Social Emotional Learning in the Younger Grades

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

Source: https://www.edutopia.org/blog/why-sel-essential-for-students-weissberg-durlak-domitrovich-gullotta
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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