



Social Emotional Learning at Innovation



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Introductions



Amanda Luong

1st and 2nd Grade

Tuesdays and Thursdays

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Topics...

- What is SEL and Why is it important?
- Tier 1 SEL
- Tier 2 SEL
- Question QR Code

01

**What is
SEL and
Why is it
important?**



SEL



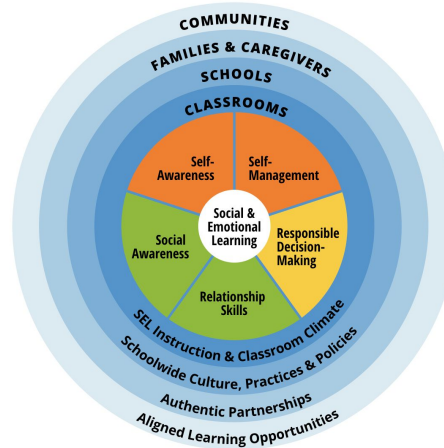
SEL Competencies (CASEL and VDOE)

Self-Awareness

- Identifying emotions
- Social and cultural identity
- Recognizing strengths
- Growth mindset
- Self-efficacy
- Examining bias
- Sense of purpose

Social Awareness

- Perspective-taking
- Empathy and compassion
- Expressing gratitude
- Appreciating diversity
- Identifying social norms and demands
- Sense of belonging



Relationship Skills

- Communication
- Cultural competence
- Building relationships
- Teamwork and cooperation
- Resolving conflicts
- Helping/Seeking help
- Leadership
- Standing up for the rights of others

Self-Management

- Emotional regulation
- Impulse control
- Stress management
- Self-discipline and motivation
- Perseverance
- Goal-setting
- Organizational skills
- Initiative and agency

Responsible Decision-Making

- Demonstrating curiosity and open-mindedness
- Identifying and solving problems
- Analyzing situations and consequences
- Ethical responsibility
- Reflecting on one's role to promote individual and collective well-being

SEL in APS



For the 2023-24 school year, all schools are implementing Tier 1 social-emotional instruction.

Elementary: 30 minutes of daily time focused on SEL instruction

School curriculum should be aligned to both the appropriate grade-band of the Virginia SEL Guidance Standards and the CASEL 5 Framework.



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Tier 1 SEL



Tier 1 SEL at Innovation

Responsive Classroom® is a research-based approach to elementary teaching that focuses on the strong link between academic success and social and emotional learning. Responsive Classroom emphasizes that methods of teaching are just as important as the content being taught, and it provides adults with practices and strategies designed to improve four key domains of the educational environment: engaging academics, positive community, effective management, and developmental awareness.

- Morning Meeting/Closing Circle
- Reminding, Redirecting, and Reinforcing Language
- Expectations and Logical Consequences
- C.A.R.E.S. Framework
- Counselor lead SEL Harmony classroom lessons-monthly

Classroom Lesson Topics

- Bullying Prevention
- Child Protection
- Growth Mindset
- Empathy
- Problem Solving
- Career Exploration
- Assertion
- Perspective Taking
- Accepting Differences
- Managing Anxiety
- Mental Health Awareness (5th)
- Peer Pressure and Prevention Education (4th and 5th)

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Tier 2 SEL



Tier 2 SEL at Innovation


Tier 2 support is for students who may need more support accessing Tier 1 curriculum and skills.


We meet with students who need Tier 2 support through:

- Small counseling groups that meet for 6-8 sessions
- Lunch bunches, where we focus on a topic/skill during lunch time
- Individual sessions where we meet students one on one focusing on a specific need
- Check In/Check Out to begin and end the day with a trusted adult



Tier 2 Topics

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- Friendship
 - Emotion Regulation
 - Worries and Anxiety
 - Anger Management
 - Social Skills
 - School Transition

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- Unstuck and On Target
 - Zones of Regulation
 - Coping Cat
 - Check In/Check Out



Questions?

