

**“EDUCATING THE MIND WITHOUT
EDUCATING THE HEART IS NO
EDUCATION AT ALL.”**

-ARISTOTLE

THE POWER OF SOCIAL EMOTIONAL LEARNING

**“THE KIDS WHO
NEED THE MOST
LOVE WILL ASK FOR
IT IN THE MOST
UNLOVING OF WAYS.”**

-DR. RUSSEL BARKLEY

WHAT IS SEL EXACTLY?

The processes through which we acquire & effectively apply the knowledge, attitudes and skills necessary to:

- **Understand one's emotions, strengths, & challenges**
 - **Manage emotions to achieve positive goals**
 - **Feel and show empathy for others**
- **Establish and maintain positive relationships**
- **Make constructive choices about behavior**



WHAT IS SEL?

SOCIAL = INTERPERSONAL development

EMOTIONAL = INTRAPERSONAL development

**LEARNING = SEL can be taught and learned through
instruction, practice, and feedback**

SEL IS THE PLATE



BENEFITS OF TEACHING SOCIAL EMOTIONAL LEARNING SKILLS

“Bullying prevention programs that focus on building social and emotional competencies in all kids achieve better results than interventions aimed only at kids who bully.”

“Social Emotional Learning (SEL) programs have been shown to create more positive peer relationships, build higher levels of caring and empathy, increase social engagement, and reduce problem behaviors.”

Whitson, Signe. "Eight Keys to End Bullying." *Greater Good Magazine*, 26 Aug. 2014. Accessed 8 Oct. 2018.
CASEL. *SEL and Bullying Prevention*, casel.org/bullying/. Accessed 8 Oct. 2018.

SEL AND BULLYING

What Does the Research Say About SEL and Bullying?

Research clearly indicates that bullying cannot flourish in a safe and caring learning environment characterized by:

- Supportive relationships between teachers and students and among students that encourage open communication and positive ways to resolve problems and conflicts.
- Good working relationships between schools and families that foster two-way communication about student growth and development.
- School norms, values, and policies that emphasize respect for others and appreciation of differences.
- Students who are aware of and can manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging social situations constructively.

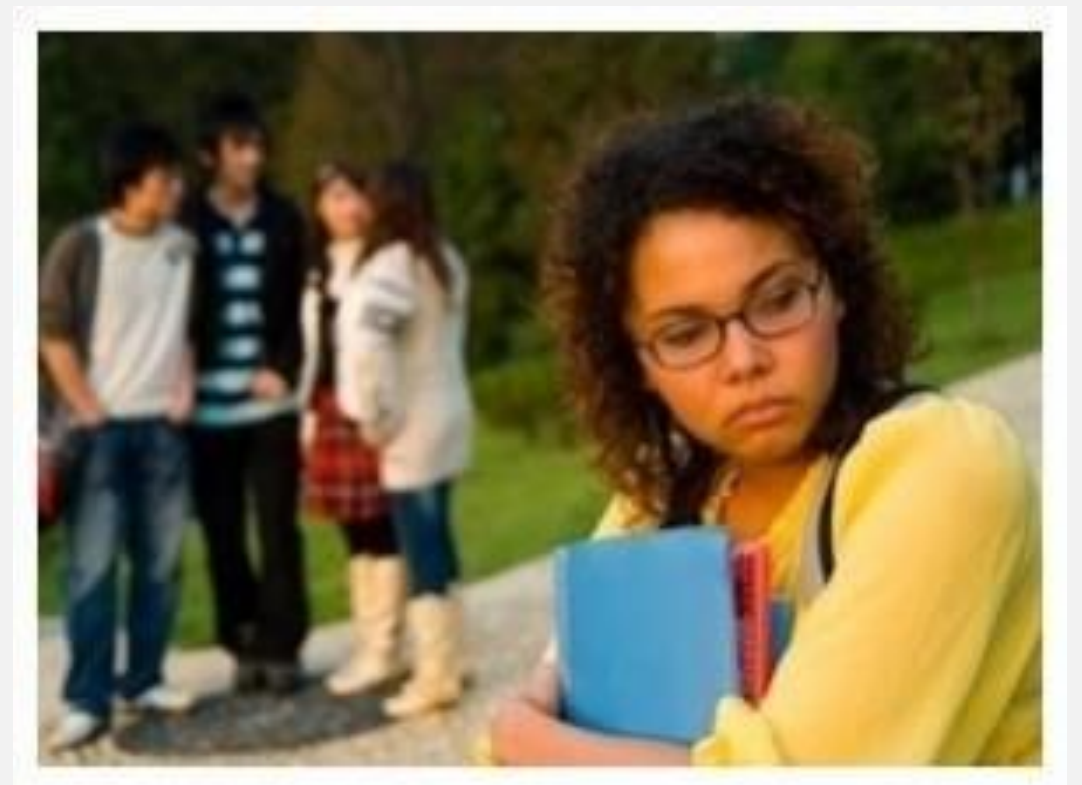
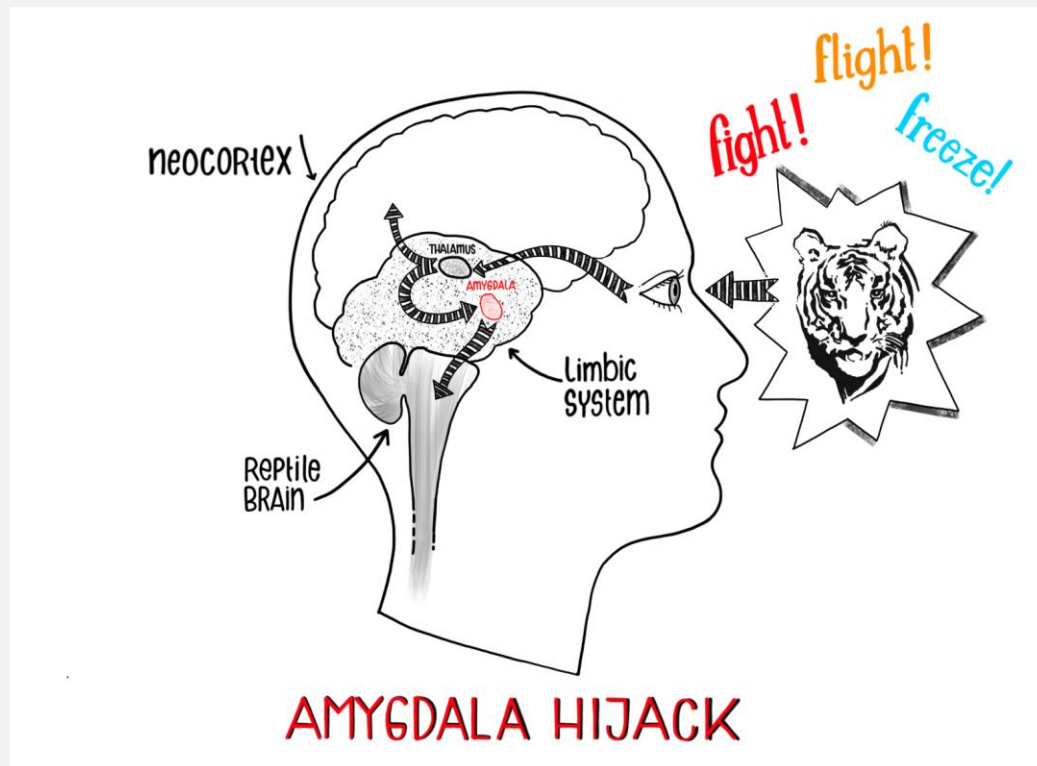
BENEFITS OF TEACHING SOCIAL EMOTIONAL SKILLS

“Research-based curricula that teach social-emotional competence help create physically and emotionally safe school environments and even increase students’ scores on standardized achievement tests.”

"Bullying Prevention in Schools Starts with Social-Emotional Learning." *SecondSTEP*, 2012, www.cfchildren.org/wp-content/uploads/programs/docs/sel-bullying-paper.pdf. Accessed 2 Nov. 2018.

THE BIOLOGY OF NOT BELONGING

“Social pain activates the same region of the brain that signals physical pain.”



(Eisenberger et al.,

**“We are all neurobiologically wired
for social connection and
attachment to others.”**

Dr. Lori Desautels. “Brains in Pain Cannot Learn.” Edutopia.
2016

QUESTIONS OF BELONGING

The four questions rarely get asked with words, just as they're rarely answered with words.

Here are the 4 critical questions:

1. Do you see me?
2. Do you care that I'm here?
3. Am I enough for you, or do you need me to be better in some way?
4. Can I tell that I matter to you by the way that you look at me?

<https://www.thriveglobal.com/stories/16020-4-questions-we-unconsciously-as-near-constantly>

F - FEELING

How do you want to feel while in this class?

I want to be excited and intrigued when I come to class, to feel like I'm home.

HOW DO WE FIT TOGETHER?

F - FEELING

How do you want to feel while in this class?

- Not left out
- energized



Perceived Threat
Response—
Amygdala hijack—
Fight, flight, freeze

SEL IN ACTION

MASLOW'S HIERARCHY OF NEEDS



You gotta
MASLOW
before you
BLOOM.

#MASLOWBEFOREBLOOM

“BRAINS IN PAIN CAN’T LEARN”

FLIGHT	FIGHT	FREEZE
<ul style="list-style-type: none">• Withdrawing• Fleeing the classroom• Skipping class• Daydreaming• Seeming to sleep• Avoiding others• Hiding or wandering• Becoming disengaged	<ul style="list-style-type: none">• Acting out• Behaving aggressively• Humor at others’ expense• Exhibiting defiance• Being hyperactive• Arguing• Screaming/Yelling	<ul style="list-style-type: none">• Exhibiting numbness• Refusing to answer• Refusing to get needs met• Giving a blank look• Feeling unable to move or act

INITIAL EIGHT ACES

- **Substance abuse in the home.**
- **Parental separation or divorce.**
- **Mental illness in the home.**
- **Witnessing domestic violence.**
- **Suicidal household member.**
- **Death of a parent or another loved one.**
- **Parental incarceration.**
- **Experience of abuse (psychological, physical, or sexual) or neglect (emotional or physical)**

THE IMPACT OF TRAUMA

- Individuals who had faced 4 or more ACEs were twice as likely to be diagnosed with cancer as individuals who hadn't experienced childhood adversity.
- For each ACE Score a woman had, her risk of being hospitalized with an autoimmune disease rose by 20 percent.
- Someone with an ACE Score of 4 was 460 percent more likely to suffer from depression than someone with an ACE Score of 0.
- An ACE Score greater than or equal to 6 shortened an individual's lifespan by almost 20 years.

Jackson, Nakazawa, "7 Ways Childhood Adversity Can Change Your Brain."
Psychology Today

CORRELATION BETWEEN NUMBER OF ACES & STRUGGLES WITH SCHOOL/HEALTH

	ATTENDANCE	BEHAVIOR	COURSEWORK	HEALTH
3+ ACEs	4.9	6.1	2.9	3.9
2 ACEs	2.6	4.3	2.5	2.4
1 ACE	2.2	2.4	1.5	2.3
No known ACEs	1.0	1.0	1.0	1.0

**Children are resilient, and
within positive learning
environments they can grow,
learn, and succeed.**

SAFE, STABLE, NURTURING RELATIONSHIPS AND
ENVIRONMENTS



“Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult.”

“The Science of Resilience: Why Some Children Can Thrive Despite Adversity”

ESTABLISH CONNECTIONS WITH KIDS

“Without strong adult connections, kids that bully can act without the hindrance of adult disapproval, victims feel isolated from sources of potential support, and bystanders have no one to whom they can turn to report bullying behavior.”



BELIEF

THE GREATEST IMPACT
WE WILL EVER HAVE ON
A STUDENT IS OUR
BELIEF ABOUT HIM OR
HER.

HOW ARE WE INTENTIONALLY
CREATING STRUCTURES AND SPACES
THAT FOSTER SAFE, STABLE,
NURTURING RELATIONSHIPS AND
ENVIRONMENTS IN ORDER TO ENSURE
THAT ALL STUDENTS ARE THRIVING?



"Ohana means family and family means no one gets left behind or forgotten."



POST-IT PALS

In the next three minutes,
please write down *at least
three things you share in
common* with your partner



THE POWER OF CIRCLES— FOR STUDENTS & ADULTS



CIRCLE (OHANA) EXPECTATIONS

- **OHANA Members offer each other -**
 - **Positivity** – Please keep reactions and feedback positive
 - “I love the raiders.”
 - Instead of “Raiders suck!” please just use your filter and keep comment to yourself.
 - **Participation** – You may always pass, but please participate as much as possible
 - “Thank you, but I’d like to pass at this point” or “I need a little more time.”
 - **Presence**
 - Listen to the person with the talking piece
 - Professional courtesy
 - Tell your phone...“It’s not you, it’s me...I just need a little time.”

CIRCLE CHECK-IN QUESTIONS

- If you were to compare your mood to the weather right now, what would you choose?
- What is your dream car?
- If you could design your dream house/space to live in when you are older, what would it be?
- If you could be any other age than what you currently are, what would you be?
- If you could spend your birthday with one person, who would it be?
- What is your “spirit animal?” In other words, if you had to choose an animal to represent you, what would it be and why?
- What is one activity on your bucket list?
- What is something you are grateful for?
- Who is a teacher you really liked and impacted you?
- Where is the farthest place you have traveled or would like to travel?
- If you were to get a tattoo, what would it be?
- Say a phrase, in 5 words or less, that describes your day yesterday (or weekend).
- If you were to give a family member or friend a trophy, who would it be and what would it be for?
- What is a T.V. Show or movie you are really into right now?
- If you could go back in time, what historical event would you want to be a part of?

CIRCLE QUESTIONS: IF YOU COULD GIVE SOMEONE IN YOUR FAMILY A MEDAL, WHO WOULD IT BE?

I would give a medal to my father for being so strong. He deserves this because has been a single father for the past 6 years raising me and my little sister & a father raising two teen girls isn't always the easiest job as a male parent. He's sacrificed so much to keep us mentally, physically & financially stable. He works hard everyday to keep a roof over our heads & food on our plate.





**IT'S HARD TO HATE
SOMEONE WHEN YOU
KNOW THEIR STORY**

IT'S NOT JUST ENOUGH TO TEACH
KIDS WHAT NOT TO DO, WE MUST
TEACH THEM WHAT TO DO

“Instead of telling kids what they shouldn't do, it's more effective to say what they should do—to teach them appropriate social skills and ways of managing conflicts. Punishment alone does nothing to prevent future bullying and can, in fact, aggravate a bad situation.”

WHY CULTIVATE SELF-MANAGEMENT

“Emotion management is the ability to monitor and regulate strong emotions and calm down when upset. It is a particularly important skill to possess in order to build positive relationships. Lack of emotion management may make a student more prone to being bullied. In fact, research finds that students tend to be more victimized by their peers if they are hyperactive, exhibit emotional outbursts, or are emotionally unstable.”



**BREATHING
IN, I DO MY
BEST.
BREATHING
OUT, I LET
GO OF THE
REST.**

MAKE KINDNESS COOL

SURVIVAL OF THE KINDEST

© Wameken & Tomasello


<https://www.youtube.com/watch?v=Z-eU5xZW7cU>

HAPPINESS SPRINKLING

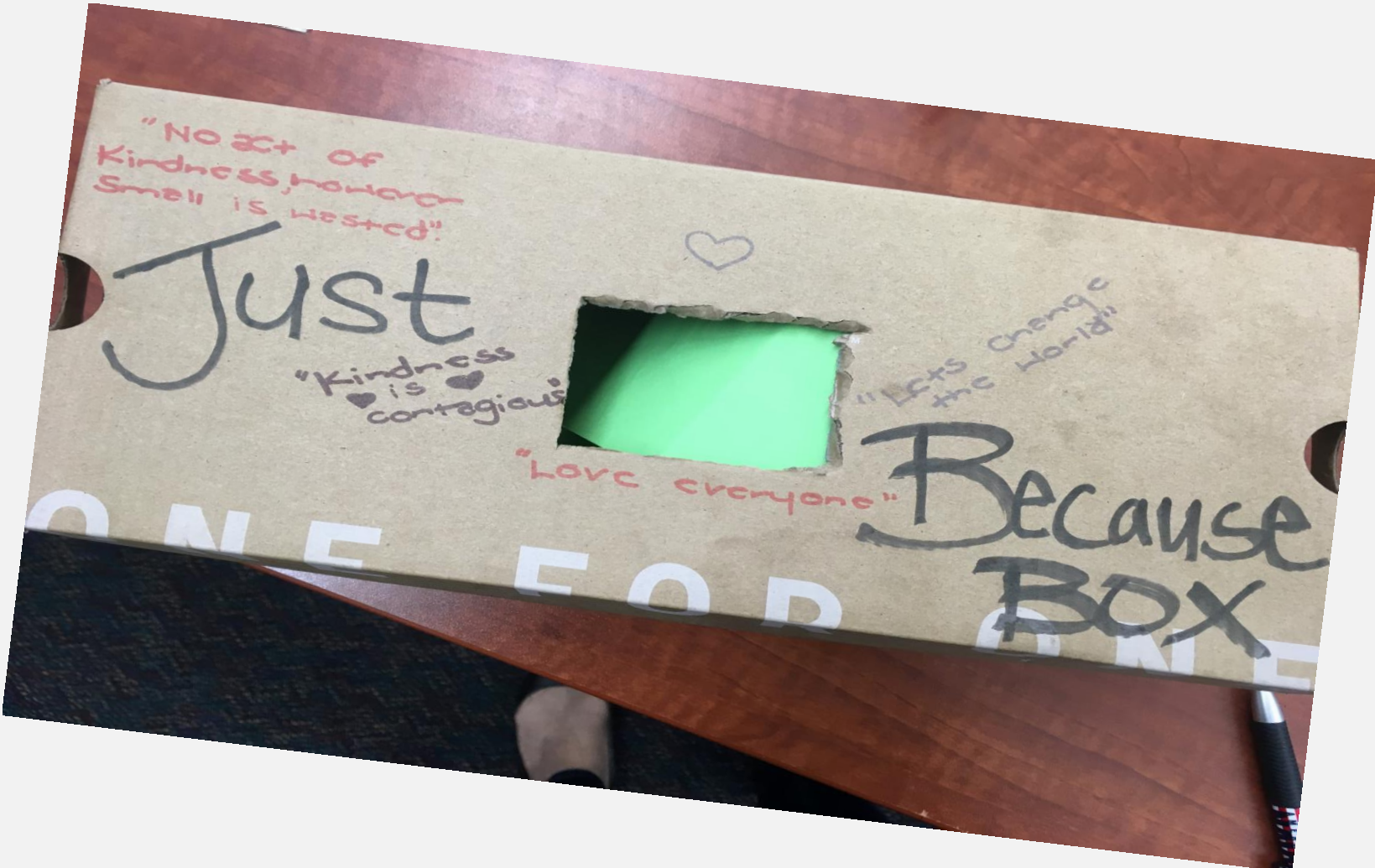


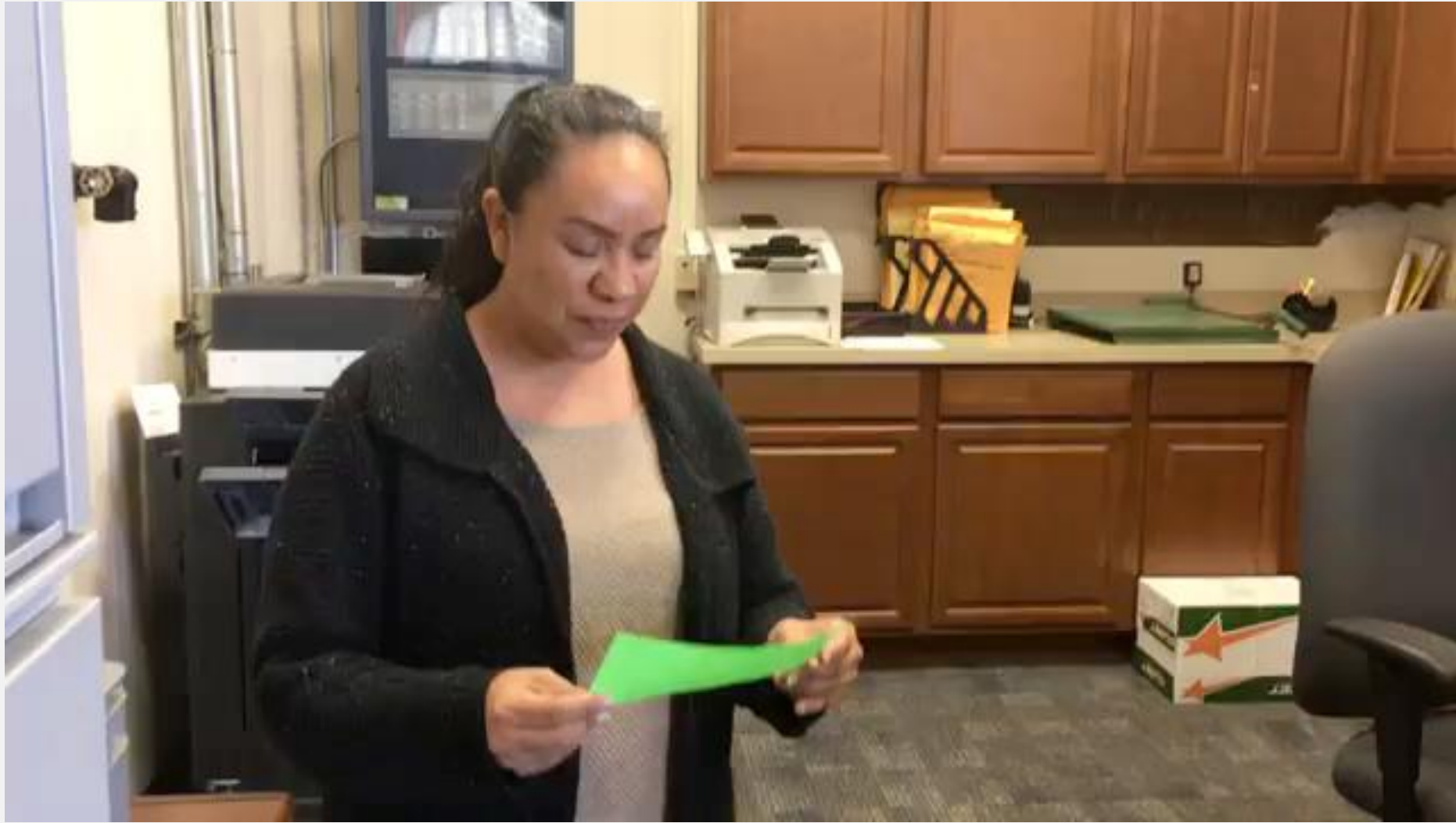
SPRINKLING HAPPINESS



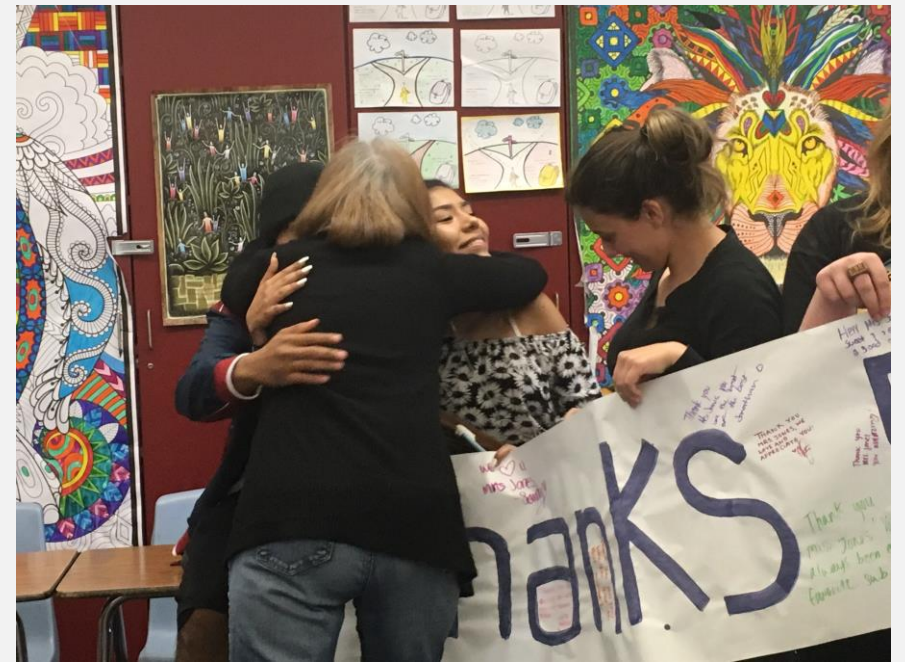
There was alot of amazing things
that happened while we were out
there. Everyone was really involved &
enjoying it (: Me personally i dont do
this kind of stuff, so it was something
diffarent. In the end I LOVED IT!!!
I loved seeing people smile & honking
really helped alot. I came out of my
Circle & became a better person of
myself. It was a warm feeling 
Definetly something i want to do again.

SOCIAL AWARENESS: NOTICE WHEN SOMEONE NEEDS ENCOURAGEMENT





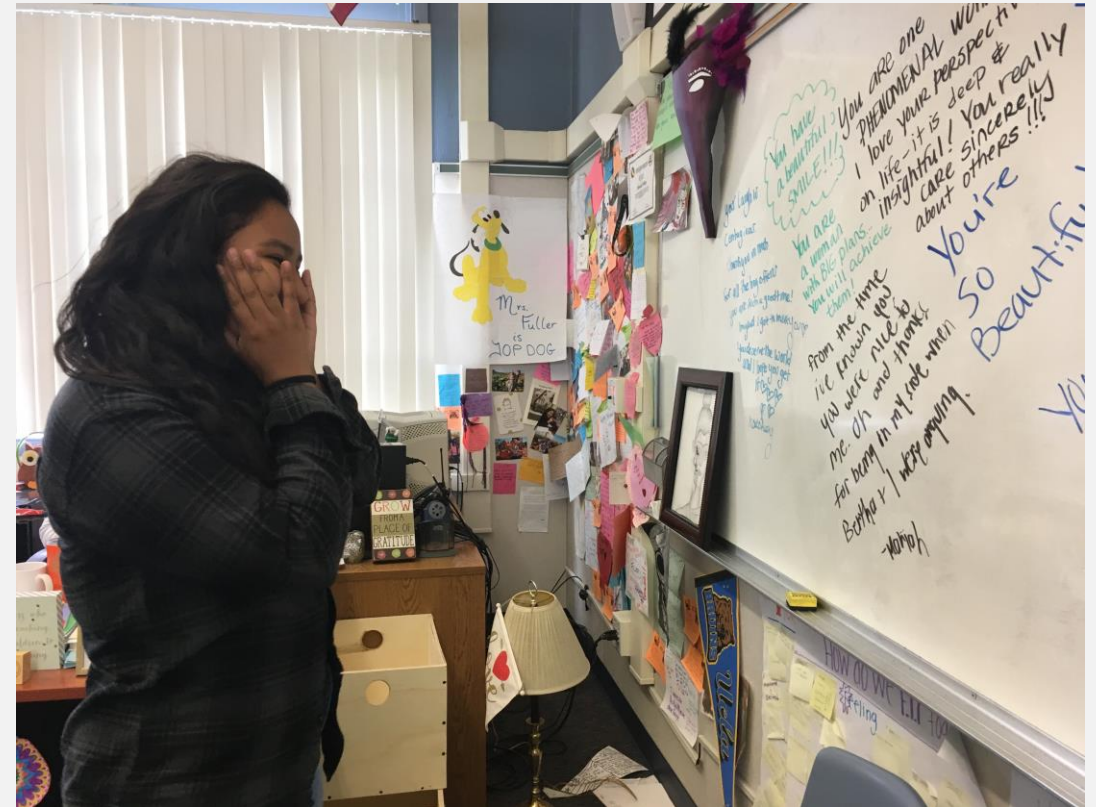
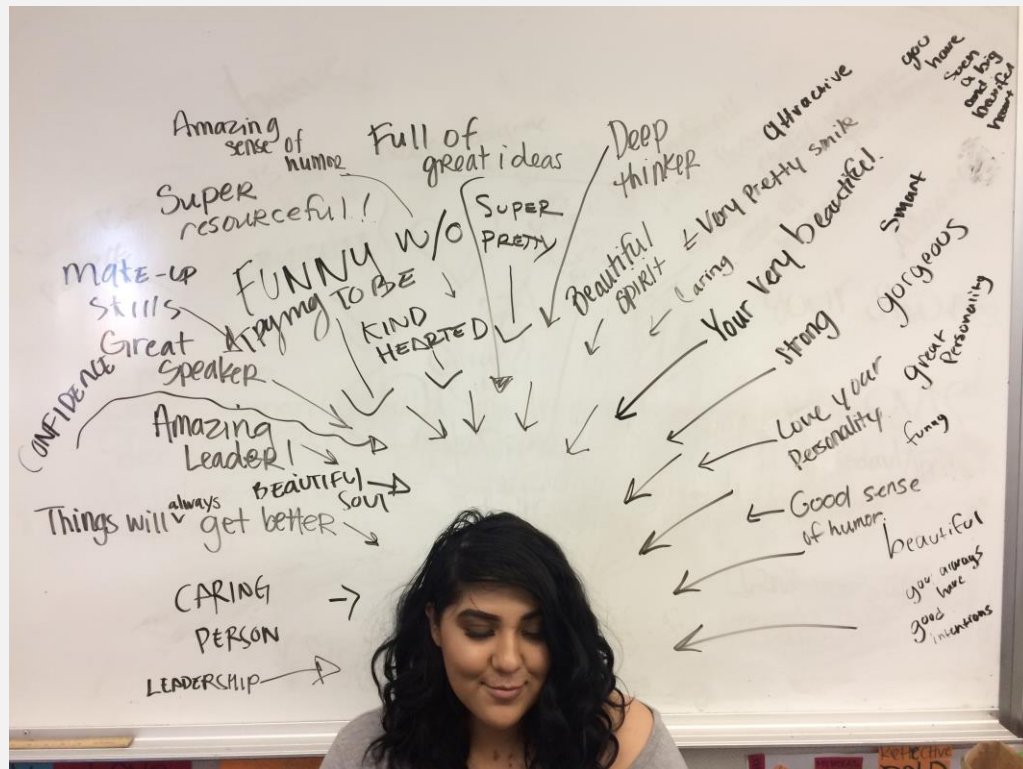




WHAT IF WE WERE KIND?



RELATIONSHIP SKILLS - LET STUDENTS BUILD EACH OTHER UP









THANK YOU!

JESSIE FULLER

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“EVERY CHILD DESERVES A CHAMPION; AN ADULT WHO WILL NEVER GIVE UP ON THEM, WHO UNDERSTANDS THE POWER OF CONNECTION AND INSISTS THAT THEY BECOME THE BEST THEY CAN BE.”

-RITA PIERSON