

Social Emotional Learning

Collaborative for Academic and Social Emotional Learning
CASEL

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November 8, 2021

The History of the Collaborative for Academic and Social Emotional Learning: CASEL

[CASEL's Founding Story](#)

The story of SEL is as old as the first relationships between teachers and students. The principles of SEL are present in every caring, collaborative relationship and live in the partnerships between students, schools, families, and communities throughout history. But the work of formalizing this field began more recently.

In 1968, Dr. James Comer and his colleagues at Yale University's Child Study Center began a program to put their ideas about supporting the "whole child" into practice at two schools in New Haven, Connecticut. By the early 1980s, the two schools saw a decline in behavior challenges and exceeded the national average in academic performance.

Building on that work, the superintendent of New Haven Public Schools, John Dow, Jr., called for a districtwide focus on social development. From 1987-1992, a group of educators and researchers, led by Timothy Shriver and Dr. Roger P. Weissberg, began the New Haven Social Development program that pioneered SEL strategies across K-12 classrooms.

Around the same time, Dr. Weissberg, along with Dr. Maurice Elias, chaired the W.T. Grant Consortium on the School-Based Promotion of Social Competence, bringing together leading experts to create a framework for promoting social and emotional skills in schools.

SEL 101: What are the Core Competencies and Key Settings?

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CASEL 5 Competencies: Examples [CASEL 5 Competencies: Examples](#)

SEL Competencies

SELF-AWARENESS (SA)

The ability to recognize one's emotions, thoughts, feelings, and values and understand how they influence one's behavior. SA elements include:

- Labeling one's feelings
- Relating feelings / thoughts to behavior
- Identifying one's beliefs and values
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Maintaining an optimistic attitude

SELF-MANAGEMENT (SM)

The ability to successfully regulate one's own emotions, thoughts and behaviors in different situations - effectively managing stress, controlling impulses and motivating themselves. SM elements include:

- Managing stress
- Regulating one's emotions
- Self-control
- Self-motivation
- Setting and achieving goals

RESPONSIBLE DECISION-MAKING (RDM)

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms. RDM elements include:

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on a range of considerations
- Evaluating realistic outcomes of various actions
- Making constructive, safe choices for self, relationships, and school

SOCIAL-AWARENESS (SoA)

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. SoA elements include:

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

RELATIONSHIP SKILLS (RS)

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. RS elements include:

- Communicating clearly
- Building relationships with diverse individuals and groups
- Working cooperatively
- Resolving conflicts
- Seeking help when needed



Strong Kids Curriculum: Grades K-2 and 3-5

[Strong Kids Social Emotional Learning](#)

Grades K-2

Lesson 1: September 2021/October 2021

SEL Skill/Objective: Self Awareness/Self-Management (Feelings Exercise Group)

Materials:

1. SEL mascot
2. Supplement 1.1
3. Book from the literature list
4. Strong Start Bulletin

Defining Behavior Expectations:

1. Be a good listener
2. Keep a calm body
3. Be a friend



KINDNESS CALENDAR: DECEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Share the Kindness Calendar with others and spread kindness

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Give kind comments to as many people as possible today

5 Make a gift for someone who is homeless or feeling lonely

6 Support a charity, cause or campaign you really care about

7 Leave a positive message for someone else to find

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Be generous. Feed someone with food, love or kindness today

12 Buy an extra item and donate it to a local food bank

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Practice gratitude. List the kind things others have done for you

18 Give away something that you have been holding on to

19 Buy locally and support independent shops near you

20 Contact someone who may be alone or feeling isolated

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2021

Let's look beyond our differences and help each other. Every act of kindness matters



ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

World Kindness Day is November 13th

How can Heights Elementary School show KINDNESS to EVERYONE???

Let's Celebrate on Friday, November 12th!

IDEAS:

- All students present a letter of thanks to their teachers,
- All students say something to Kind to a classmate,
- All students say something kind to their parents and siblings.

