

Apr 17th, 4:00 PM

## The Pursuit of Wholeness: Benefits of Integrating Social-Emotional Learning in a Primary Classroom

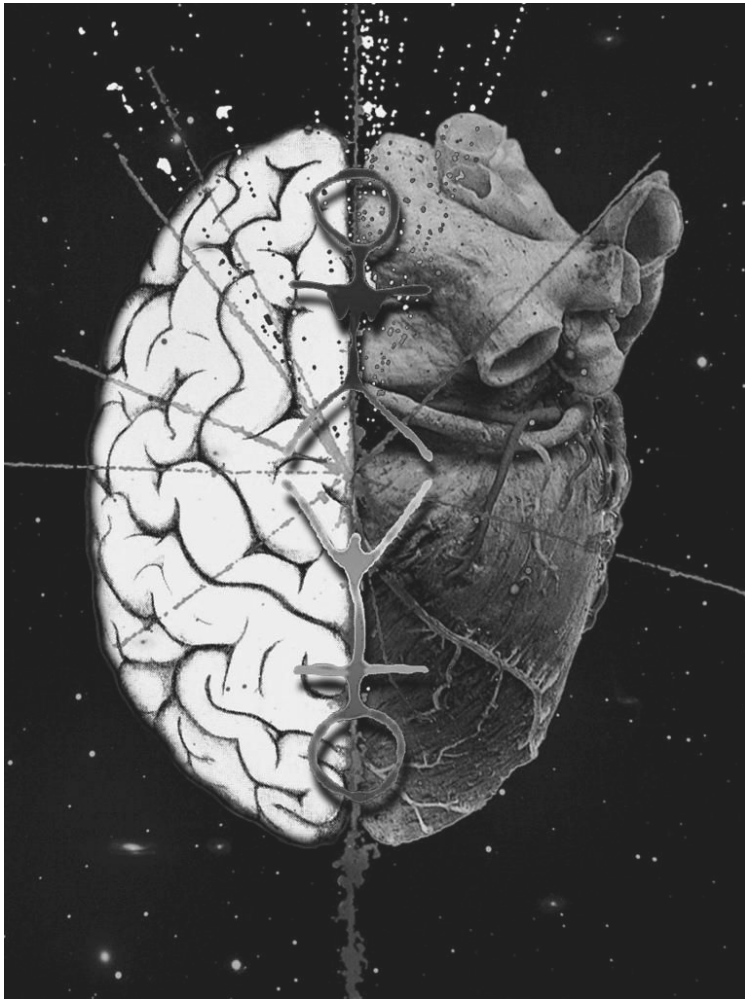
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# The Pursuit of Wholeness: Benefits of Integrating Social Emotional Learning in a Primary Classroom

Patricia Lopez-Chavez • April 2019

# Agenda

- I. Arrival Story
- II. Purpose
- III. Research Questions
- IV. Review of Literature
- V. Methods
- VI. Findings
- VII. Conclusions



## Arrival Story

I learned about the concept of Social Emotional Learning in an education class here at Dominican and I learned how with SEL, teachers can teach to the whole child.

Especially important for children from minority backgrounds that deal with adversity and low socioeconomic backgrounds.

A dark, moody photograph of a room with a window and a chair, serving as a background for the text. The room is dimly lit, with light coming from a window in the background. A wooden chair is visible in the foreground, and a table with a white cloth is partially visible behind it. The walls are textured and appear aged.

## Purpose

Identify the benefits of Social Emotional Learning and to explore ways to implement SEL curriculum into the classroom.



## Research Questions

- I. What are the benefits of teaching Social Emotional Learning in elementary classrooms for students?
- II. How can SEL be integrated into the classroom on a daily basis?



# Review of Literature

# What is SEL?

“What Is SEL?” Casel, 2019, [casel.org/what-is-sel/](https://casel.org/what-is-sel/).

- CASEL = Collaborative for Academic, Social, and Emotional Learning government initiative
- “Process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

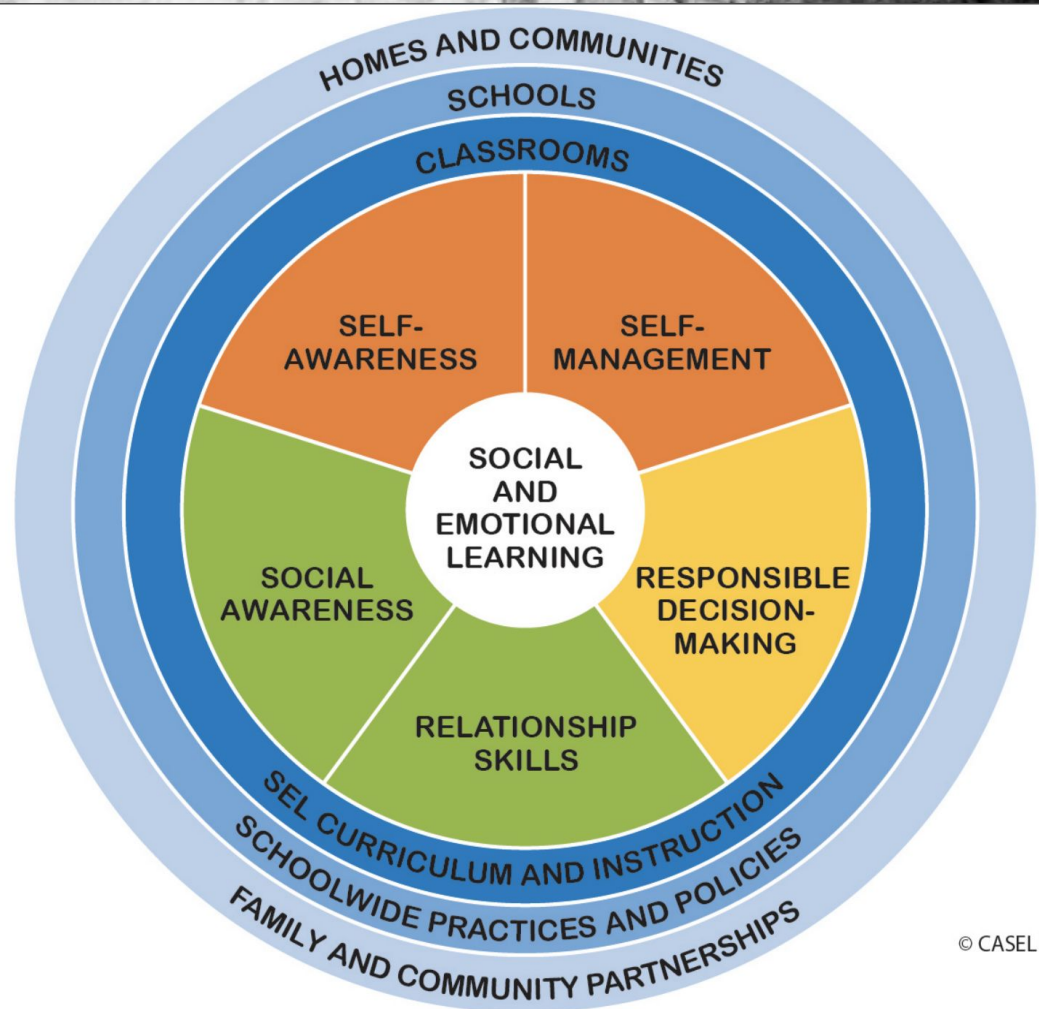


# What is SEL?

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## Framework for Systematic Social and Emotional Learning

- 5 core competencies that educate hearts, inspire minds, and help students navigate the world more effectively





# Social and Emotional Learning in California: A Guide to Resources

California Department of Education

- In 2017, created the California's Social and Emotional Learning Guiding Principles
- Provides guidance for educators to support the SEL work happening across the state.

# California's Social and Emotional Learning Guiding Principles



**1** Adopt Whole Child Development as the Goal of Education



**2** Commit to Equity



**3** Build Capacity



**4** Partner with Families and Communities



**5** Learn and Improve



## FOREWORD

Representatives from more than 20 California education organizations and systems, in partnership with the California Department of Education, have come together to affirm social and emotional learning as an essential part of a well-rounded, quality education in all youth-serving settings.



## Method

- Qualitative Study
  - Elementary Classroom Observations
    - Bay Area Elementary School



## Observational Findings

- SoulShoppe, SEL curriculum used in an elementary school in the Bay Area

# SoulShoppe

- Year round program
- Specially trained facilitators can visit a school up to twice a month
- Helps students and staff develop language and tools based on SEL practices
- Practices taught: self-awareness, self-management, social awareness, relationship skills, positive problem-solving, and responsible decision-making and goal-setting.



**Soul SHOPPE**

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**Mission and Vision**

**A world where respect and empathy are the norm, and every child can thrive and shine!**

Our mission is to create safe learning environments that bring forth a culture of compassion, connection and curiosity—eliminating bullying at the roots. Our innovative, interactive and highly effective programs give the entire school community an EXPERIENCE of empathy, transforming not only our behaviors, but the very ways we see each other.

Soul Shoppe programs support kids by giving conflict resolution tools that allow them to support each other as allies. We have reached more than 690,000 students. In addition to working with students, Soul Shoppe supports the entire school community through the creation and facilitation of dynamic staff-development trainings that give teachers the necessary tools to foster academic growth and social-emotional learning, as well as parent workshops and resources.

This Soul Shoppe-inspired paradigm shift creates a sustained climate of safety. Our fun, easily-integrated trainings allow people to embody what they've learned on a daily basis, from one interaction to the next. We breathe the life into life skills, inspiring people to create big-hearted communities where we all belong.

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PEACE PATH

## Peacemaker Program

### SoulShoppe

- Peacemaker Program
- Student Leadership program that trains selected 3rd, 4th, and 5th graders “Peacemakers” to solve problems and provide allyship and communication support on the playground and in the classroom.

# Conclusions

**What are the benefits of teaching SEL in elementary classrooms for students?**

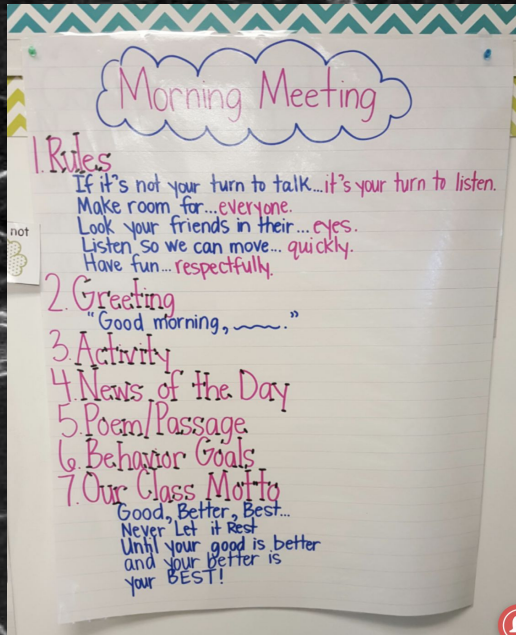
- Emotional Processes
  - Ex : Healthy relationships
- Social / Interpersonal Skills
  - Ex: Social competence
- Cognitive Regulation
  - Ex: Academic achievement
  - Teacher benefit as well!



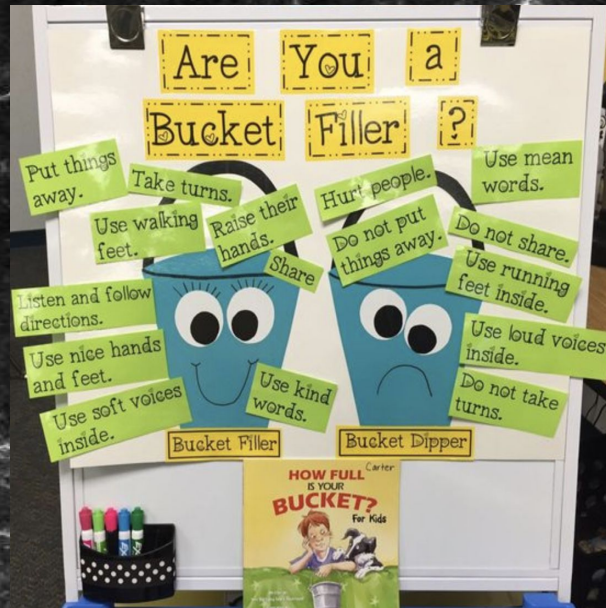
# Conclusions

How can SEL be integrated into the classroom on a daily basis?

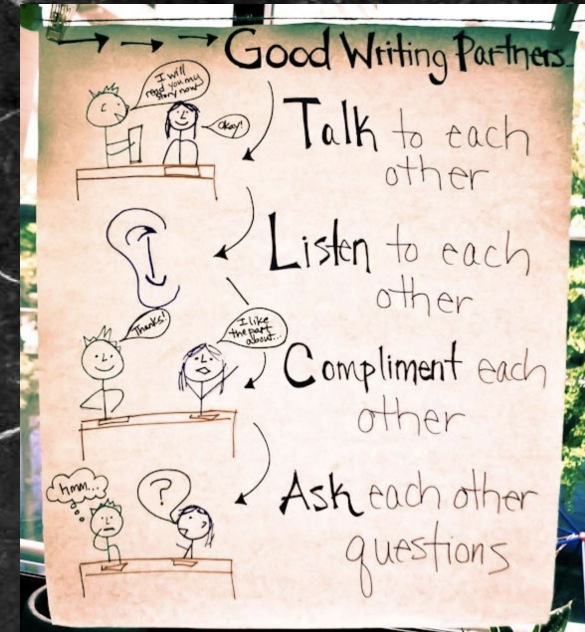
Daily check-ins / morning meetings



Using read alouds (story time) as teachable moments



Having students work together and setting expectations



Nurture growth mindset  
with access to positive  
language

Setting up a Peace  
Place / Quiet  
Corner

Using anchor charts to  
teach SEL

IN OUR CLASSROOM,

**WE SAY...**



“How can I improve?”

Instead of...  
“I’m no good at this.”

“Let me try a different way.”

Instead of...  
“I give up.”

“Mistakes are part of learning.”

Instead of...  
“I failed.”

“Have I done my best work?”

Instead of...  
“I’m all done.”

“Learning takes time.”

Instead of...  
“This is too hard.”

“How can we learn from one another?”

Instead of...  
“He/she is smarter than me.”

“I like a challenge.”

Instead of...  
“I’ll stick with what I know.”

“My effort and attitude are everything.”

Instead of...  
“My abilities determine everything.”



Own Your Learning!

Before you say “I’m through,”  
ask yourself:

- Did I do my best?
- Did I include everything that was required? Did I check the success criteria?
- Did I seek, listen to, accept, and use peer/teacher feedback?
- Is there anything I can improve?
- Is there a way for me to go above and beyond?
- Am I satisfied that this is the best I can do?

*Thank you, have a magical day!*

