

LEARN

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ON

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SEL Strategies to Support Your Students' Return to School

But First, Housekeeping...

Audio

- Can't hear? Be sure that your computer is allowing audio output
- You can ask questions in the chat box if you're having issues - we have live tech support!

Questions

- Type your questions into the questions box - we have an EVERFI rep ready to answer in real time, or we will answer them during the Q&A

Social

- Find us on Twitter and Instagram @EVERFIK12 and use #EVERFIempowers and #LearnOn2022 when you share out!



AGENDA



- SPEAKER INTRODUCTIONS
- TOPIC OVERVIEW - Setting the Stage
- EXPERT VIEW - Hear from our guest, Jenny Watson, Family and Consumer Sciences Teacher
- CLASSROOM RESOURCES
- Q & A

SEL Strategies to Support Your Students' Return to School



Jenny Watson

FCS Teacher & FCCLA Adviser
Southeast Middle School in Kernersville, NC



Jonathan Filzen

Director, K12 Programs
EVERFI (remote in Minneapolis, MN)



Bell Ringer

- Share your name, state, and role/subject taught in the chat!
- What do you feel are the greatest areas of need for your students in terms of their social emotional learning?

Challenges

- Toll of the pandemic on students' mental health
- Rise of higher rates of violence and misbehavior, and national youth mental health crisis
- Adjusting to the changes in their schools and communities and significant loss of learning time over past 2+ years
 - Skills like self-awareness, self-control, and interpersonal skills are vital for school, work, and life success

Sources: [eSchool News](#), [Learning Technology Center of Illinois](#) and [Brookings.edu](#)

Mental Health as the Key to Addressing Learning Loss

- 1 in 4 young adults say they've considered suicide because of the pandemic [Source - CDC](#)
- Schools and communities in the U.S. have already reported cases of increased fear and anxiety, online bullying, depression, sickness, loss, grief, and increased cases of abuse.

[Source - PACE](#)



“

“There is a direct link between mental health and academic performance. When a child is worried about a parent being unemployed, or whether the family will become homeless, how can they learn to add? Or read?”

Students will not be able to move forward until their mental health needs are met.”

”

- Jeannine Topalian, president of the California Association of School Psychologists, psychologist in Los Angeles Unified School District [Source](#)

The Student Impact of SEL Education

- “SEL interventions that address the five core competencies increased students’ academic performance by 11 percentile points, compared to students who did not participate.”

Source: CASEL.org, [The Benefits of SEL](#)

- “Students participating in SEL programs showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.”

Source: CASEL.org, [The Benefits of SEL](#)

- “A 2021 systematic review found that universal SEL interventions enhance young people’s social and emotional skills and reduce symptoms of depression and anxiety in the short term.”

Source: [Early Intervention Foundation](https://www.earlyinterventionfoundation.org), [Adolescent Mental Health](#)



Educator Perspective

Jenny Watson, CFCS, CFLE



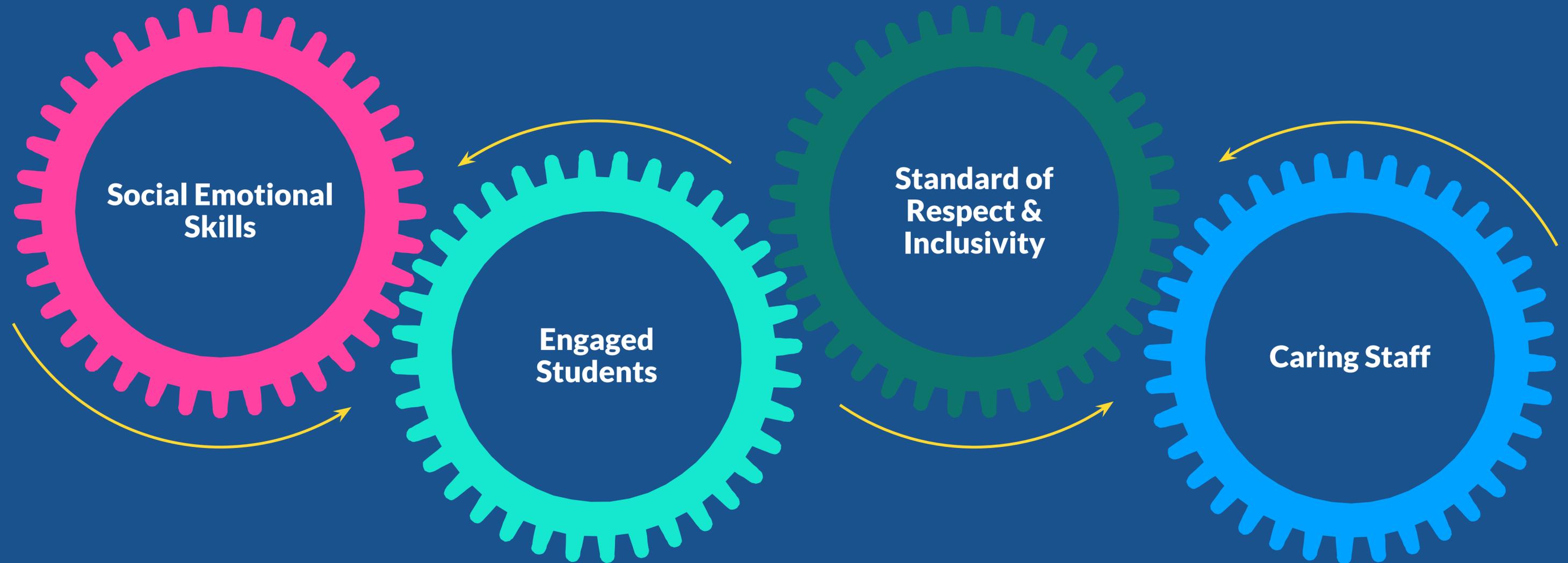
SEL Strategies to Support Your Students' Return to School

- Build a Positive School Climate
- Consider the 8 Dimensions of Wellness
- Incorporate SEL into Curriculum
- Cultivate your Class Culture
- Build Relationships
- Engage the Students in School-wide SEL Activities
- SEL Related “Spirit Weeks”
- Share your Own Story

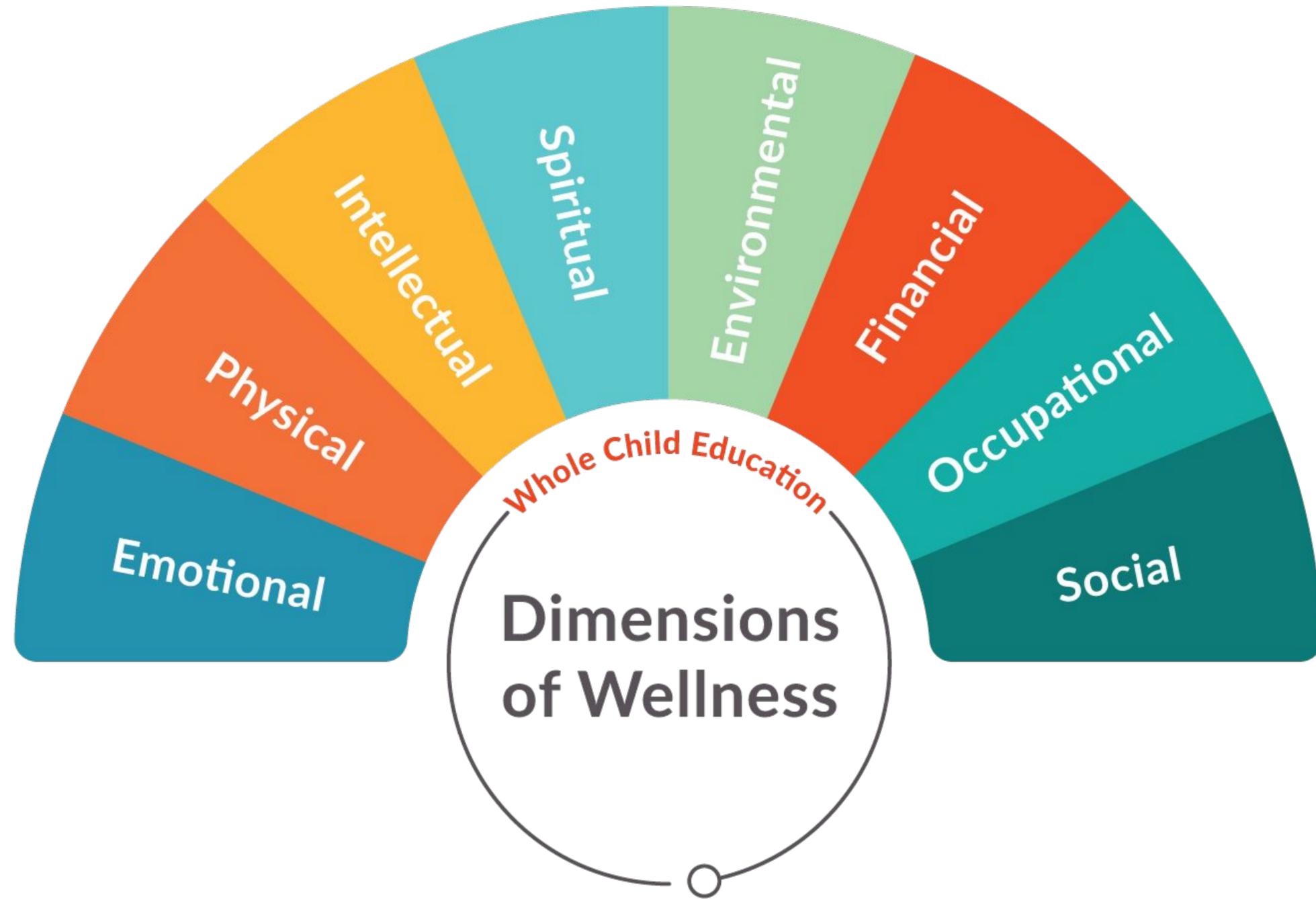
What is School Climate?



Building Resilient Students and Positive School Culture



The 8 Dimensions of Wellness



Building on Curriculum Content

Family & Consumer Sciences: A Case Study

- Communication skills and conflict resolution
- Understanding emotions and self-esteem
- Time management and goal setting
- Decision making and leadership skills
- Family challenges and types



How can you improve school culture?

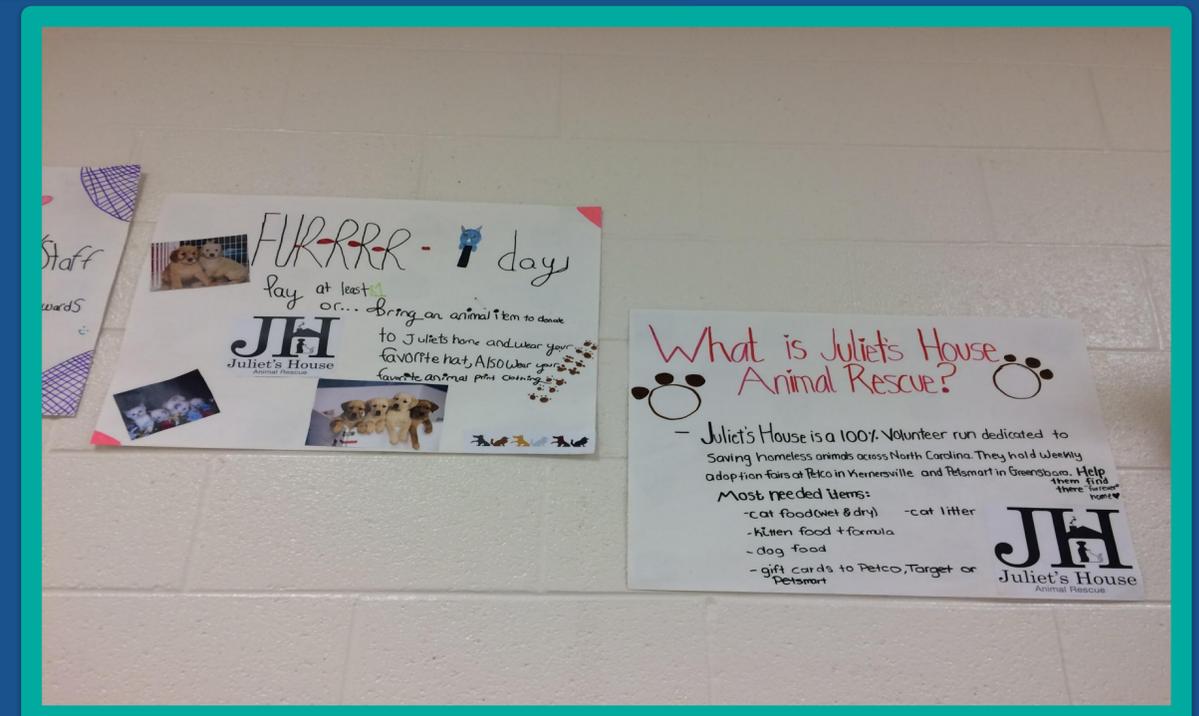
Some tried & true suggestions

- Set the tone
- Engage Students
 - Reach out to the “undiscovered” leaders
 - Listen to their ideas
 - Create opportunities for them to mentor other students
- Doesn't have to be complicated
- Can piggyback off other school activities

Fundraising Friday



Unity Week





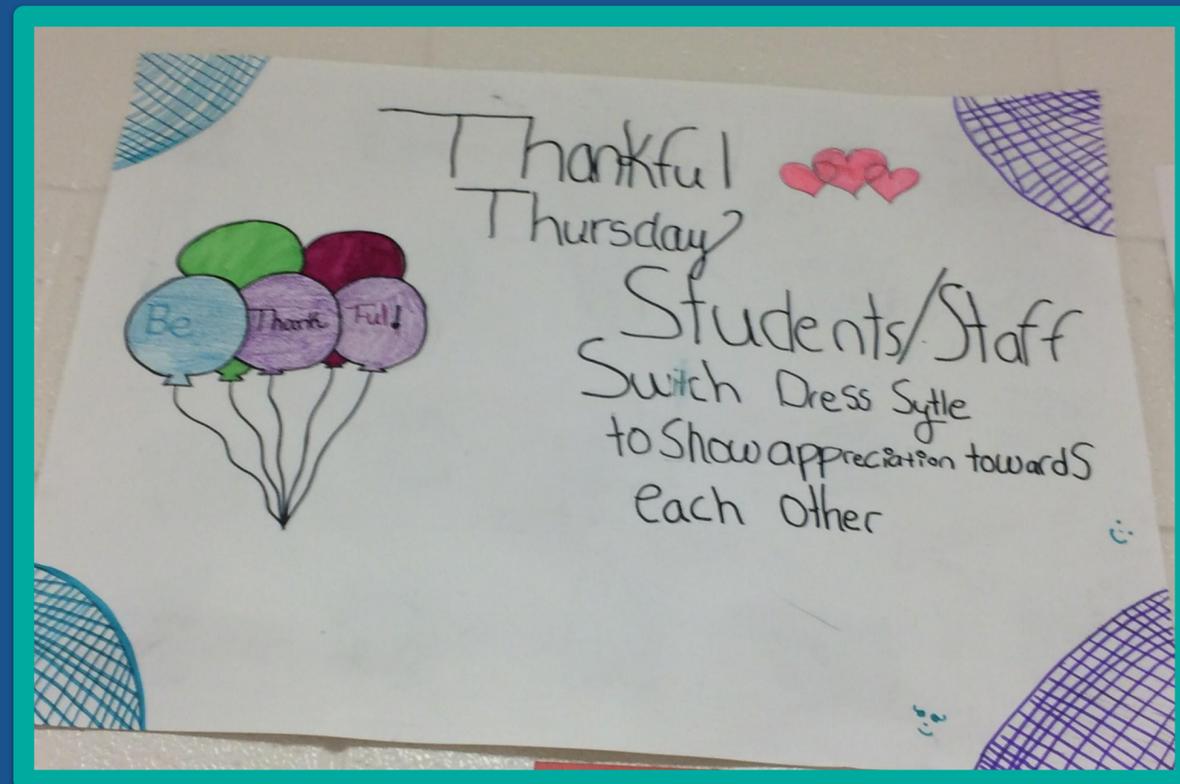
Back to School Decorations

MARVELous Monday & Thankful Thursday

Right: Dress as a superhero and be a hero in your community.

For example: pick up trash around the school.

Below: Staff and students show appreciation towards one another through fun activities like switching dress style for a day!



Warm-Hearted Wednesday

Task: Show others how to spread kindness and get input into how students receive kindness to increase happiness at school and awareness of everyday kindness.





How can you improve class culture?

In my classroom, we:

- Build relationships
 - 4Hs - Greeting students
- Sharing my own story
- Safe Zone Pledge
- Expectation setting
- Focusing on experiences outside the classroom, even online



Student Lessons with Preschoolers



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.

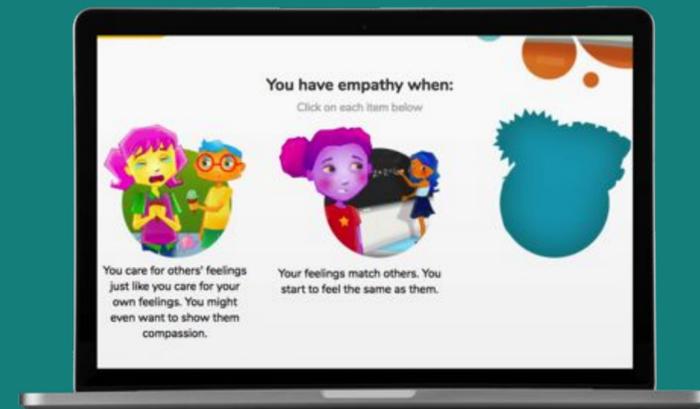


Best Possible Self

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



EVERFI Social Emotional Learning Resources



The Compassion Project Lower & Upper Elementary

Grades 2-5



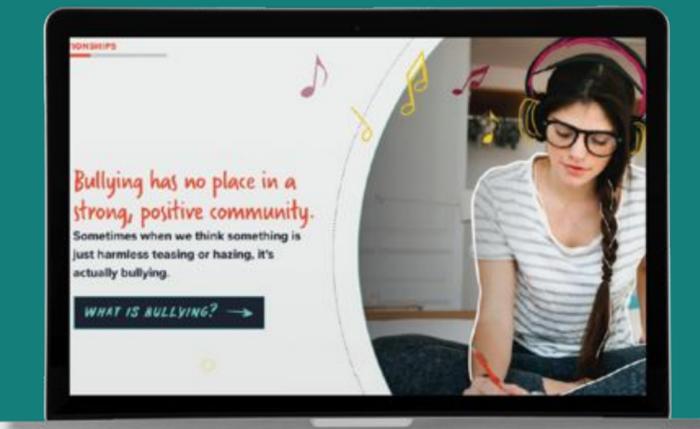
Character Playbook

Grades 7-9



Mental Wellness Basics

Grades 8-10



Honor Code: Bullying Prevention

Grades 8-10



Q & A

Let's go Forward Together!



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