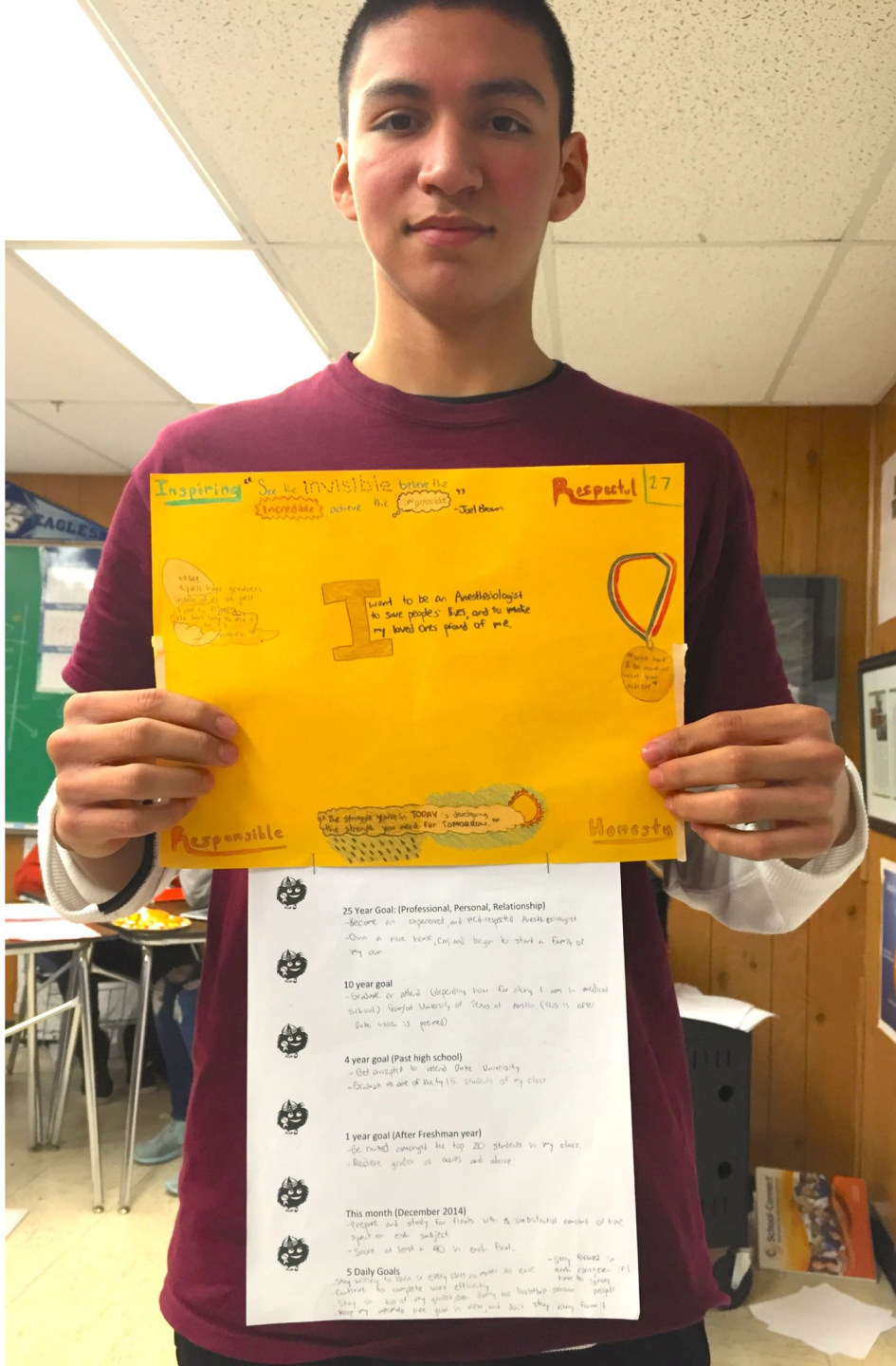


Social and Emotional Learning and Young People's Futures







Welcome

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:



There are
so many
starfish that
need saving

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

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.



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



Wave 1

Wave 2

Wave 3

Mental Health Crisis

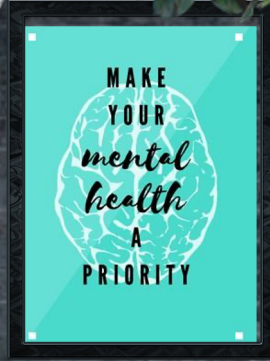
Economic Crisis

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.





*Virtual
Calming Room*

*Hope these help you find calm
Just about anything you see,
you can click on!*

*It will take you to an activity
or a website.*

*For example: The plants all
link to breathing activities.*



Please follow me on.



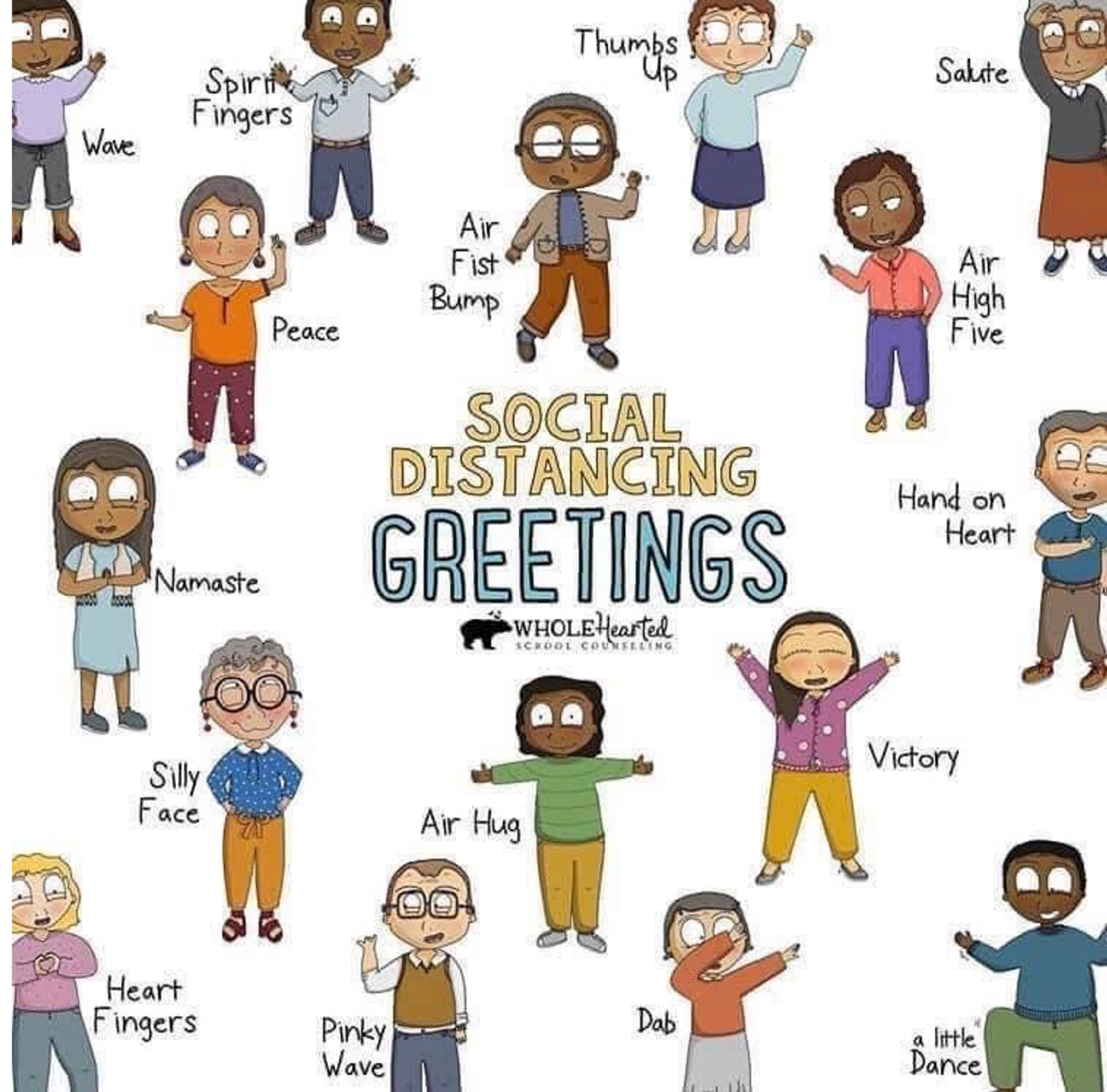
Great at the door Build safe procedure Make relationship deposit Check in Direct to instant activity

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:



Time Out

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

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

Strategy:



Walk It Out

Strategy:



Talk It Out

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

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

Strategy:



Write It Out

Strategy:



Deep Breathing

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:



Mindful Moment

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.

- 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.**

#SEL
#socialemotionalllearning
#education

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

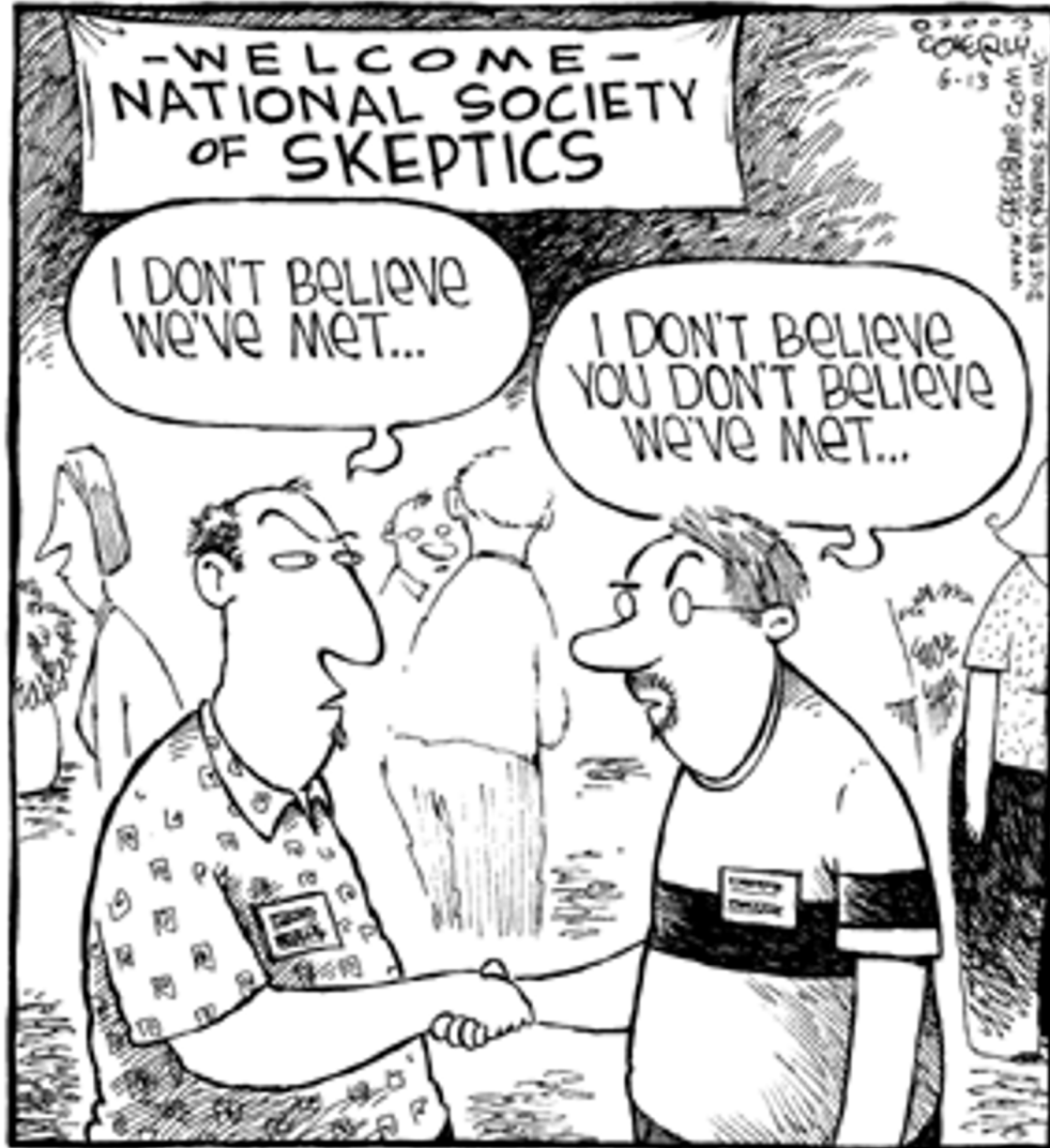
Check In

- 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**

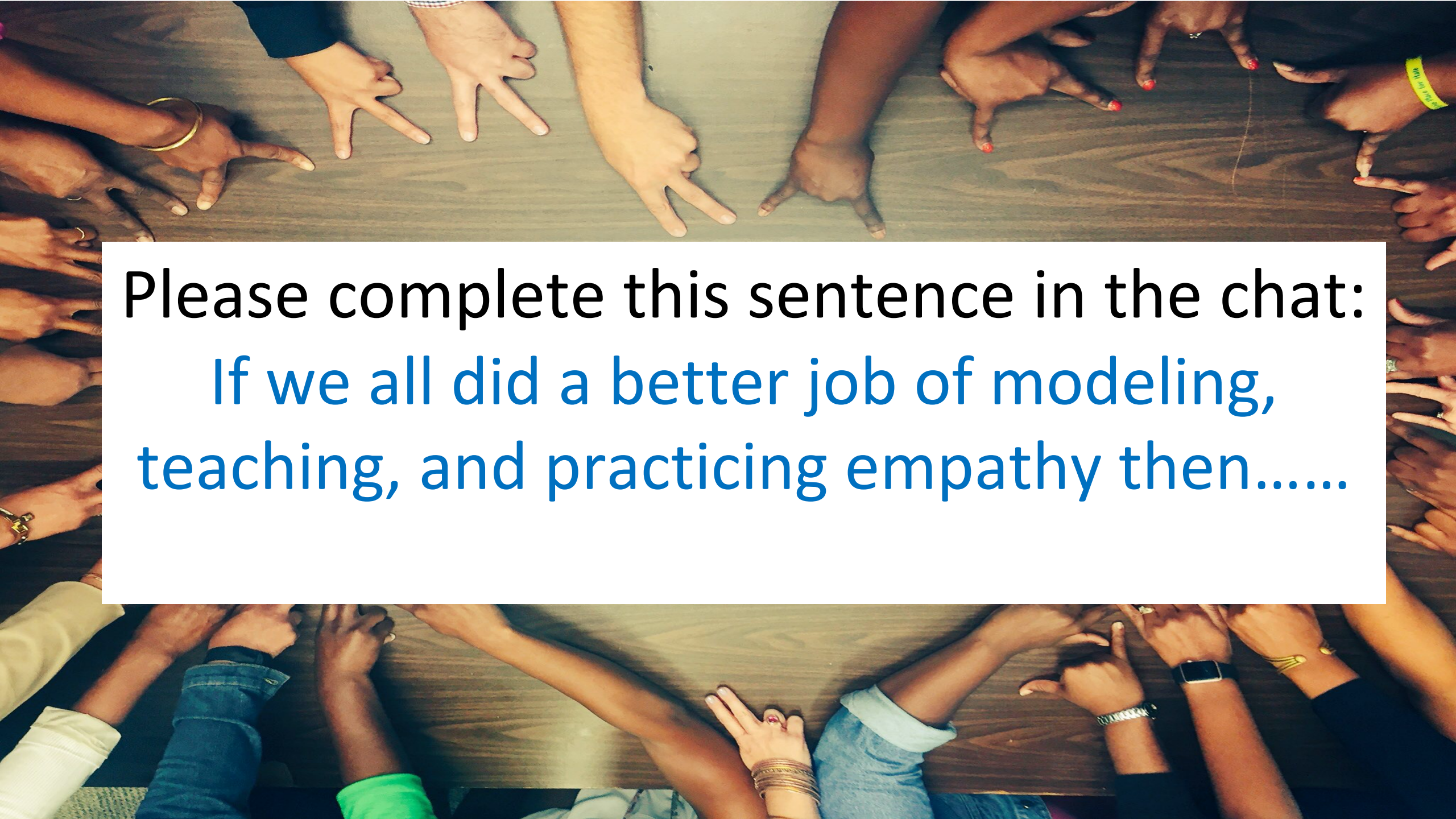
Skeptic and Lobbyist



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

A close-up photograph of two hands, palms up, holding a large, translucent red heart. The heart is the central focus, with a slightly textured, crystalline appearance. The hands are light-skinned and positioned symmetrically on either side of the heart. The background is a soft, out-of-focus light blue. The text "The Heart of SEL is Empathy" is overlaid in white, bold font across the middle of the heart.

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

Twitter @coach_rudy



Inspiring, engaging, and actionable professional development.

Join the next



Friday, July 30 | 11:00 AM ET

Building Connections: Social and Emotional Learning and Social Justice

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