

AHOD

Social and Emotional Learning

strategies to build:

self management self awareness responsible decision making

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Please introduce yourself!

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Advocate and member of advocacy boards; family services, literacy, EC

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Early Childhood Administrator

Buffalo Public School Teacher

Supervisor Head Start

Owner LP Nursery School



Consider

What are the markers in your classroom that tell you that your children can, and do, manage themselves and make responsible decisions?



“Social and emotional learning (SEL) is the 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.”

www.casel.org



Identify and build strategies that support:

Self awareness

I know
who I
am.

Self management

I take
care of
myself.

Responsible decisions

I know
what to
do, and
can do it.



Self-Awareness

Self awareness is the ability to consider and understand your own emotions, thoughts, values, and experiences, and how these can influence your actions. Improving self-awareness allows for more effective knowledge of individual strengths and weaknesses, emotional abilities and challenges.

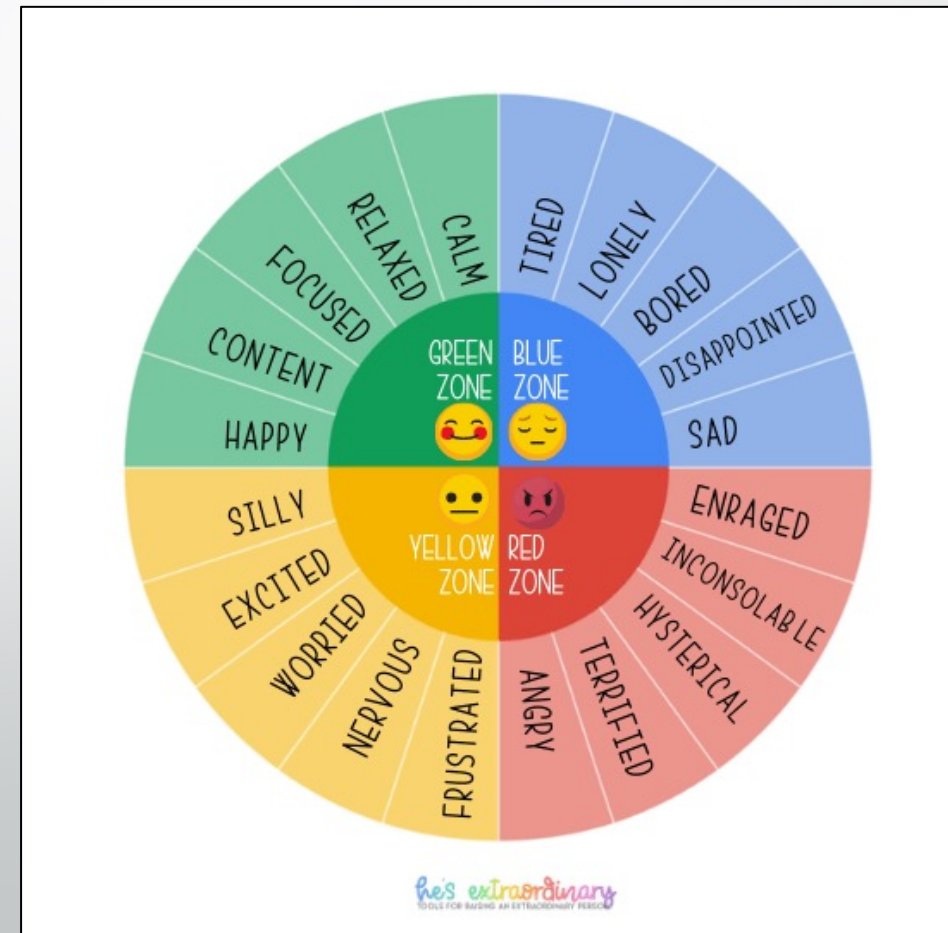
Strategies that build self awareness:

Provide time to journal, discuss, illustrate, and share identity, culture, strengths and weaknesses, goals, and challenges.



Teachers move from scripting student emotional actions, to helping them self identifying emotions, to using an emotion chart, to helping students be aware of their emotions and triggers, to supporting students to “own” their emotions.

Encourage students to share how they feel when feelings arise such as joy, anger, frustration and sadness while they learn and socialize.



Build in talk time every day





Self-Management

Self-management focuses on an individual's ability to regulate and control their emotions, thoughts and behaviors, improving stress management, organizational skills, ability to set goals, impulse control, and self-discipline.

Self-management can lead to better academic performance, ability to set and work towards goals, and ability to control behavior.

Strategies that build self management:

Teach children how to self manage.

Teach children mindfulness, breathing, positive movements and space.



Help children reframe.
Know that language matters when children learn to manage themselves.

Support children!

- **Not being able to work with friends**
- **A bad grade**
- **Failed First Attempt**
- **Not making a team**
- **Being at home with little support**
- **Social Media challenges**



You've got this!

Self Management

Self management is a crucial skill to have and develop in a busy changing world where there is so much noise and distraction! It is the ability to set short term and long goals, stay on task and achieve them.



Impulse Control

"I am in charge of my emotion and actions"

Goal Setting

"I have short term and long term goals and I like ticking things off my lists!"

Motivation

"I can do this!"



Stress Management

"I realise when I'm stress and I know exactly how to deal with it."



Self-Discipline

"I'm staying on track"

Organisation

"I can organise my thoughts and my work plan"

Dr Prae
NANTHAPORN SERIBUTRA

www.drpraeseributra.com



Responsible Decision Making

Responsible decision making is the ability required to make positive and constructive choices based on personal and academic goals, ethical standards, safety concerns and social norms. Making decisions both large and small in different situations, and understanding the impact the decision has on you and others.

Would You
Rather...

be a bird
or
a bat?

Would You
Rather...

explore space or
the ocean?

Would You
Rather...

live on Mars or
live on the moon?

Would You
Rather...

have many good
friends or one
very best friend?

Would You
Rather...

go without TV or
junk food the
rest of your life?

Would You
Rather...

be able to breathe
underwater or fly
in the air?

Strategies to build responsible decision making:

- Provide choices in your environment so students can practice making good decisions. This practice becomes a habit.
- Choices in
Territory
Possessions
Attention



- Proactively foster personal decision making for students on how to be their best selves.
- Recognize effort as well as success.
- Use the language of recognition.



Provide opportunities for students to reflect on personal behavior and take responsibility for their actions. Make sure you are with the child.

yes



no



The more you know the better you do.

**Thank you for learning and growing in your work
~ clearly this supports your students in learning
about who they are, celebrating who they are and
making great choices that help them grow!!**

Please join us

November 15, 2021 @ 4:30 – 5:30 pm!

We will look at the Social Emotion Learning points of ***Resilience as the key strategy supporting children's ability to "bounce back" from adversity .***

**EVERY KID IS ONE
CARING ADULT
AWAY FROM BEING
A SUCCESS STORY.**

-JOSH SHIPP