

# **Social Emotional Learning**

Part One: Self-Awareness & Self-Management

October 8th, 2021

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# The 5 Pillars of SEL



**Here's a brief video to further explain "SEL" :**


[https://youtu.be/87zTsJ\\_Fxhc](https://youtu.be/87zTsJ_Fxhc)





## Today's Focus

Today we will focus on the first two pillars of SEL:  
**Self-Awareness and Self-Management.**



Both of these pillars are key to developing **RESILIENCE** -  
one of the characteristics of our Vision of the Graduate:

***The R in RAIDER stands for Resilience!***



## Pillar #1: Self-Awareness

The ability to be aware of one's inner self-- one's emotions, thoughts, behaviors, values, attitudes, mindsets, and so forth-- and how these elements impact behavior and choices across life situations.



## Why is Self-Awareness so Important?

1. Helps you to recognize your strengths and weaknesses
2. Better able to identify your feelings and emotions
3. Gain a deeper understanding of your values and what's important to you
4. Helps to clarify what you should do next

**To develop your self awareness, get to know yourself by asking these questions:**

1. What triggers you?
2. How do you respond?
3. What makes you happy or calm?



# Knee Jerk Reaction





# Ross Freak Out

<https://www.youtube.com/watch?v=KM7ZR2C85BU>



# Take Time to Stop and Think



What makes you happy or calm?

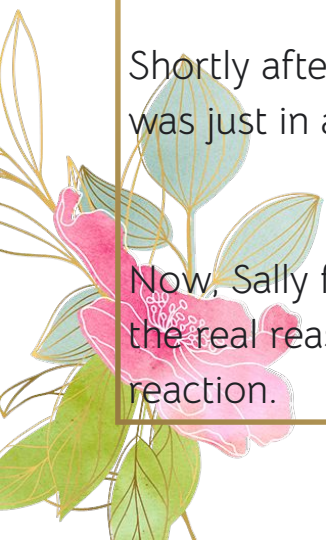




## **You might be wondering what self-awareness looks like or feels like. Here's an example:**

Sally receives a snap from her friend Lisa who tells her that she can no longer go to the movies. Instantly, Sally reacts by calling Lisa out for being a bad friend who ALWAYS cancels plans. Sally is so disappointed and feels like Lisa is not a real friend.

Shortly after going off on Lisa, Sally receives a snap back explaining that her father was just in a car accident and she needs to go to the hospital with her mom.



Now, Sally feels terrible. She wishes that she had taken some time to actually learn the real reason why Lisa could no longer keep their plans before having a knee jerk reaction.

## Pillar #2: Self-Management

Through self-management, students learn to regulate their own emotions and behaviors. This includes processes like stress and time management, motivation, and academic/personal goal setting, which are all extremely important for when children develop, and take on more responsibilities.



## Self- Management includes:

- Impulse control
- Stress Management
- Self-Discipline
- Self-Motivation
- Goal setting
- Organizational skills



## Here are a few ways you can improve your self-management skills:

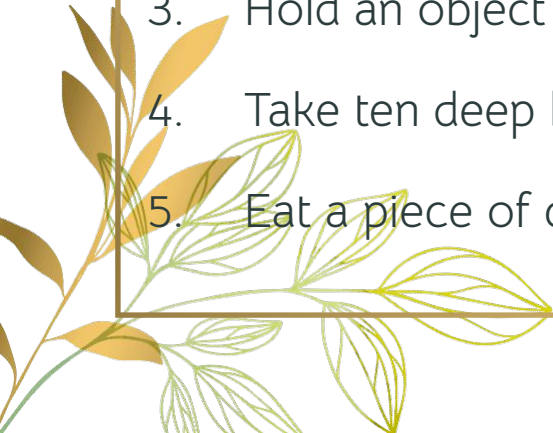
1. Assess your strengths. ...
2. Prioritize your responsibilities. ...
3. Develop organizational systems. ...
4. Create strict deadlines. ...
5. Perform one task at a time. ...
6. Practice patience. ...
7. Take care of your health and wellness. ...
8. Evaluate your progress.



## Self-Management Activities - Examples

### Grounding Techniques

1. Name five different things you can see around the room
2. Listen to energetic or relaxing music for one minute
3. Hold an object in your hands and focus on the color or texture
4. Take ten deep breaths, counting each one as your chest rises
5. Eat a piece of candy and choose three words that describe its taste





**That's all for today !**

**Please fill out the Exit Ticket  
before leaving:**

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## **Additional Resources**

- *Self- Awareness:*  
<https://www.youtube.com/watch?v=7ZUIIONp5kc>
- *Self Management:*  
<https://www.youtube.com/watch?v=9vnrCbZXg-4>
- <https://www.youtube.com/watch?v=zSjCjOmnz-4>







### **3. Social awareness**

Students learn to understand social behavioral norms, recognize other people's emotions, and empathize with people of all different backgrounds and cultures. An example of an activity strengthening this skill would be introduction and inclusion activities that involve participants sharing their favorite hobbies, fun facts about themselves, etc.



#### 4. Relationship skills

Students learn how to foster healthy relationships and clear communication with other individuals and in groups. This can be practiced by participating in a variety of activities, such as team sports, games, and group projects. Important skills like active listening, team building, and conflict resolution are used here, which are essential inside and outside the classroom.



## 5. Responsible decision-making

Students learn how to make their own independent choices, whether it be about personal or academic, when it comes to behavior and speech. By taking into consideration social norms and differences, potential consequences, and safety concerns, students will be able to make respectful and well thought out decisions. A way to actively practice responsible decision-making is to solve qualitative problems in a variety of ways to understand different methods and ways of thinking.

