

Social-Emotional Learning Overview

2 pages

Implementation Guide

What is SEL?

Social-emotional learning (SEL) is a process that helps students understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

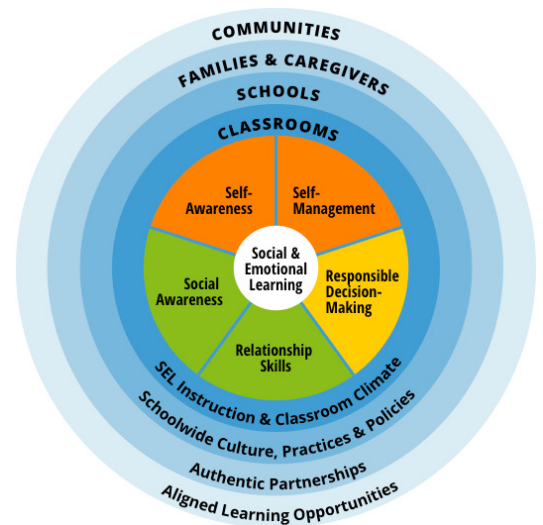


It is an important part of a student's learning experience, because it helps to develop skills that can be used in the real world. It is the foundation for how we shape our character, emotional health, behavioral responses, motivations, and critical-thinking skills. It is also the catalyst for understanding the perspectives of others, forming our capacity for empathy, weighing ethical and moral dilemmas, and creating healthy, meaningful relationships.

SEL promotes equity by teaching us how to stand up when we witness injustices. Ultimately, it is the roadmap that guides our growth potential as human beings and as a society.

Our Approach

Everyday Speech's ready-to-teach e-curriculum provides the roadmap to maximize students' potential. All teaching tools are provided digitally to maximize the outreach of information to teachers, students, parents, and teacher aides. Our trauma-informed curriculum follows the Collaborative for Academic, Social, and Emotional Learning (CASEL) integrated framework and teaches the five core competencies; self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.



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We've also aligned our materials to the Illinois State Board of Education's Social-Emotional Learning standards, a leader in the field who, along with CASEL, drafted standards, goals, age-appropriate benchmarks, and performance descriptors.

We know that middle and high school students face a different set of challenges and have more complex skill needs when it comes to SEL in comparison to younger students. With that, Everyday Speech's 6th - 12th grade curriculum covers more advanced topics like:

- ✓ Anxiety and mental health
- ✓ Decision-making skills
- ✓ Social media use and self-esteem
- ✓ Bullying prevention
- ✓ Agency and self-advocacy



Why Teach SEL?

The benefits of SEL in the classroom are numerous. It is ultimately a preventative approach that helps students to develop important social skills, such as communication, teamwork, empathy, and problem-solving.

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), SEL improves students' mental health, academic performance, self-regulation, concentration, self-motivation, and social relationships. These findings are seen lifelong, as research also states higher levels of well-being up to 18 years later as well as a reduced chance of living in or being on a waiting list for public housing, receiving public assistance, having involvement with police before adulthood, and spending time in a detention facility. SEL truly impacts every aspect of a student's life now and in the future.

Research shows that teaching SEL leads to:

- ✓ Higher graduation rates
- ✓ Resilience
- ✓ Reduced need for crisis intervention
- ✓ High sense of self and well-being
- ✓ College and career readiness
- ✓ Improved life outcomes and satisfaction
- ✓ Increased independence and self-sufficiency

Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017

Getting Started With SEL

2 pages

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Getting Started (and Excited!)

Teaching SEL is easy with Everyday Speech. Our curriculum includes:

✓ **No-Prep Materials to Make Teaching SEL a Piece of Cake:**

- The bulk of each lesson is a video - All you really need to do is click “play!”
- Lesson Plans are only one page long and can be viewed digitally or printed.
- Everything you need as an educator is at-a-glance, including guiding questions, discussion prompts, key terms, learning standards, and even teaching strategies.

✓ **Grade-By-Grade Curriculum for 6th - 12th Grade:**

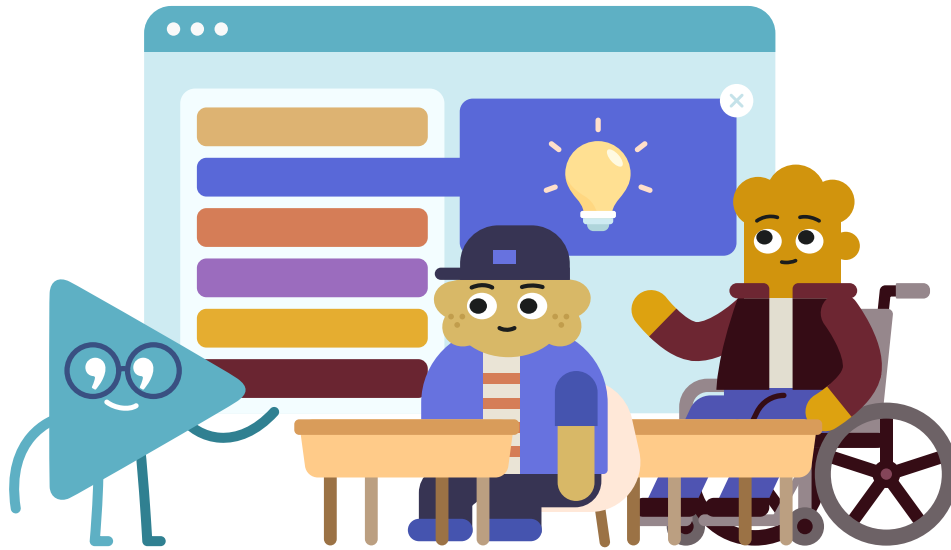
- There are 5 units covering each of the CASEL competencies with lessons specifically tailored to each grade.
- The curriculum repeats core skills, building on them over time and across grade levels to increase complexity and promote deeper understanding as students age.
- At the middle and high school level, there are 20 no-prep lessons per year (4 lessons per unit) for scheduling ease with over 60 unique materials per grade plus an additional 25-30 lessons in the Support Bundles you won't run out of material.

✓ **SEL That Fits Into Your Schedule:**

- Each lesson takes a total of 30 minutes or can even be broken up and taught as 3 bite-sized, 10-minute lessons.
- Lessons include a video lesson, discussion prompts, and reflection activities to encourage students to review and reflect on the skills they are learning.

✓ **Pre & Post Assessments:**

- Keep track of student progress throughout the school year with our easy-to-use assessments.
- Pre & post assessments consist of 5 multiple choice questions to be answered at the beginning and end of each unit. This makes progress tracking simple and less time-consuming.



Best Practices for Teaching SEL

The following is a list of best practices and general teaching strategies for successfully implementing SEL in your middle or high school classroom.

✓ **SEL Starts With You:**

Successfully teaching and encouraging social-emotional learning and growth in your students starts with you! With that, remember to prioritize your own mental and physical health and cultivate skills like self-awareness, self-management, social-awareness, relationship skills and responsible decision making and model these skills. Better yet, model your own learning and application of these skills alongside your students.

✓ **Embed SEL Into Your Teaching:**

Outside of explicit SEL teaching times, continue to embed and teach important SEL skills within your core subject teaching and throughout the day. This will provide your students with the opportunity to apply the SEL skills they are learning.

✓ **Teamwork Makes the Dream Work:**

Adopt a “we” not “me” approach to teaching SEL. Collaborate with your colleagues, administrators, and specialists in your school when it comes to teaching SEL. Ensure the use of shared language across the school and consistent SEL teaching. Better yet, join forces with another classroom and teacher near you and teach the SEL lesson to your students together in one large group setting!

Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017

Everyday Speech SEL Scheduling Guide

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What Everyday Speech Recommends & Why

Selecting a time for explicit SEL teaching is crucial. In fact, research shows that SEL should be an integral part of your school's master schedule in order to ensure success. Luckily, our easy-to-use curriculum requires no prep and a maximum of 30 minutes for each lesson.

We recommend direct SEL instruction. This can be done by setting aside a predetermined, specific time in your school-day devoted to SEL. Pick a time that you know will be consistent. Look holistically at your schedule and find transitions or buffer times that have the most wiggle room.



Make sure to stay away from building SEL instruction into challenging transitions where it is likely to get dropped. Establish a consistent schedule and routine around SEL instruction. Collaborate with your administrators, specialists, and colleagues to build a school-wide SEL schedule and stick to it. Similar to the consistency needed to build healthy habits in your personal life, the same goes for SEL.

We know you're worried about the WHO, the WHEN, and the HOW. Luckily the HOW is covered by using our no-prep lessons exactly as intended. The WHO and WHEN is a bit more dependent on your district.

WHO Teaches SEL?

We've seen SEL led by all different professionals. Whether every adult in the building shares the load or a champion or specialist such as the School Counselor, Social workers, or Social-Emotional Learning Specialist heads up the charge. As mentioned above, it's crucial to work as a team no matter who is doing the actual teaching.

WHEN Do We Teach SEL?

We've seen schools implement SEL lessons at assemblies, advisory periods, health classes, and homeroom. These decisions are best made at leadership levels for consistency throughout a building and district.

Middle & High School SEL Schedule Options

Setting aside instructional time for SEL can and will look different for each school and each individual educator. However, it is important to set and follow a school-wide SEL schedule to ensure success. While some middle and high schools create designated “SEL periods” every other week or once a month taught by homeroom teachers or spread among the teachers in a building, others tack on 15-30 minutes of SEL time to student’s first or last hour of the day every other week or once a month. It is best to choose a schedule that works best for you, your colleagues, your students, and your school as a whole.

For our middle and high school SEL curriculum, we recommend 3 different scheduling options:

Teaching a 15-minute SEL session per week:

This would mean breaking one 30-minute SEL lesson in half and teaching the content weekly during a 15-minute session.

Mon 15 min SEL Session	Tue	Wed	Thu	Fri
Mon 15 min SEL Session	Tue	Wed	Thu	Fri
Mon 15 min SEL Session	Tue	Wed	Thu	Fri
Mon 15 min SEL Session	Tue	Wed	Thu	Fri

Total: 1 hour SEL session per month

Implementation Guide - Everyday Speech SEL Scheduling Guide

Teaching a 30-minute SEL session every other week:

This would mean completing one 30-minute SEL lesson every two weeks.

Mon	Tue	Wed	Thu	Fri
			30 min SEL Session	
Mon	Tue	Wed	Thu	Fri
Mon	Tue	Wed	Thu	Fri
			30 min SEL Session	
Mon	Tue	Wed	Thu	Fri

Total: 1 hour SEL session per month

Teaching a 60-minute SEL session once a month:

This would mean completing two 30-minute SEL lessons in one 60-minute session.

Mon	Tue	Wed	Thu	Fri
			60 min SEL Session	
Mon	Tue	Wed	Thu	Fri
Mon	Tue	Wed	Thu	Fri
Mon	Tue	Wed	Thu	Fri

Total: 1 hour SEL session per month

SEL and Community Initiatives

Implementation Guide



The Importance of Building Community

When we take SEL beyond the classroom and implement it throughout an entire school and even into the community, we not only emphasize the importance of these skills to our students but also increase the likelihood of mastery. Everyday Speech is dedicated to making sure that building a SEL community within your school and beyond is as easy as possible.

You can begin spreading SEL across the community by sharing our unit summaries for parents & guardians and SEL Fast Facts sheet.

Community Building Initiatives & Ideas

Here are a list of ways to promote SEL throughout your school and your community:

✓ **SEL Knowledge Share:**

Share our Fast Facts Sheets for Students & Parents/Guardians to introduce them to the curriculum and give them important information on the “what” and “why” of SEL.

✓ **Use Common Language and Visuals:**

Hang our school-wide Everyday Speech SEL Poster in the hallways and in your classrooms and use the common language you hear in the Everyday Speech lessons throughout the school day with your students.

✓ **Implement SEL Themes:**

Create a sense of community in your school by implementing our schoolwide SEL themes that go with each unit. Themes help connect administrators, students, and staff members to create an engaging and motivated learning environment. You can find important information on our SEL themes in each lesson plan.

The themes are:

- Unit 1: Self-Care
- Unit 2: Respect
- Unit 3: Community
- Unit 4: Acts of Kindness
- Unit 5: Being a Role Model

✓ **Implement Morning or Afternoon Schoolwide Announcements:**

Using schoolwide announcements is an excellent way to promote relevant SEL topics or to share an inspirational, SEL-related quote.

✓ **Give Back to the Community:**

Brainstorm ways your class and school can give back to your community throughout the school year. Then, set a community goal and define which initiative you will tackle and how you will reach your goal. Rotate and focus on a new community outreach initiative each month.

✓ **Check out our Teacher Tools and Lesson Plans for each unit to see unique implementation ideas for a community activity that aligns with the SEL lesson themes.**

Introducing Everyday Speech SEL to Students

3 pages

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Introducing Everyday Speech's SEL Curriculum to Students and Parents/Guardians

Before diving into the curriculum, it is important to first introduce the "what", "why", and "how" of SEL to your students and their parents/guardians. Not only will this aid in building an SEL community, it will set the stage for success by establishing expectations, promoting transparency, priming your students for the lessons to come, informing parents/guardians, and increasing overall student and parent/guardian commitment.

To introduce Everyday Speech's SEL curriculum to students we suggest going over the **fast facts sheet** (see next page) as a class, discussing your SEL schedule, and showcasing what the curriculum and lessons look like.

To introduce Everyday Speech's SEL curriculum to parents/guardians we suggest sending out an informative message through your school's communication platform to inform parents of the exciting news of implementing SEL in their child's school. Additionally, we suggest printing and sending home the **fast facts sheet** (see next page) and posting it on your classroom or school website.

A Fast Facts Sheet for Students & Parents/Guardians

WHAT is SEL?



Social-emotional learning (SEL) is a process that helps students understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. It is an important part of a student's learning experience because it helps to develop skills that can be used throughout life and promotes equity by teaching us how to stand up when we witness injustices. Ultimately, it is the roadmap that guides our growth potential as human beings and as a society.

How We Are Approaching SEL

We have adopted Everyday Speech's SEL curriculum to teach and promote social-emotional growth in our school. All materials within the curriculum are taught digitally to maximize the outreach of information to teachers, students, parents/guardians, and members of the community. This trauma-informed curriculum follows the Collaborative for Academic, Social, and Emotional Learning (CASEL) integrated framework and teaches five core competencies.



Middle & High School SEL Skills

Everyday Speech's 6th - 12th grade curriculum includes a variety of lessons with the goal of teaching self-awareness, self-management, social awareness, relationship skills, and responsible decision-making through topics such as:

- ✓ Anxiety & mental health
- ✓ Decision-making skills
- ✓ Social media use & self-esteem
- ✓ Bullying prevention
- ✓ Agency and self-advocacy

The Importance of SEL

The benefits of SEL are numerous. It helps students to develop important social and emotional skills necessary for success and well-being, such as communication, teamwork, empathy, goal-setting, self-advocacy, and problem-solving. Long-term studies have shown schoolwide SEL results in:

- ✓ Higher graduation rates
- ✓ College and career readiness
- ✓ Decreased depression and anxiety
- ✓ Decreased interpersonal conflict
- ✓ Increased independence and self-sufficiency
- ✓ Increased resilience
- ✓ Increased health and well-being
- ✓ Improved life outcomes and satisfaction

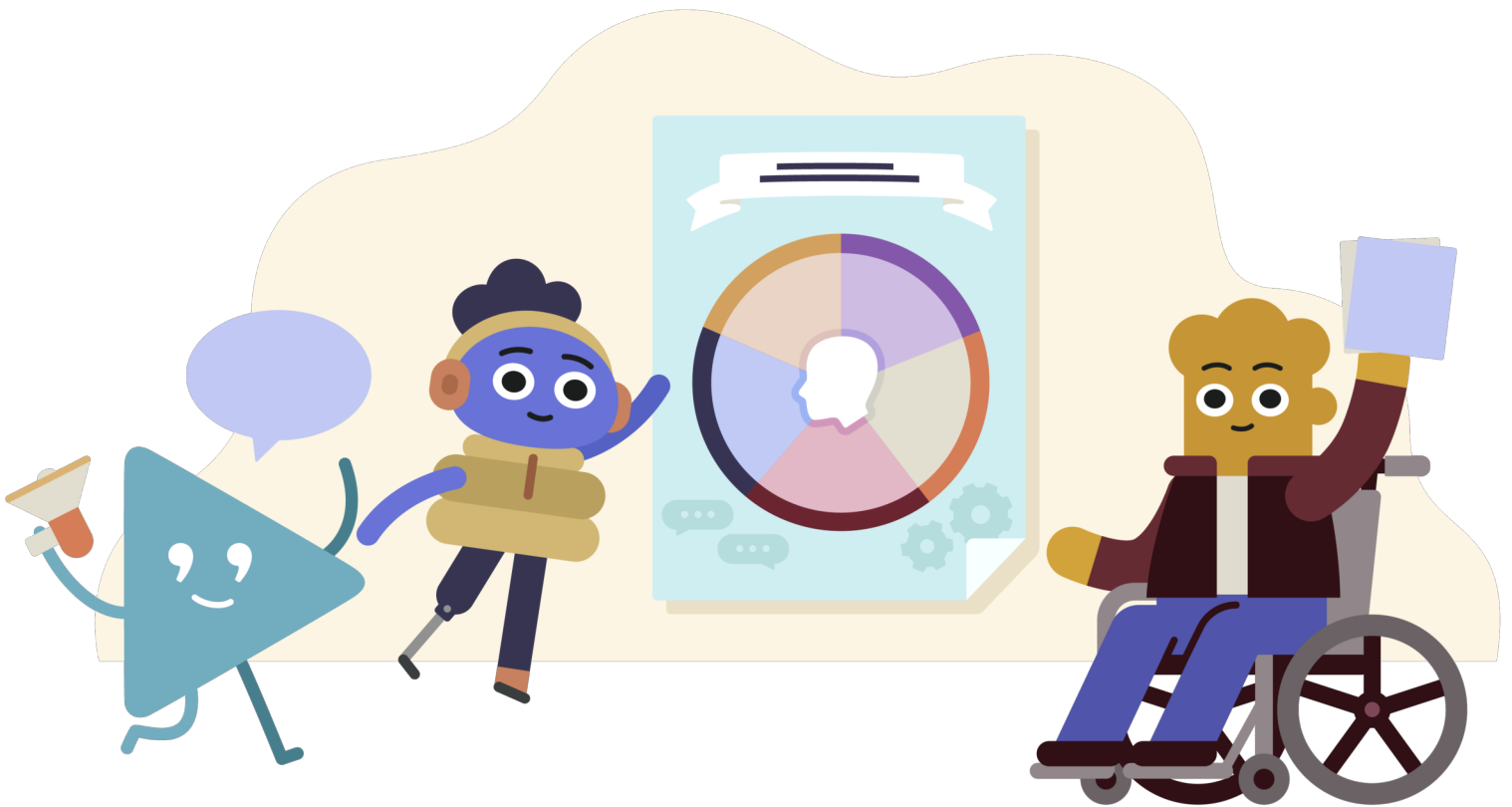
Everyday Speech SEL Print-Off Poster

2 pages

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How to Use This Poster & Why

Print and hang this schoolwide Everyday Speech SEL poster in the hallways and in your classrooms to promote Social-Emotional Learning in your school and community, serve as a reminder to students, and to spark important SEL conversations with school visitors!



Everyday Speech

Social-Emotional Learning

Self-Awareness



Self-Awareness is the ability to be aware of one's inner experience. By obtaining agency over our emotions, thoughts, values, goals, strengths, challenges, attitudes, and mindsets, we can positively change our behavior and choices.

Self-Management



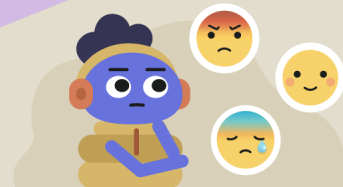
Self-Management is the ability to effectively and positively manage our emotions, thoughts, and behaviors. This includes managing stress, delaying gratification, self-motivating, and setting and working towards our own goals.

Responsible Decision-Making



Responsible Decision-Making Skills allow us to make thoughtful, constructive, ethical, and productive choices regarding our behaviors and relationships. These responsible choices lead to overall well-being and life satisfaction.

Social Awareness



Social-Awareness allows us to lean into others' perspectives with curiosity, have empathy, recognize and acknowledge their strengths, and demonstrate compassion for others from diverse backgrounds, cultures, and contexts.

Relationship Skills



Relationship Skills allow us to build healthy, positive relationships through self-advocacy, agency, effective communication, trust, respect, and the ability to identify the differences between healthy and unhealthy relationships.