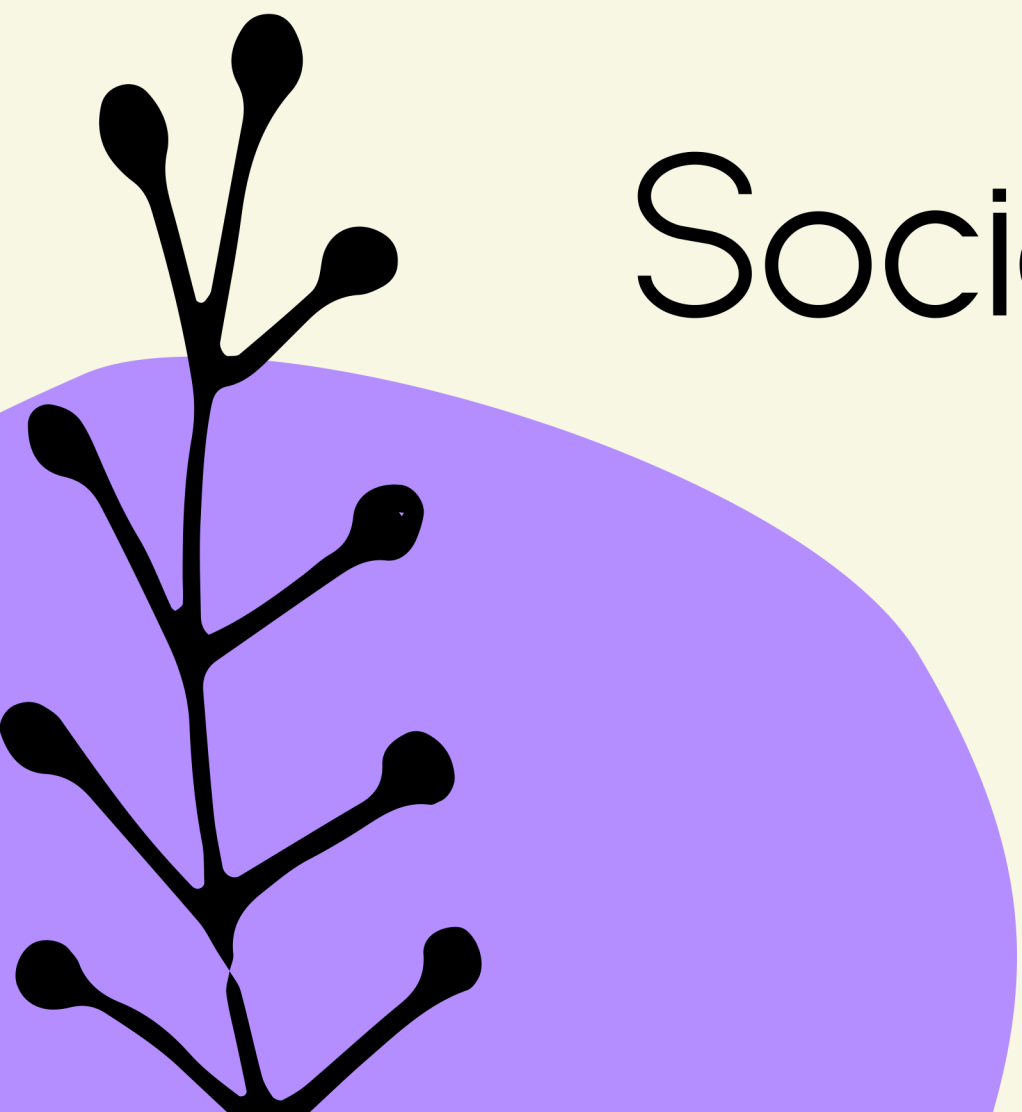


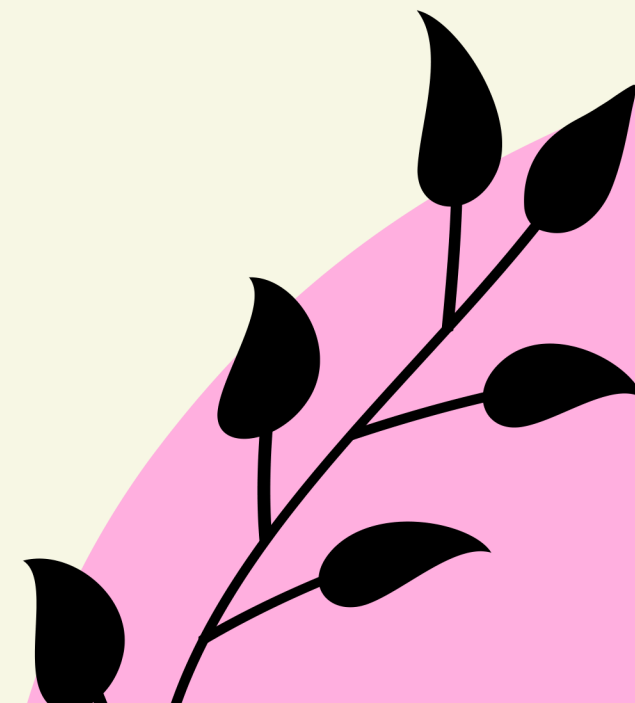
SEL

Social & Emotional Learning



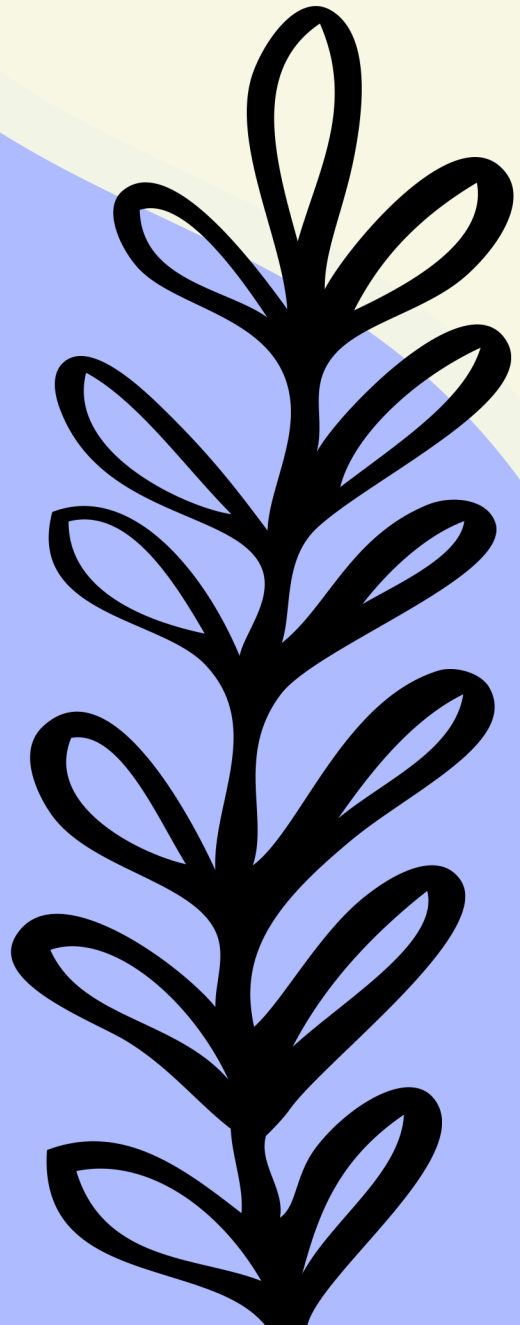
INTRODUCTION

Development of social and emotional skills and attitudes is essential in character education and development of the "whole child".



FRAMEWORK

- Self-awareness
- Responsible decision-making
- Relationship skill development
- Social awareness
- Self-management



STRATEGIES

- Identifying and managing thoughts and feelings
- Growth mindset
- Understanding character traits and strengths





FIXED MINDSET

A fixed mindset is a defeatist view of one's abilities and belief that they cannot change.

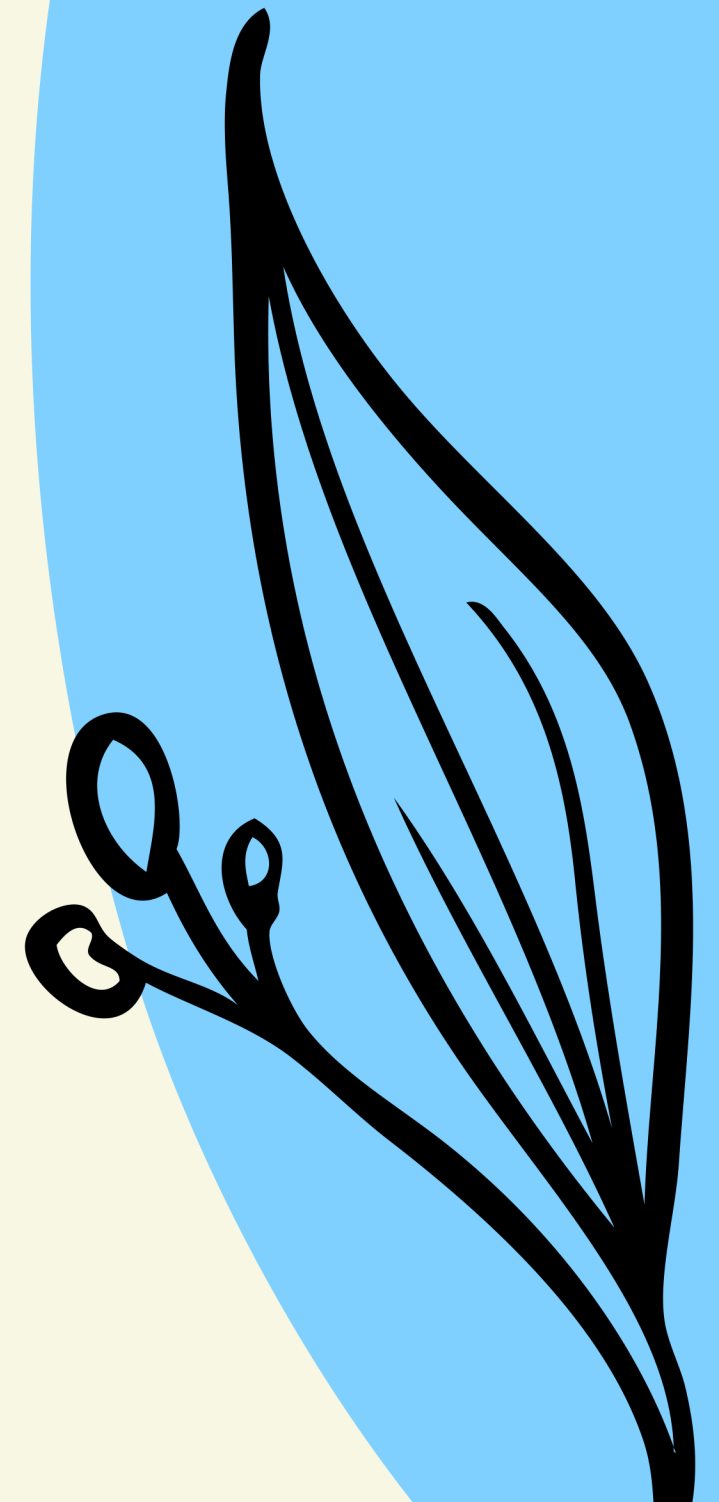
GROWTH MINDSET

A growth mindset is the belief that one's abilities can change and improve over time.



MINDSET SKILLS

- Flip your thinking
- Change your vocabulary
- Develop resilience
- Acknowledge failures
- Praise effort and success



Positive Mindset



See failure as an opportunity



Differentiate one problem from others



Generalizing the causes of bad things



See the gain

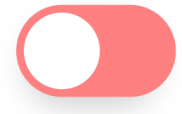


Make the most of all situations

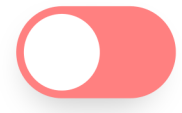
Negative Mindset



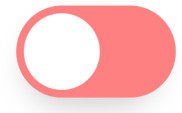
See failure as loss



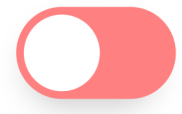
Overgeneralizing problem



Self-blaming for bad things

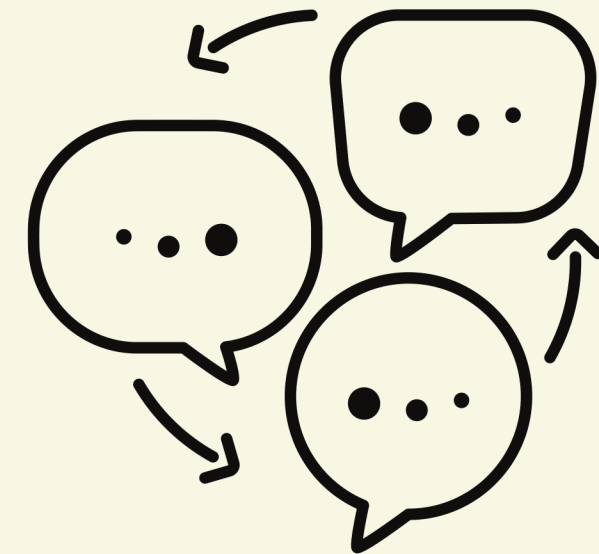


See the pain



Let situations do their things

TED



CHARACTER BUILDING

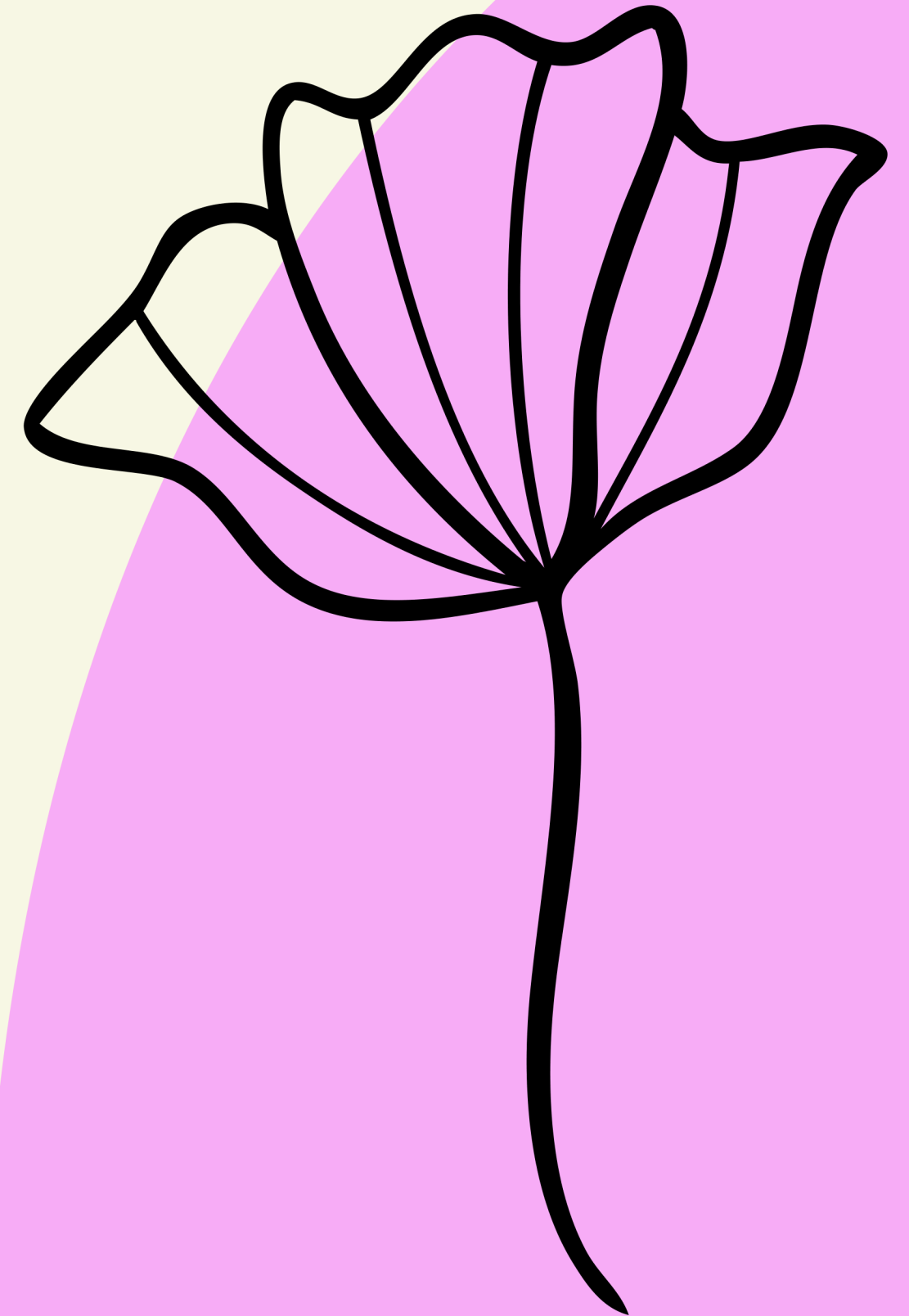
- Identifying feelings
- What it means to be a friend
- Mean, rude or bullying
- Being a bystander
- Resilience

1



SUGGESTED ACTIVITIES

- Book reviews
- Role-playing
- Circle Time discussions
- Flashcard sorting
- Mindfulness activities
- Kindness Challenge





POWER



INITIATIVES



SUGGESTED ACTIVITIES

- Role-playing
- Create motivational posters
- Journaling
- Meetings with role models

