

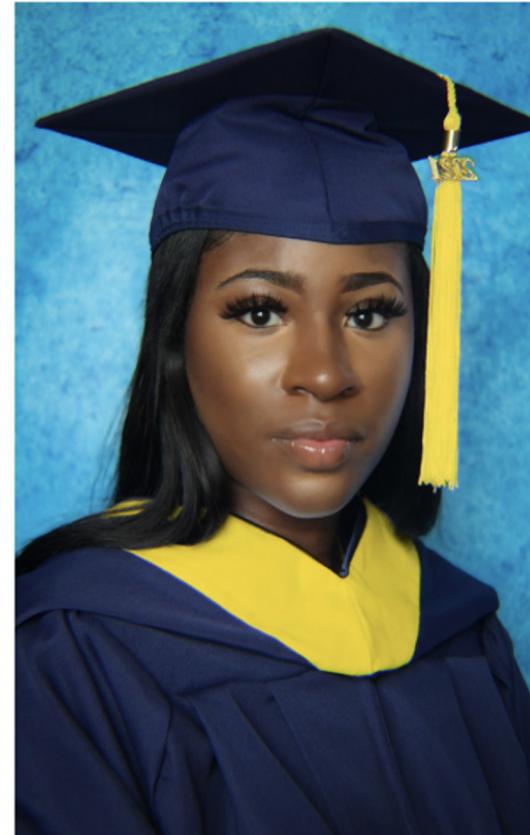


# Building Connections

Social and Emotional Learning Webinar Series

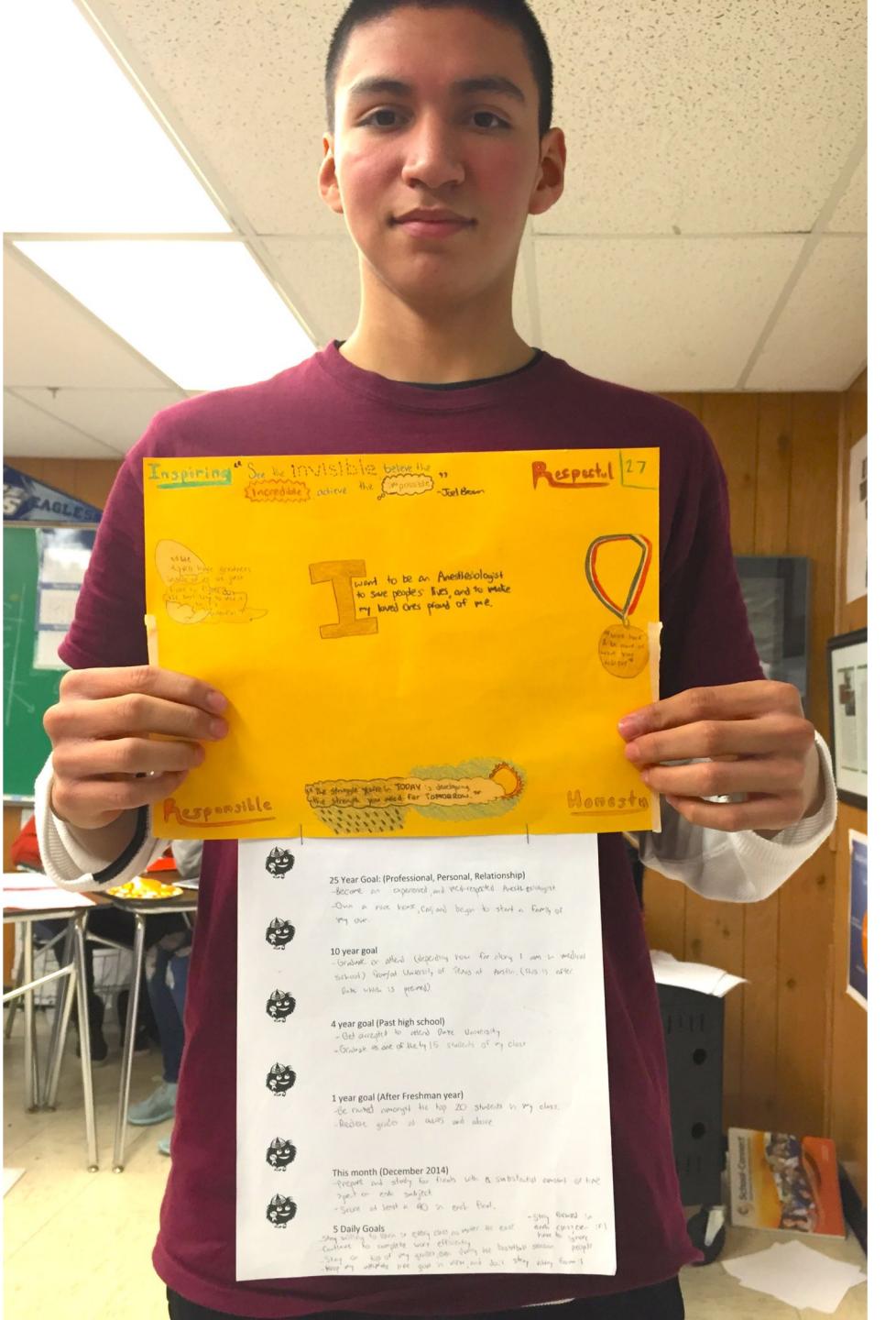
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# Social and Emotional Learning and Young People's Futures



SUPPORT IS PROVIDED BY

SUSAN CROWN  
exchange



# Coach Rudy's PD Resource Room

-  Website
-  School-Connect SEL curriculum used in my class.
-  Roots To Leaves Building an SEL Program
-  Managing Emotions Video
-  Check In Video

Please follow me on: 

# Thank you CASEL! Follow up resources

Click links on board above and / or Click on my bitmoji for a breath of calm\*\*\*/ Please reach out if I can help your classroom

**The students in this webinar were part of a dedicated SEL course, taught at Austin High School and featured in this 2017 article in The Atlantic. The class is based on the CASEL competencies, has spread to many other schools, and uses a CASEL guide research and evidence-based curriculum School-Connect. Austin ISD has been one of the leaders of district wide SEL implementation. Many of the students featured in this article are now first generation college graduates.**

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Kai Pfaffenbach / Reuters

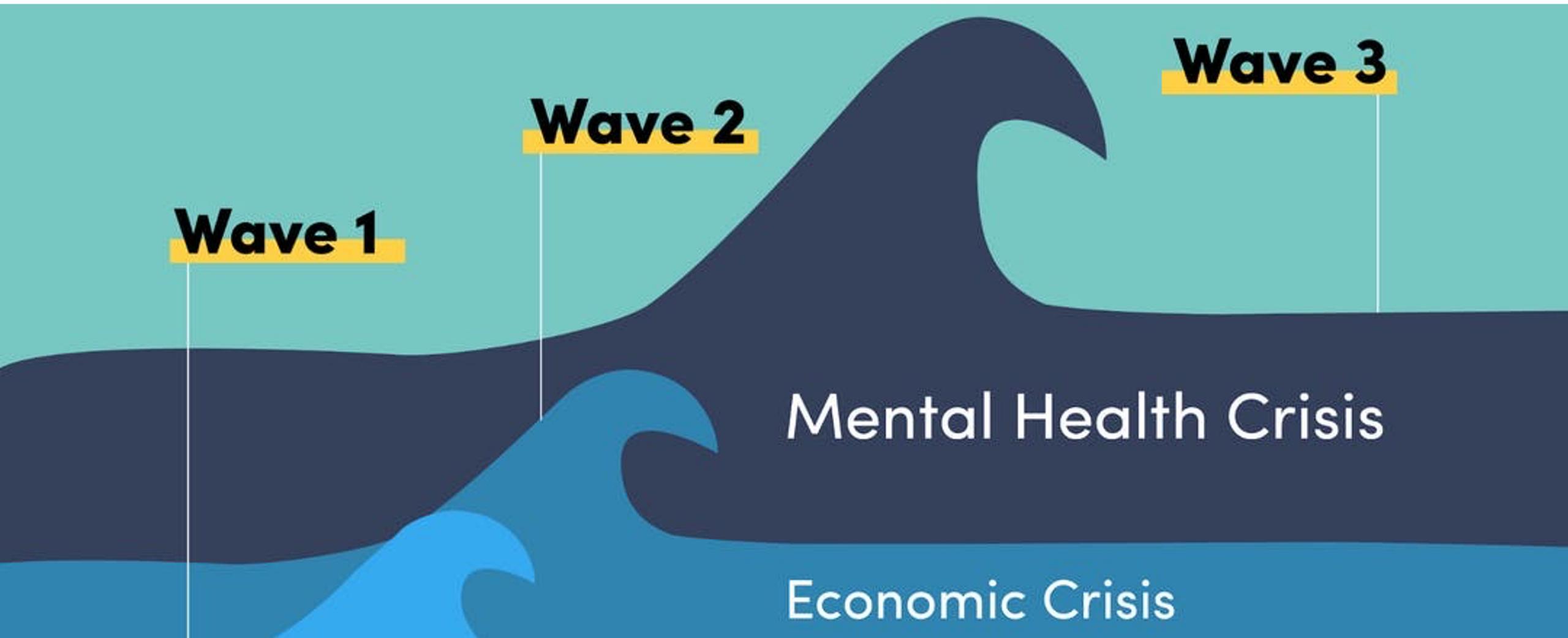
## **The Psychological Approach to Educating Kids**

Increased focus on kids' psychological health may seem like the education world's flavor of the day, but it's achieving results.

VICTORIA CLAYTON

MAR 30, 2017

EDUCATION



# Put on Your Oxygen Mask First

A dysregulated adult cannot teach emotional intelligence to a child.

In fact, it's hard for them to teach anything.

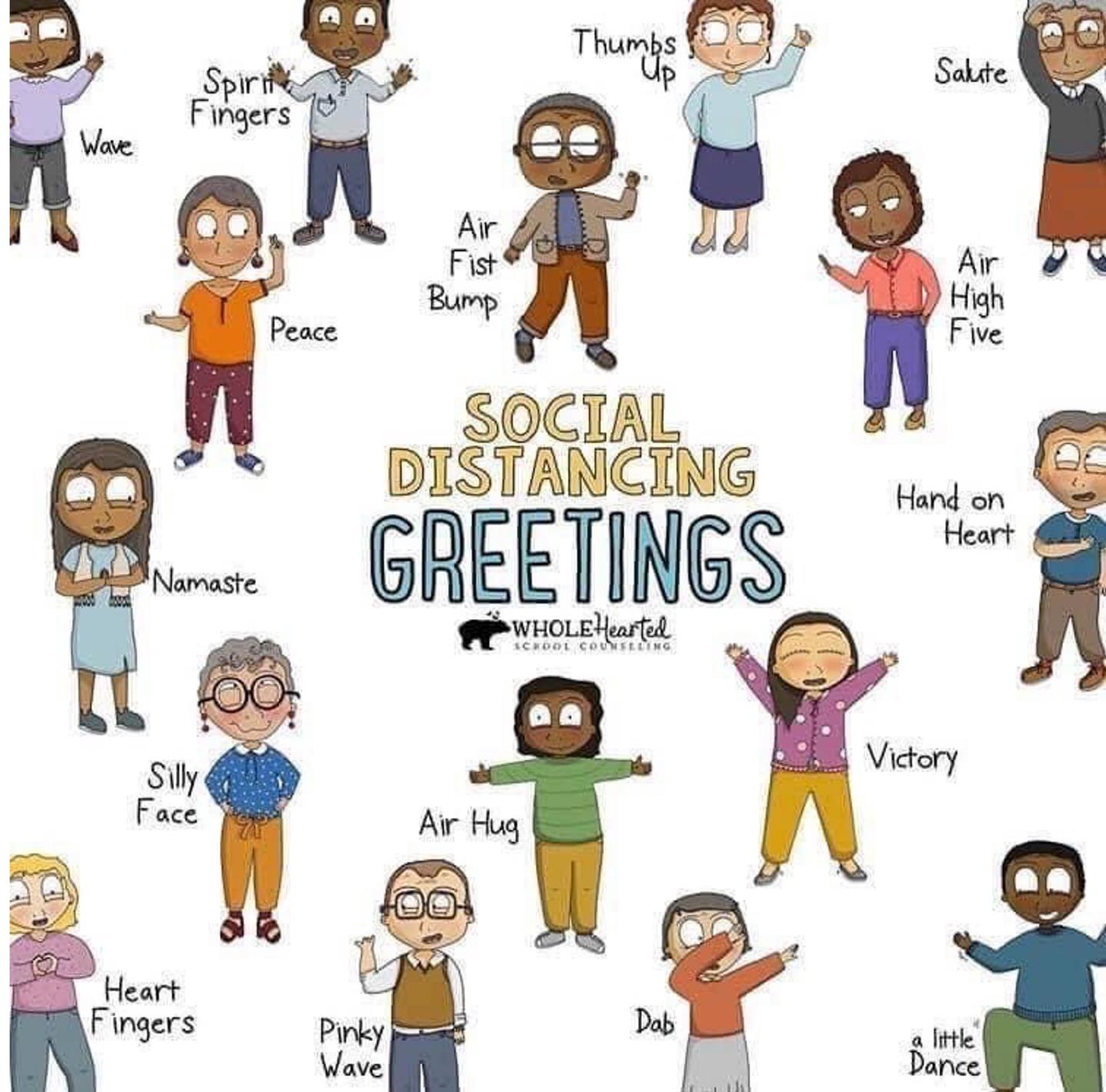




Great at the door  
Build safe procedure  
Make relationship deposit  
Check in  
Direct to instant activity

Allday and Parkur  
Classrooms where teachers greet at the door on average increase engagement by 45%

Bhaemann and Kopp  
Students are significantly less likely to drop out if one adult knows and uses their name in a positive way.



# Emotional Management Strategies

## Strategy:



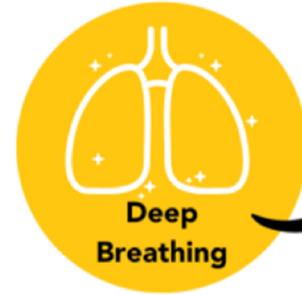
**Why it works:**  
Gives you a chance to cool down away from the pressure of the situation

## Strategy:



**Why it works:**  
Helps you understand the source of your stress and connect with others

## Strategy:



**Why it works:**  
Moves your focus from your stress to your breath, helps you release tension, and gets more oxygen to your brain for clearer thinking

**Why it works:**  
Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus

## Strategy:



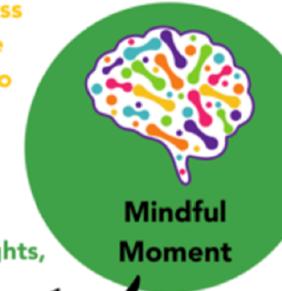
**Why it works:**  
Releases natural chemicals that help you let go of tension and feel better

## Strategy:



**Why it works:**  
Helps you get some distance, think things through, and review your progress

## Strategy:



**Why it works:**  
Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus

The lessons the students referenced are from School-Connect, a research and evidence-based SEL curriculum now in over 2500 secondary schools.

Mr. Matheny aka “Coach Rudy” is a co-author of School-Connect.

#SEL  
#socialemotionallearning  
#education

- Social emotional learning (SEL) - it's all we do.
- National award winning authors - we have 3.
- Implemented in all 50 states - and around the world.
- Helping students & staff build strong connections - it's our passion.
- Flexible curriculum for any model of teaching - online, in class or hybrid options.

Learn how School-Connect can help to change the learning environment in your middle or high school:

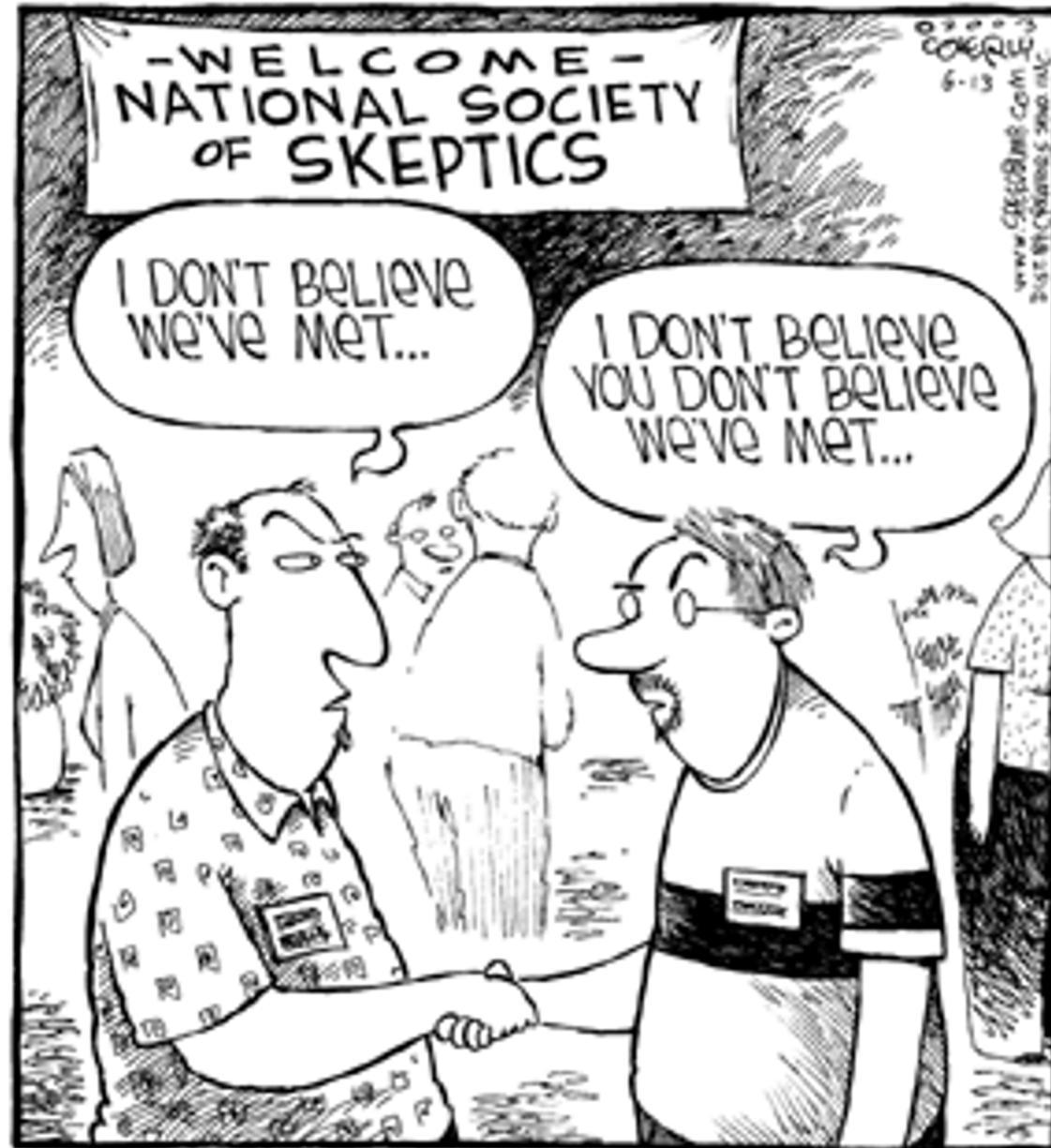
# Check In

- Find a talking piece or virtual
- Norms:
  - Open up and speak your truth
  - The speaker has our full and undivided attention and support
  - What is said in circle stays in the circle
- Everyone shares
- How are you feeling on a scale of 1-10 today, give me a feeling word (ie I am feeling about a five, I am somewhat frustrated).
- Tell me why you think you are feeling that way.
- Knock for support (facilitator help)



**Link to Video  
on Check-In**

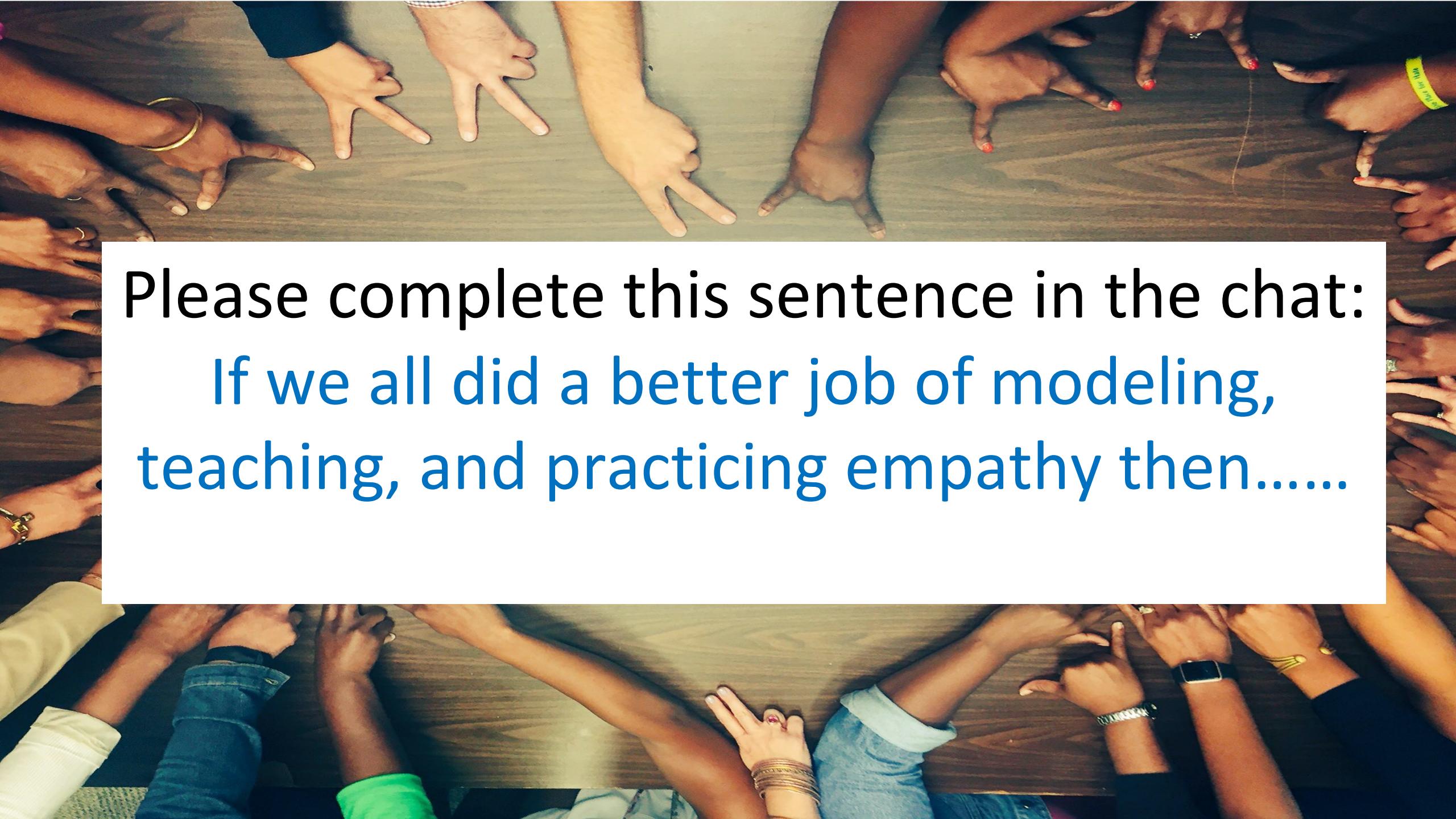
# Skeptic and Lobbyist



Your turn:  
Type in the  
chat what you  
would say to a  
SEL skeptic.

A close-up photograph of a person's hands, with light-colored skin and short, light-colored fingernails, holding a shiny, red heart-shaped object. The hands are positioned with the palms facing each other, cradling the heart. The background is a soft, out-of-focus blue color.

**The Heart of SEL is Empathy**



Please complete this sentence in the chat:

If we all did a better job of modeling,  
teaching, and practicing empathy then.....



# Thank you for supporting SEL work!

Please reach out and connect  
R. Keeth Matheny "Coach Rudy"  
[www.SELlaunchpad.com](http://www.SELlaunchpad.com)  
Twitter @coach\_rudy



Inspiring, engaging, and actionable professional development.

Join the next



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**Friday, July 30 | 11:00 AM ET**

# **Building Connections: Social and Emotional Learning and Social Justice**