

Social Emotional Learning in the Younger Grades

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“Educating the mind without educating the heart is no education at all.”
-Aristotle

Why Teach SEL?

- SEL helps children feel confident with building relationships, taking initiative to get their needs met, expressing how they feel in safe ways, and asking for help when they need it.
- Students report an increased sense of safety and support, better relationships with teachers, and a stronger feeling of belonging in school.
- Students who participated in SEL programs saw an 11% increase in their overall grades and better attendance.

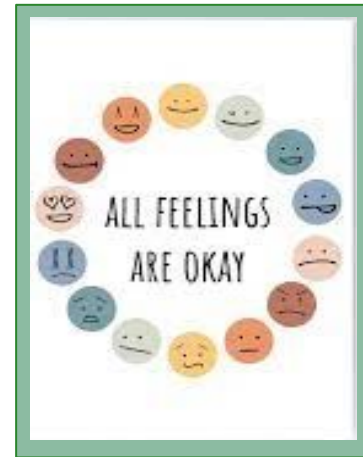


My
Feelings
Are
Okay!

Feelings are not
things we need to
“fix”.

Helps students
put a label to
their feelings.

Having a particular
feeling is not “bad”
(should not be
punished)



Handling Emotions

Breathing Techniques

Small/Big Movements

Loud/Quiet



Take a Break

Calm Down Space

Take a Walk

Read a Book



Talk/Draw About It

Use your words or signs

Draw a picture of your feeling



We Thinkers! by Social Thinking



Highlights:

- Teaches social skills in a non-judgmental way.
- Vocabulary that can be used across grade levels for consistency.
- Storybooks that introduce and teach the social skills.

Topics in Volume 1

- Thinking Thoughts and Feeling Feelings
- The Group Plan
- Thinking With Your Eyes
- Body in the Group
- Whole Body Listening

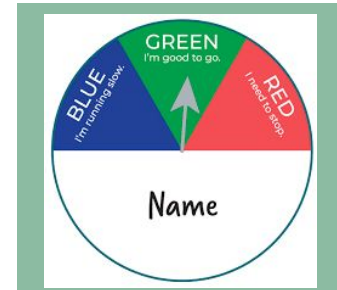
Topics in Volume 2

- Hidden Rules
- Expected and Unexpected Behaviors
- Smart Guesses
- Flexible and Stuck Thinking
- Size of the Problem
- Sharing an Imagination

We Thinkers!

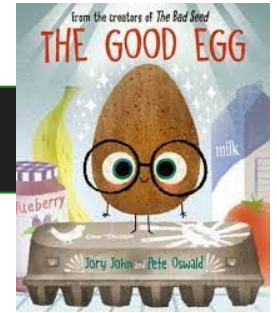
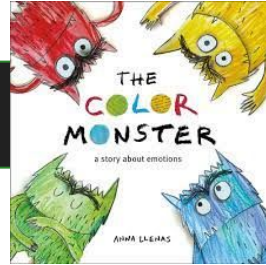
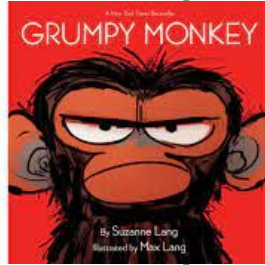
Fun Activities!

- Breathing sticks
- Engine Meters
- Feelings BINGO
- Feelings matching
- Coloring sheets
- Playdoh faces
- Feelings
- Tic-Tac-Toe



SEL Books I Love...

- *The Pigeon Has Feelings Too* by Mo Willems
- *The Color Monster* by Anna Llenas
- *Grumpy Monkey* by Suzanne Lang
- *Breathing Makes it Better* by Christopher Willard and Wendy O'Leary
- *When Miles Got Mad* by Abbie Schiller and Samantha Counter
- *Howard B Wigglebottom Learns to Listen* by Howard Binkow



- *The Problem With Problems* by Rachel Rooney
- *The Way I Feel* by Janan Cain
- *Mootilda's Bad Mood* by Corey Rosen Schwartz and Kirsti Call
- *The Good Egg* by Jory John
- *When Sophie Gets Angry--Really, Really, Angry* by Molly Bang



Thank You!

Do you have any questions?

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