

# Welcome!

## **Social - Emotional Learning (SEL)**

***and how it relates to raising our children to  
be Thinkers, not Performers***

**Adapted from a presentation by  
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## Strategic Call to Action Summary



**Howard  
County**  
Public School System

# Learning and Leading with Equity

*"The Fierce Urgency of Now"*

Michael J. Martirano, Ed.D., Superintendent

### Vision

Every student and staff member embraces diversity and possesses the skills, knowledge and confidence to positively influence the larger community.



### Mission

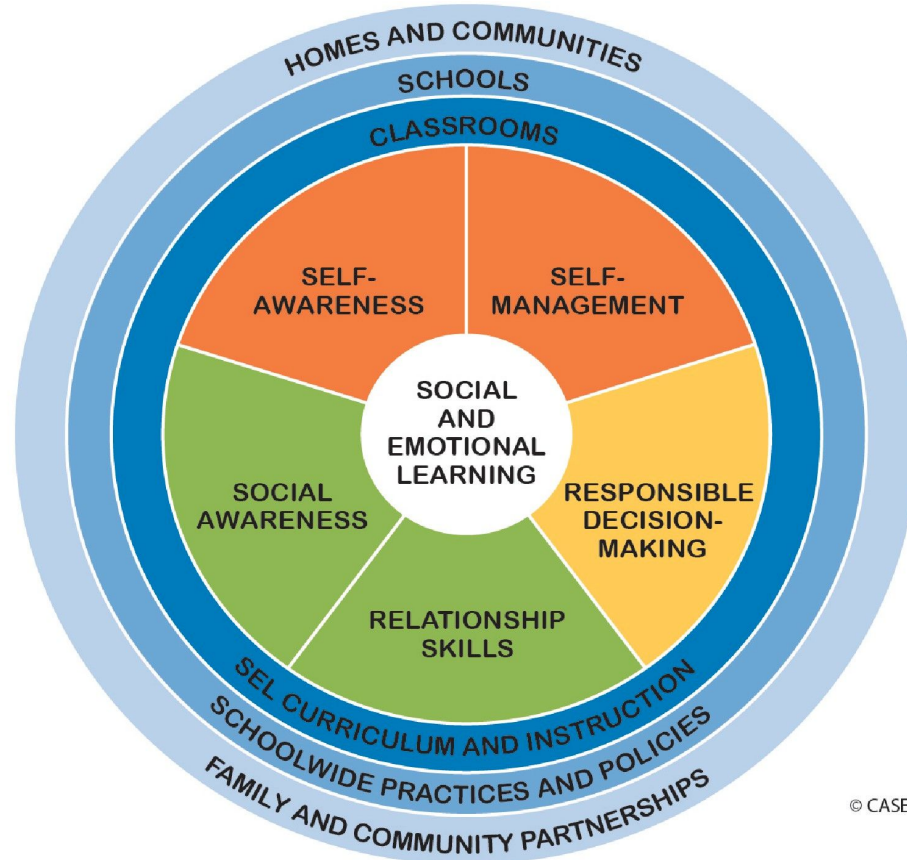
HCPSS ensures academic success and social-emotional well-being for each student in an inclusive and nurturing environment that closes opportunity gaps.

# Benefits of SEL in School

Numerous research studies show that students who experience social and emotional learning (SEL) in school demonstrate:

- Significantly higher academic achievement, as measured by grades and test scores
- Improved social and emotional skills that are useful beyond the classroom
- Increased positive classroom behavior
- Decrease in behaviors such as delinquency, violence, bullying, or drug use
- Reduced emotional problems such as depression or stress disorders  
(Durlak et. al 2011)

# SEL Competencies



# Caring School Community

*Goal: To help students become caring, responsible members of their school communities and grow into humane, principled, and skilled citizens of democratic society by:*

- Building caring relationships
- Explicitly teaching social and emotional skills
- Creating calm, orderly learning environments through effective classroom management

# What does it look like at TSES?

- At least three days/week students participate in Caring Community Circles.
- The teacher poses a question to spark a conversation.
- Students can add to the discussion or simply listen, depending on the topic or how they are feeling.
- A structure similar to Restorative Circles at the middle and high school levels is practiced.

# Possible Class Meeting Questions/Topics

- Tell us about your experience when you took the Brain Game home.
- What are the ways you can show your teacher that understand what a math problem is asking you?
- How do you feel when you don't understand something you have read? Which strategies can you use to help you through it?

# Strategies to Support SEL at Home

## How do these relate to Developing Thinkers?

- Be a good listener.
  - Listening is an important skill-but is not always practiced by parents or children.
  - Ask your child questions that require them to THINK and REASON and then listen to what they say.
- Model the behavior you seek.
  - Children learn a great deal about relationships from observing the behavior of their parents and caregivers.
  - Think about the impact of your actions on your children.
  - At times, it is necessary to talk through a problem and the way YOU think about it so that your child can see that answers don't always come easy to adults.



# Strategies to Support SEL at Home

## How do these relate to Developing Thinkers?

- Nurture your child's self-esteem.
  - A child with a good sense of self is happier, more well-adjusted, and does better in school.
  - Give your child predictable responsibilities at home, allow your child to make age-appropriate choices and show your appreciation for a job well done.
  - **Remind them their brain is a muscle and the more they use it the stronger it gets. Every time they get something wrong it is an opportunity to learn and “grow their brain”.**
- Respect differences.
  - Every child has his or her own unique talents and abilities.
  - Honor your child's accomplishments, and provide support and encouragement for the inevitable challenges that will be faced.
  - **Remember there are a lot of ways to get to think about a problem. Sometimes the strategies kids use are very different than ours. Share your strategies and talk about which way they like best or which is more efficient for different situations.**

# Questions?