

jelliott84 7/22/2022 ↻



What's in Your Toolbox?

What actions, strategies, programs, and/or resources do you use to promote the 5 components of Social Emotional Learning?

Self Awareness

↻ **We have SEL class**

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↻ **Restorative Practices**

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↻ **Challenging scholars to see things from a different perspective, and put themselves in the shoes of others**

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↻ **Restorative circles**

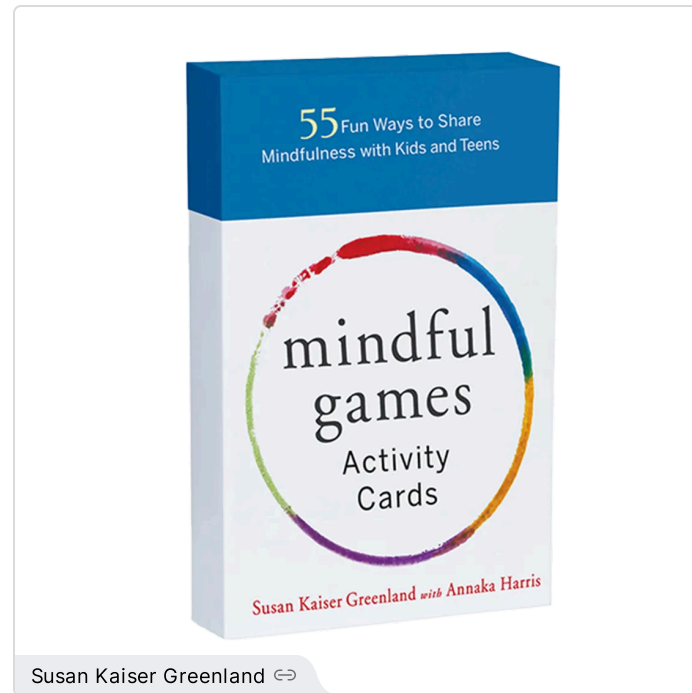
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⇒ **Mindfulness Exercises**

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Susan Kaiser Greenland ⇒ Mindful Games Activity Cards | Susan Kaiser Greenland - Fun Mindfulness Activities for Kids

⇒ **In addition to using CASEL's SEL Framework & Zones of Regulation, we use Lion's Quest and DESSA results to drive individual strategy work or group work.**

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⇒ **Groups on Manners and Etiquette**

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⇒ work on CBT thoughts, feelings and behaviors. growth mindset, affirmations, check ins, alot of SEL books and self reflection.

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Self Management

⇌ **circle of control**

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⇌ **Advisory class - ART skill streaming**

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⇌ **Check In Check Out**

Daily progress report with feedback
from adults at multiple intervals

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⇌ **Community Building Circles-school wide focus**

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⇌ **Check in and out**

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⇌ **zones of regulation**

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⇌ **the use of positive affirmations**

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⇌ **Mentor programs**

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↔ **Yoga club**

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↔ **Mindfulness and grounding exercises (DBT)**

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↔ Saturday morning enrichment program that includes a Social Worker to implement a fun SEL component

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↔ **Bulletin Boards**

Bulletin boards have themes for stress management, making friends, etc. Also have one board as a giant coloring page with a positive affirmation that students can stop by during transition and color. The end result becomes a collaborative art piece.

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↔ **Quiet Time/Meditation**

School has quiet time for 5 minutes, twice a day.

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Social Awareness

↔ LifeSkills Training

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↔ **Everyday speech is great**

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⇌ **Individual and group counseling**

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⇌ **Community Building Circles**

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⇌ **Advisory programs and leadership opportunities**

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Relationship Skills

⇌ **Restorative Practices more specifically
Community Building Circles**

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⇌ **Restorative Practices**

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⇌ **Restorative Circles**

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⇌ **Modeling**

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↔ **Athletic Leadership Mentoring Program**

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↔ **Girls group**

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↔ **Opportunities for students to socialize and do activities with their friends outside the school setting**

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↔ **Check and Connect**

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Responsible Decision Making

↔ **LifeSkills Training**

Substance use prevention program that covers so much more

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↔ **Peer mediation or conflict resolution skill building**

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↔ **Leader In Me**

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↔ **pros & cons list and daily check ins**

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General Resources

↔ **Classroom Guidance Lessons**

Push into classes once every other month and teach SEL focused lessons

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↔ PBIS and Positivity Project K-5

Character Strong 6-8

9-12 Sources of Strength

Teen Mental Health First Aid at the HS

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↔ **Leader in Me**

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Leader in Me

↔ **Advisory Leadership class**

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↔ **Helping Our Families Guide through Astor**

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↔ **Second Step**

Use with PreK-2nd grade.

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⇒ My Big Life Journal <https://biglifejournal.com/collections/journals>

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Journals & Cards

⇒ **Positivity Project**
Grades 3rd-8th.

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↩ **Community Schools Strategy**

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The screenshot shows the top navigation bar with 'IEL HOME PAGE' and 'ABOUT IEL'. A search bar is on the right. Below the navigation is the IEL logo and tagline 'Innovation. Equity. Leadership.' and a menu with 'ABOUT', 'LEARN', 'LINK', 'LEAD', and 'RESOURCES'. The main banner features the text 'COMMUNITY SCHOOLS FORWARD' and 'Essential Resources' with a stylized tree icon. Below the banner is a breadcrumb trail: 'HOME / ESSENTIAL RESOURCES FOR DRIVING COMMUNITY SCHOOLS FORWARD'. The main heading is 'Community Schools Forward' with a blue underline. The text below explains the community schools strategy. At the bottom, a grey box contains the text 'Communityschools ↩' followed by a description of the strategy force, mentioning partners like the Center for Universal National Center for Community Schools and the Institute for

Essential Resources

↩ **BEST Program: Basic Emotional Skills Training**

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