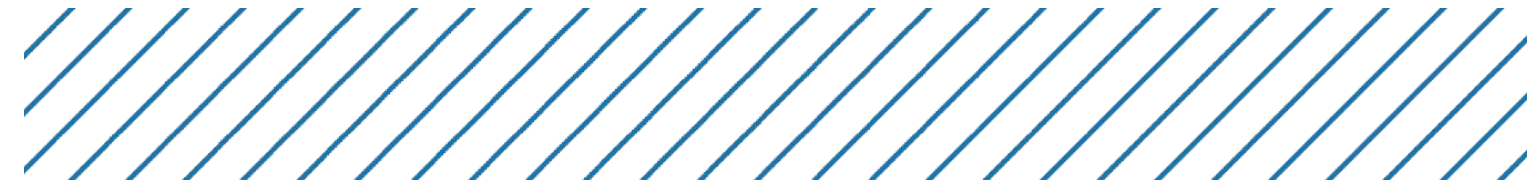
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EVERFI






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

To Be Successful, Students and Staff at Meadow Lane Will Exhibit:

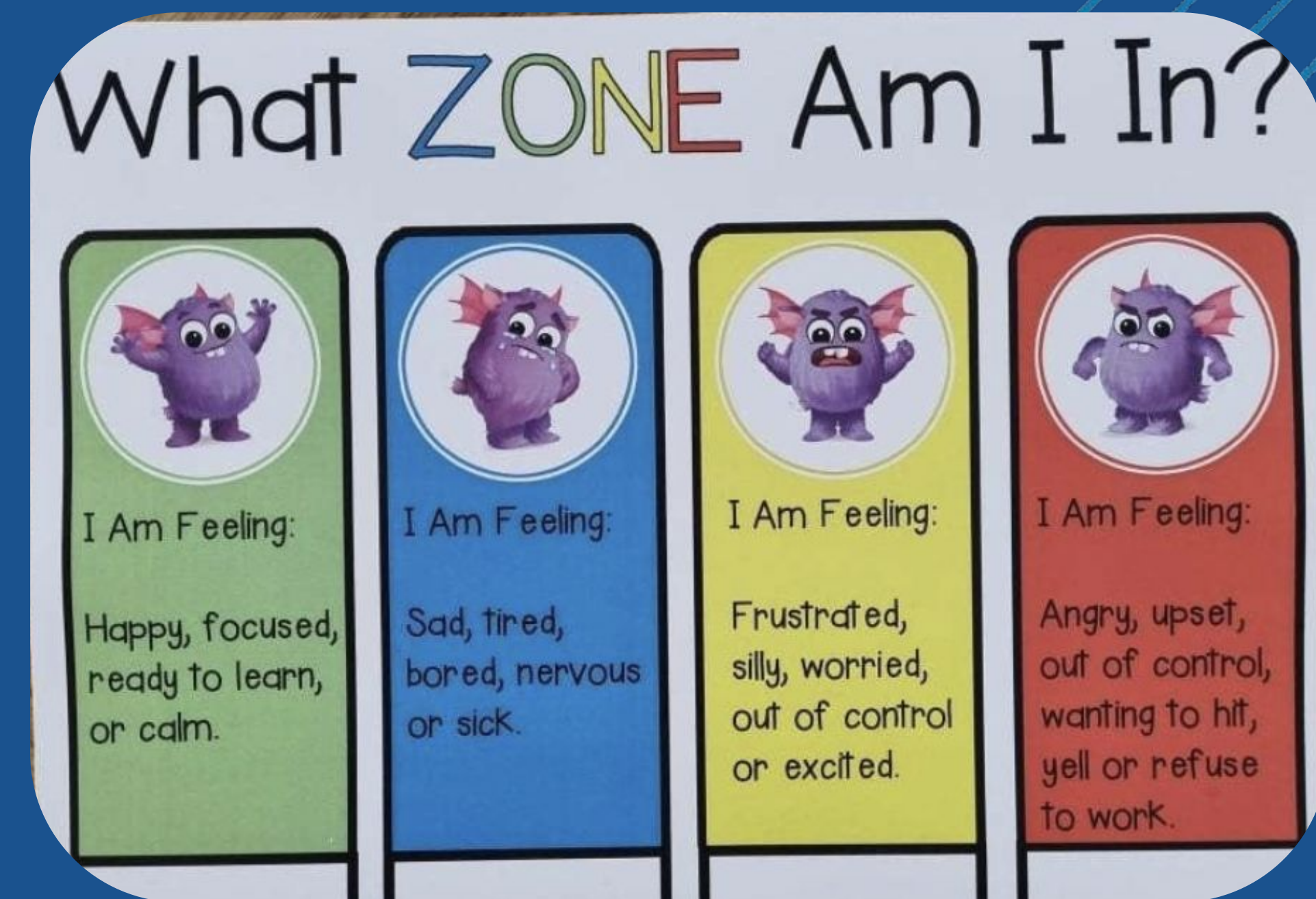
	Classroom	Hallways/ Transitions	Bathroom	Yard
Self-Control	Wait for your turn Use an appropriate voice level Enter and exit quietly	Keep hands, feet, and other objects to yourself Enter and exit places quietly Walk silently in the hallway	Use a quiet voice in the bathroom Keep hands, feet, and other objects to yourself	Respect others' personal space Use cool down strategies when upset Clean up after yourself
Perseverance	Never give up on tough assignments Use your time wisely	Walk directly to where you are going Lead by example	Use the bathroom quickly Use the bathroom during break times (recess/lunch)	Talk out disagreements and ask for help when needed Encourage yourself and others
Integrity	Do the right thing, even when no one is watching Accept consequences without complaint	Follow the rules without adult reminders Walk on the sidewalk	Use the bathroom the way it is meant to be used Follow the bathroom rules without adult reminders	Play/eat in the designated areas Share/take turns with equipment; use as intended
Respect	Take care of the classroom materials Listen and follow directions from all staff Treat others how you wish to be treated	Use polite, appropriate language and greet others Allow others to transition without interruption	Clean up after yourself and flush the toilet Allow others to have privacy Wash your hands	Follow directions without prompting from ALL staff Apologize when needed Use appropriate language
Involvement	Be prepared Participate and be attentive Take risks and put forth effort	Walk in a single file line Watch where you are walking	Report misuse of the bathroom facilities	Stay active and try new activities Invite others to play If someone gets hurt, let staff know right away
Trustworthiness	Ask for permission before using others' materials Be honest	Only enter locations where you have permission to be	Go directly to and from the bathroom	Admit when you've made a mistake Agree on the rules ahead of time and follow that agreement

To Be Successful, Students and Staff at Meadow Lane Will Exhibit:

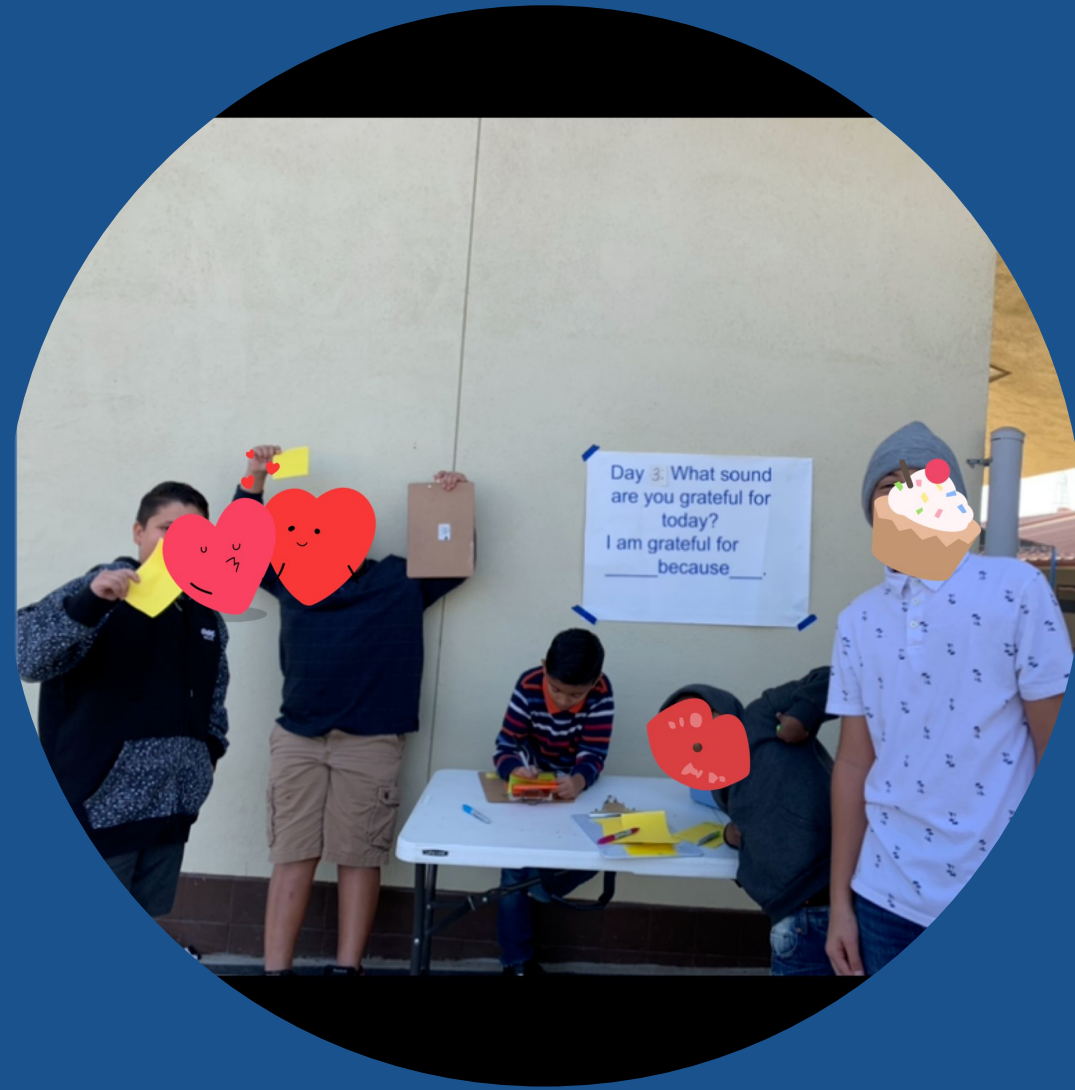
	Cafeteria/ Picnic Tables	Front Office	Library	PE
Self-Control	Keep your hands, feet, objects to yourself (only touch items on your own tray/lunch) Clean up after yourself	Wait patiently in the lobby until invited into the office area/nurses office Keep your hands, feet, objects to yourself	Come in quietly and line up Use the library materials correctly	Use equipment appropriately Walk to and from PE Monitor personal space
Perseverance	Wait patiently for your turn Raise your hand if you need something from an adult	Wait quietly until office staff has time to speak with you	Wait patiently for your turn Challenge yourself to read a variety of books	Always try your best Follow the rules of the game
Integrity	Choose food that is good for your mind and body Use good manners while eating	Be honest about why you are in the office Be accountable about your own actions	Follow procedures for checking in/out books Push in chair before leaving Return materials where you found them	Be patient with others Accept skill differences
Respect	Use an inside voice and appropriate language Follow directions without prompting from all staff	Greet office staff politely Clean up after yourself Use an inside voice and appropriate language	Use a whisper voice at all times to yourself Sit quietly on the carpet during story time	Keep hands, feet, and objects to yourself Listen for directions
Involvement	If you see trash, clean it up, even if it is not yours Model appropriate cafeteria behavior for others	Follow instructions from office staff Answer quickly and politely when office staff speak with you	Listen and follow directions Be helpful to others	Include others Participate and have fun Problem solve conflicts
Trustworthiness	Take the entrée you chose in the morning Wait until you have permission to leave the cafeteria	Get a pass before coming to the office Go directly back to where you are supposed to be when leaving the office	Care for the books you check out Bring your books back on time	Ask for permission before leaving the PE area

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.

Enhancing School Culture



- 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**.

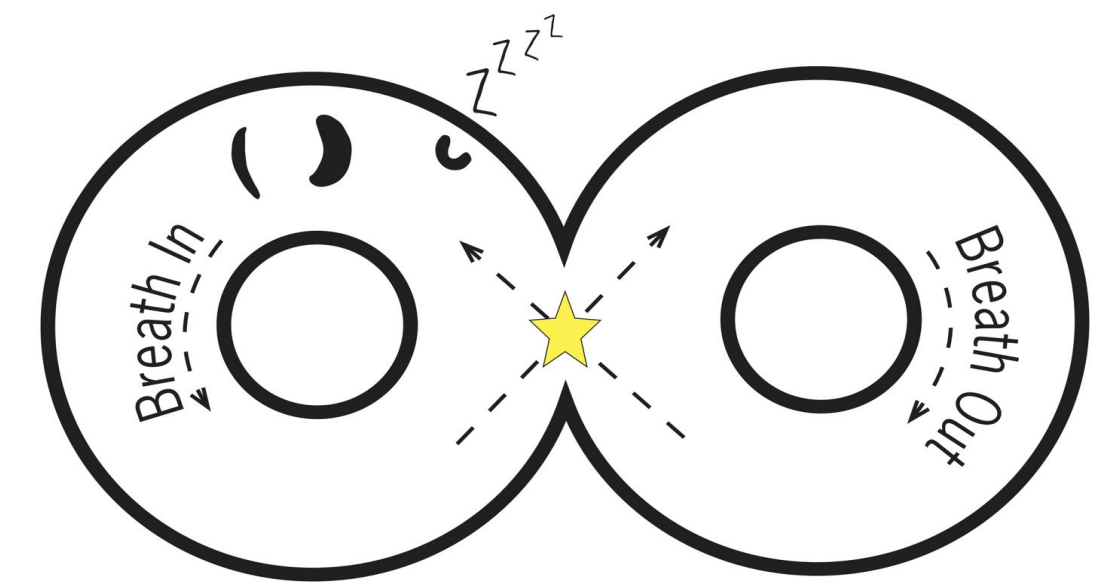


5. Teaching Mindfulness Activities

- 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.



Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

The Compassion Project: Lower Elementary

Grade Level: 2nd - 3rd

Total Lessons: 15 lessons (3 digital), 25-30 minutes each

Standard Alignment: CASEL SEL framework; CCSS ELA Standards

Suggested Class Fit: SEL Time, Morning Meeting, ELA



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

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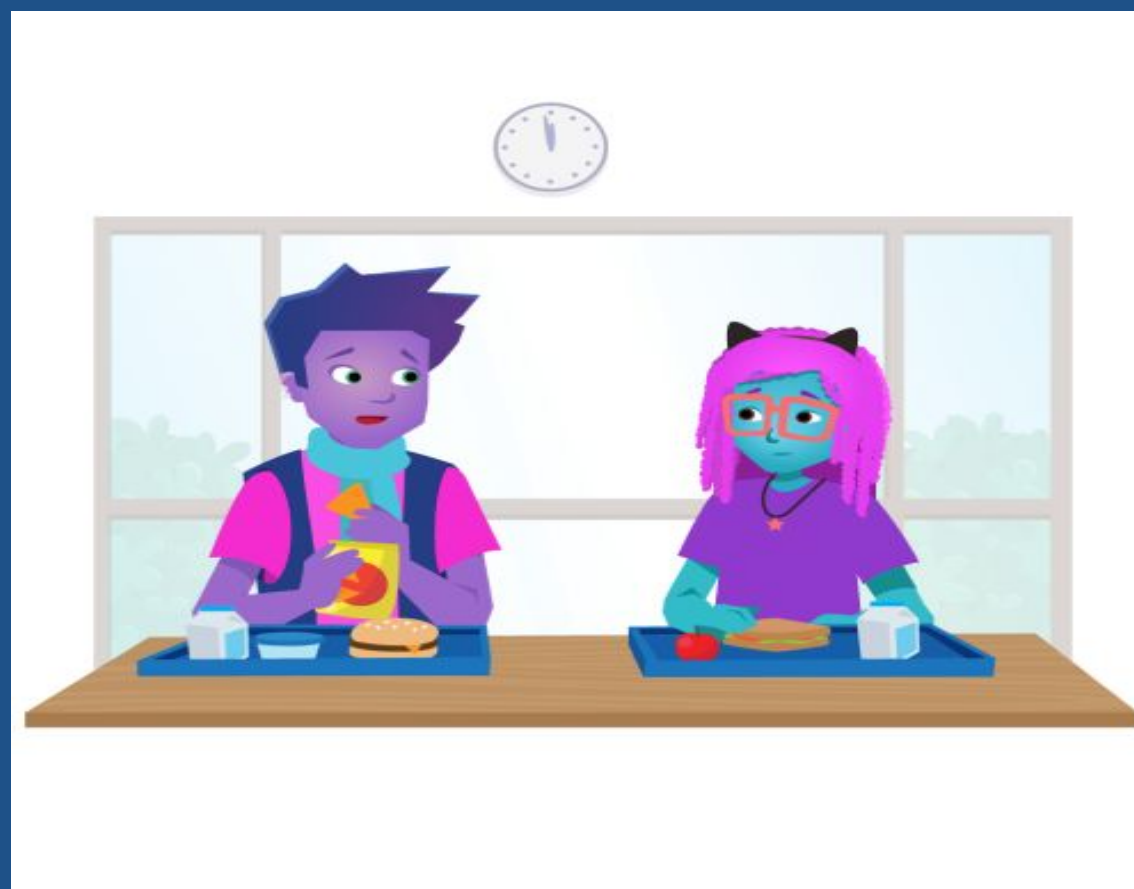
The Compassion Project: Upper Elementary

Grade Level: 4th- 5th

Total Lessons: 6 lessons (3 digital), 10 minutes each

Standard Alignment: CASEL SEL framework; CCSS ELA Standards

Suggested Class Fit: SEL Time, Morning Meeting, ELA



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!



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