



Casimir Pulaski Elementary School

“Social Emotional Learning”

By Courtney Haskell



Theory of Action

If I, as a teacher leader, implement the use of Social Emotional Learning books, videos, and games to build partnerships between home and school, students will improve in Social Emotional Learning skills so that they can engage in core curriculum throughout the school day (be in the classroom). Students will improve in self-awareness of feelings, emotions, and coping strategies.

Leadership Project

Social emotional learning night presentation and activities for kindergarten families and students.

Connection to District Improvement Plan, Initiatives, and/or District's Vision for Change: Mission Statement #2: To meet the fundamental needs of all learners by providing a safe and disciplined environment conducive to learning.

Leadership Competencies to be Demonstrated: Domain 6: Improving outreach and collaboration with families and community.

Focus

I focused on this topic because Social Emotional Learning is essential for all students. In my teaching experiences as a previous special education teacher, kindergarten teacher, and learning experiences in my early childhood education 6th year degree program, social emotional learning needs to begin at the very beginning of a child's education. It also needs to be modeled within the home and classroom setting.

Focus

Educators, communities, and families should have a positive collaborative relationship. It should also be a trusting relationship. Families and parents know their child best. It is important to work together as a team to support one another, but especially for the child. When families and schools partner together, there are endless benefits for children (American College of Education, 2022). It is important to make connections, as well as understand that each family is unique (American College of Education, 2022). By making an effort to understand families, you as the educator are bettering yourself in teaching and serving children and the family (American College of Education, 2022).

Purpose/Objectives

1. Improving social emotional learning skills so that students can engage in core curriculum
2. Improving in self-awareness of feelings, emotions, and coping strategies
3. Meeting the fundamental needs of all learners by providing a safe and disciplined environment conducive to learning
4. Improving collaboration with families and community

Leadership actions

- Presentation & activities to families
- I engaged kindergarten families, students, and my principal, a second grade teacher, and another kindergarten teacher

Social Emotional Learning Home Partnerships & Connections

A presentation for
Casimir Pulaski's
kindergarten families



What is Social Emotional Learning?

Social **E**motional **L**earning (SEL) is the process of developing students'

- Self awareness
- Self-management
- Social Awareness
- Relationship skills
- Responsible decision making.



SEL Starts the Day in EVERY Classroom

- ★ Sets the tone for the day
- ★ Builds classroom community



Benefits of SEL

Improves
Attitudes



Improves
School
Behavior



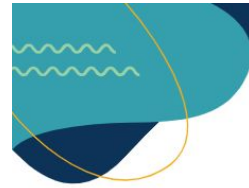
Enhances
School
Performance



CHARACTER STRONG

Meriden Public Schools uses Character Strong lessons. These daily lessons have monthly themes. So far we have taught the following:

- ★ Respect
- ★ Responsibility
- ★ Gratitude
- ★ Empathy
- ★ Perseverance



Be Kind



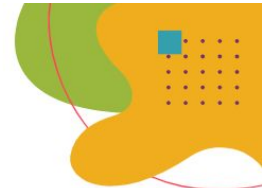
MONTH 1



Be Strong



MONTH 2



Be Well



MONTH 3



MONTH 4



MONTH 5



MONTH 6



MONTH 7



MONTH 8



MONTH 9

CHARACTER STRONG



This month students are learning about:

★ **Honesty**

[Monthly Parent Newsletter](#)

Upcoming themes are:

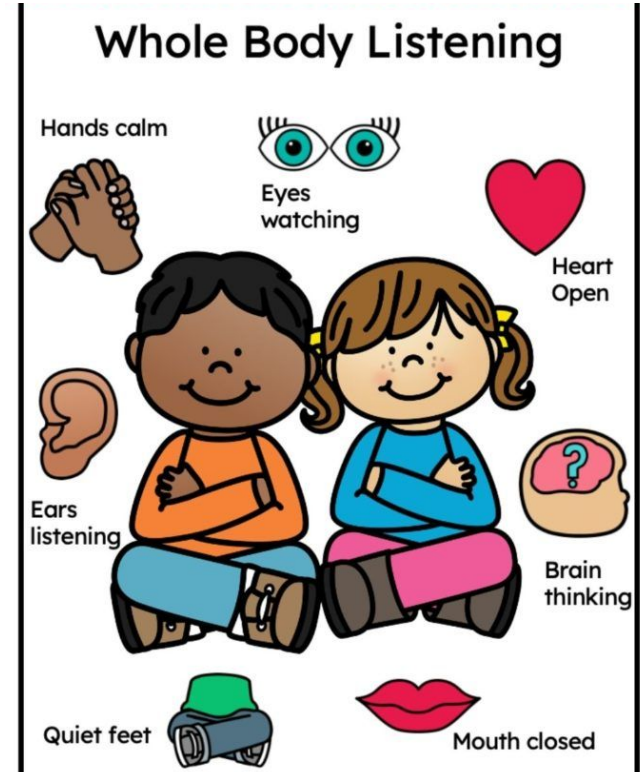
- ★ Cooperation
- ★ Courage
- ★ Creativity

Overview

This month's focus is Honesty. One way to think about Honesty is "being truthful in what you say and do." Practicing Honesty helps strengthen our relationships and reduce stress.

SEL Kindergarten skills

- ★ Name emotions
- ★ Demonstrate whole body listening
- ★ Develop self awareness and attitude
- ★ Create positive relationships
- ★ Identify body language
- ★ Apply coping skills to calm down







Books



- The Color Monster
- In My Heart
- The Way I Feel
- The Dot
- The Invisible Boy
- Those Shoes
- Pass It On
- My Mouth is a Volcano
- Giraffes Can't Dance
- Grumpy Monkey
- Lilly's Purple Plastic Purse
- A Little Spot of...

Zones of Regulation

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Ready to Learn Focused	Silly Worried Excited Frustrated Loss of Some Control	Angry Mad Yelling/Hitting Disgusted Out of Control

Strategies to Support SEL at Home



- Provide acts of kindness together
- Check-in on emotions/feelings daily and model identifying your own emotions/feelings
- Practice mindfulness (stretching or breathing exercises)
- Model managing stress, disappointment, anger and conflict, respect, and empathy

Conversation Starters at Home



- What qualities do you look for in a friend?
- What do you think your friend was feeling?
- How can you work to make things right?
- How your day? What can you do to make your day better?

Breathing Activities at Home

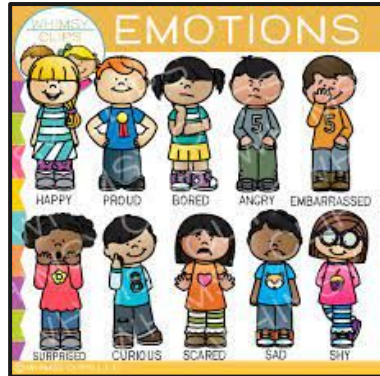
- Belly breathing
- Rocks and socks

[Youtube Video Link](#) (Blow out the candle and smell the flower)



3 Social Emotional Learning Stations

Feelings & Emotions
Mrs. Cole



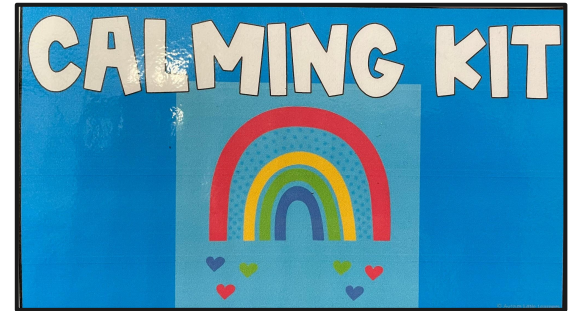
Room 104

Zones of Regulation
Ms. Haskell



Room 102

Calm Down Strategies
Mrs. Sanford



Room 103



















Outcomes/Impact

- Great turnout
- Fun seeing students after school hours with their families
- Great interactions and discussions with families
- Students had fun
- Parents took information home
- Students and parents learned
- Students were sharing information they were learning in school with parents
- They loved the hands on activities and making the glitter bottles
- Host future events with other grade levels

Reflection

- The importance of SEL in the classroom & home and building family-school relationships

Reflection

Overall, it is very important to build positive relationships with families right away at the beginning of the year. It is important to let families know that they are part of the educational team, and that together they can help the child reach full success. In early childhood, it is also crucial to begin the child's school career on a positive note, and to make families feel comfortable. Partnerships between communities, families, and educators can produce mutual benefits (American College of Education, 2022). When communities, families, and educators work together, children have a much better chance at success, not only in the school community, but in life (American College of Education 2022). As educators we want children to be successful lifelong learners. By working with families and building positive relationships, we can do just that.

Reflection

Strategies for home can be to provide families with supports you use at school, such as a social story, visual schedule, and a calming strategies ring. These tools and supports should be modeled for parents and caregivers so that they are implemented with fidelity and we can see progress or adapt the tools to meet the needs of the child. Communication should be positive and frequent with families. Teachers can provide parents with modeling behaviors with their children, playing sorting games with behaviors or emotions, and practice rule following at home. We all know how important it is as educators to work with and support families. The home and school environments are connected and need to be a partnership to progress and support students in all skills!