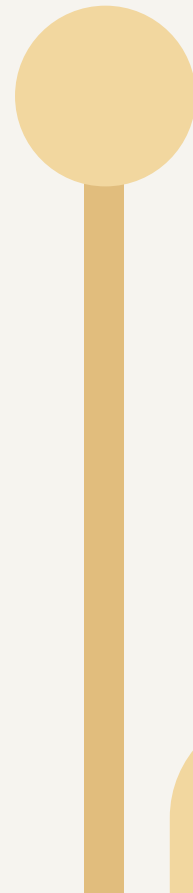


# Elementary Social-Emotional Learning Implementation Guide



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# Social-Emotional Learning Overview

9 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.

### 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.



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 understand that preschool and elementary-aged children are at a critical stage of their development, where foundational social and emotional skills are forming. Everyday Speech's Preschool through 5th-grade curriculum is designed to introduce foundational concepts in a manner that is age-appropriate and engaging for young learners. Key topics include:

- Cultivating Empathy
- Enhancing Friendship Skills
- Fostering Problem-Solving Abilities
- Strengthening Self-Regulation Strategies
- Promoting Goal-Setting and Decision-Making Skills

### Why Teach SEL?

The benefits of implementing Social-Emotional Learning (SEL) in the classroom are vast and far-reaching. Serving as a proactive and preventative approach, SEL plays a pivotal role in nurturing essential social skills in students. These include effective communication, the ability to work collaboratively in teams, a deep understanding and practice of empathy, and robust problem-solving abilities. This comprehensive development of social competencies not only enriches students' classroom experiences but also lays a strong foundation for their future interpersonal interactions and endeavors.

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), SEL has a profound impact on various facets of a student's life. SEL not only enhances mental health and academic performance but also fosters significant improvements in self-regulation, concentration, self-motivation, and the quality of social relationships. The effects of SEL extend far beyond the classroom, with longitudinal studies revealing sustained benefits up to 18 years later. These include improved overall well-being, a decreased likelihood of requiring public housing or assistance, reduced interactions with law enforcement, and lower chances of detention facility involvement in youth. SEL, therefore, is not just a fundamental part of a child's education but a critical investment in the long-term success and well-being of students.



**Based on the summary by Mahoney, Durlak, and Weissberg (2018) of over 356 research reports, here are eight key effects of Social and Emotional Learning (SEL):**

- **Higher Academic Performance:** Students who participate in SEL show significant improvements in academic achievement, including higher grades and test scores.
- **Improved Attitudes and Behaviors:** SEL leads to positive changes in student attitudes toward school and reduces disruptive classroom behavior.
- **Increased Emotional Well-Being:** Participation in SEL is associated with better emotional regulation and lower instances of anxiety and depression among students.
- **Enhanced Social Skills:** SEL participants demonstrate improved social skills, like effective communication and empathy, crucial for interpersonal relationships.
- **Long-Term Academic Benefits:** The positive effects on academic performance extend beyond the immediate intervention period, showing long-term benefits.
- **Reduction in Problematic Behaviors:** SEL programs contribute to a noticeable reduction in problem behaviors such as aggression, bullying, and substance abuse.
- **Improved School Climate:** Schools implementing SEL programs often observe a more positive overall school climate, with better teacher-student relationships and a more supportive learning environment.
- **Appropriate for All:** The benefits of SEL programs are consistent across grade levels, socioeconomic backgrounds, and various cultural contexts, indicating wide applicability.



### 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 Preschool - 5th Grade:

- There are five engaging units, each dedicated to one of the key CASEL competencies. These units are thoughtfully designed with lessons specifically tailored to each grade.
- As the curriculum progresses, it revisits essential skills, gradually building upon them. This approach enhances the complexity and depth of understanding in alignment with the students' growth and development through different grade levels.
- At the Preschool and Kindergarten level, there are 20 no-prep lessons per year or four lessons per unit/CASEL competency. These lessons were crafted by keeping the unique needs and abilities of our youngest learners in mind. They are robust and developmentally appropriate, intended for repeated use to reinforce understanding and comprehension.
- For Grades 1 through 5, we provide 40 ready-to-use lessons each year, which breaks down to eight lessons per unit. There are 200+ unique materials available for each grade, complemented by an additional 50 materials included in the Additional Support Bundles, ensuring you never run out of engaging materials.

### SEL That Fits Into Your Schedule:

- Our Preschool and Kindergarten lessons are divided into three segments: Warmup, Learn, and Review. Each lesson spans about 25 minutes. If time is limited, you can choose to use just one material each day. If you have 25 minutes or more, incorporate all three segments in a single learning session. Still want more? Utilize our Additional Support Bundle materials included for each unit for more age-appropriate SEL learning.
- For Grades 1 through 5, lessons are broken into five segments: Warmup, Learn, Discuss, Review, and Reflect. Each lesson takes approximately 30 minutes. Have less time? Pick just one material each day. Have 30 minutes or more? Use all five in one sitting.
- In our lessons, you'll find a combination of mindfulness activities, guided breathing exercises, video lessons, as well as prompts for discussion and journaling. We also incorporate games and reflection activities for a well-rounded learning experience. Be sure to explore the Additional Support Bundle that accompanies each unit, which provides additional materials to extend student learning.

### Pre & Post Assessments:

- Track student progress throughout the school year with our easy-to-use assessments.
- For Preschool to 1st grade, we provide informal observational checklists specifically crafted to gauge key social-emotional skills during conversations, playtime, or lessons. These should be used before and after each unit to establish a benchmark for SEL learning standards.
- For Grades 2 through 5, take advantage of our pre/post assessments. Composed of five multiple-choice questions, these assessments are to be administered at the start and conclusion of each unit, offering a convenient way to track student progress.

### Best Practices for Teaching SEL

The following is a list of best practices and general teaching strategies for successfully implementing SEL in your elementary setting.

#### 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.

#### Integrate SEL Throughout the Day

Beyond designated SEL lessons, weave SEL skills into your regular teaching across all core subjects. This ongoing integration allows students to practice and apply SEL skills in various contexts, further enhancing their learning.

#### Teamwork Makes the Dream Work

Embrace a team-based approach in teaching SEL. Work closely with fellow teachers, school administrators, and specialists to ensure shared language, consistent teaching, and a unified SEL effort. 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!

#### Involving Specialists:

*Incorporating specialists and non-homeroom teachers in the implementation of SEL can greatly enrich the program's impact. Art, music, and physical education teachers can incorporate SEL themes into their lessons, creating a multidisciplinary approach that reinforces key SEL concepts. These teachers can focus on activities that promote skills like teamwork, empathy, and self-expression, which are core components of SEL. Similarly, librarians can curate books and resources that align with SEL topics, facilitating discussions that reinforce these themes. It's also beneficial to involve these educators in planning sessions with homeroom teachers, fostering a collaborative approach and ensuring consistency in messaging. By actively involving specialists and non-homeroom teachers in this manner, SEL becomes a cohesive and integral part of the school culture, rather than a standalone element confined to the homeroom setting.*

### What Everyday Speech Recommends & Why

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

At Everyday Speech, we recommend direct SEL instruction. This can be achieved by allocating a specific, consistent period in your school day dedicated to SEL. Examine your overall schedule to pinpoint transition periods or buffer times that offer the most flexibility.

It's important to avoid scheduling SEL instruction during difficult transition times, where it's more likely to be overlooked or omitted. Instead, create a consistent schedule and routine for SEL instruction. Work together with your school administrators, specialists, and colleagues to establish a school-wide SEL schedule and adhere to it consistently. Just as consistency is crucial for building healthy habits, the same principle applies to 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 decisions regarding WHO will teach it and WHEN it will be taught can vary based on your specific school district's structure.

### WHO Teaches SEL?

We've seen SEL led by all different professionals. This responsibility can be shared among all adults in the building, or it can be spearheaded by a designated champion or specialist, such as the:

- School Counselor
- Social Worker
- Social-Emotional Learning Specialist

As highlighted earlier, teamwork is essential regardless of who takes on the primary role of teaching SEL.

### WHEN Do We Teach SEL?

In many elementary schools, SEL lessons are often included in times like morning meetings, circle time, after recess, or snack time. These decisions are usually made by the school leaders to make sure that SEL happens consistently for everyone in the school and across the district.

### Elementary Scheduling Options

Designating time for SEL in elementary schools requires a flexible yet structured approach, tailored to the unique needs of younger students. Establishing and adhering to a school-wide SEL schedule is often key for effective implementation. In the elementary context, this might involve integrating SEL activities into daily routines, such as morning meetings or end-of-day circles, occurring either weekly or a few times a month. Alternatively, SEL can be woven into transitions between subjects or during designated ‘quiet times.’ The key is to find a rhythm that resonates with the specific dynamics of your classroom, supports your teaching style, and aligns with the overall environment of your school. This customized approach ensures that SEL becomes a seamless, natural part of the students’ educational experience.

#### The Power of Repetition in Early SEL Education

*You may notice that our Preschool and Kindergarten curricula offer 20 lessons, while our 1st to 5th-grade curricula offer 40 SEL lessons. This difference takes into account the developmental needs of our youngest learners. In these lessons, you’ll find a robust collection of materials that are meant to be revisited frequently. The integration of repetition in our curriculum is crucial in reinforcing SEL skills. At this developmental stage, children’s brains are highly receptive to learning through repeated experiences, which helps in ingraining key SEL concepts such as empathy, emotional regulation, and positive social interactions. This consistent reinforcement through varied, age-appropriate activities and discussions makes learning more engaging and effective, fostering a generation of emotionally intelligent, socially skilled, and self-aware individuals. In essence, repetition in our SEL curriculum is not mere redundancy; it’s a strategic approach to nurture lasting and meaningful skill development in young learners.*

**For our Preschool and Kindergarten SEL curriculum, we recommend three different scheduling options:**

### ● **Mini Lessons (5-10 minutes) Three Times a Week:**

Our Preschool and Kindergarten curriculum is broken into three segments: Warmup, Learn, and Review. Instead of tackling the entire lesson in one session, break the lesson into smaller sessions throughout the week.

**Benefits:** This approach is beneficial to the learning and developmental needs of elementary-aged children by providing more frequent, short sessions that revisit key SEL concepts frequently. Use materials in our Support Bundle to accompany each unit and maximize student learning.

Mon	Tue	Wed	Thu	Fri
5-10 min SEL Session		5-10 min SEL Session		5-10 min SEL Session

### ● **One Extended SEL Session Per Week:**

Split one 25-minute SEL lesson in half and teach it in a single, weekly 10-15 minute session.

**Benefits:** This option provides a balance between the mini-lesson format and longer sessions, suitable for classes that can engage in slightly extended activities. Pair each lesson with materials from the Support Bundle for a comprehensive learning experience.

Mon	Tue	Wed	Thu	Fri
10-15 min SEL Session				
Mon	Tue	Wed	Thu	Fri
10-15 min SEL Session				

## Elementary Implementation Guide

### ● Two Full Lessons Per Month:

You have the flexibility to conduct two full lessons each month, with each session lasting 25 minutes. This format can be tailored to fit your schedule, allowing you to choose the most convenient times for these lessons.

**Benefits:** This option is particularly suitable for educators who find it more effective to cover the entire lesson in a single session. It also provides opportunities to revisit the lesson content, ensuring that students not only understand the material but are also able to apply what they've learned in their daily interactions.

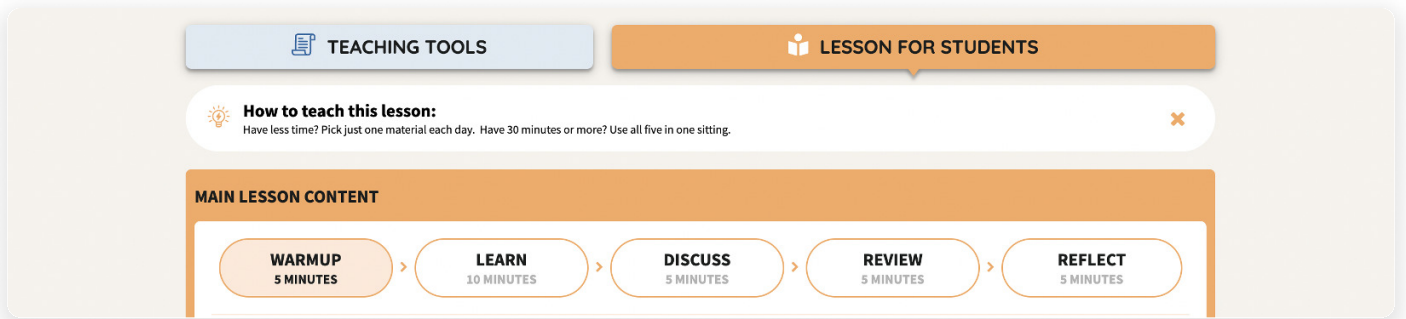
Mon	Tue	Wed	Thu	Fri
25 min SEL Session				
Mon	Tue	Wed	Thu	Fri
Mon	Tue	Wed	Thu	Fri
25 min SEL Session				
Mon	Tue	Wed	Thu	Fri



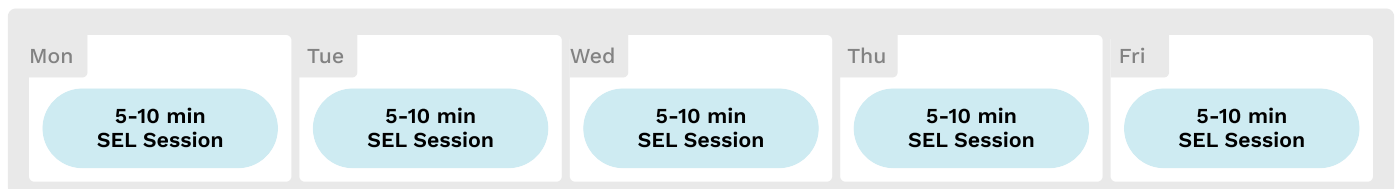
**For our 1st - 5th Grade curriculum, we recommend the following scheduling options:**

## ● Daily Mini-Lessons (5-10 Minutes)

Our curriculum for Grades 1-5 is broken into five segments: Warmup, Learn, Discuss, Review, and Reflect. Instead of having one thirty-minute lesson, you can break the lesson into smaller daily sessions throughout the week.



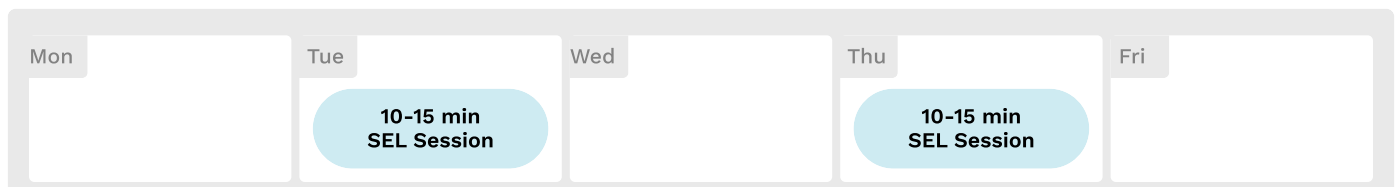
**Benefits:** This approach is beneficial to the learning and developmental needs of elementary-aged children by providing more frequent, short sessions that revisit key SEL concepts frequently. Use materials in our Support Bundle to accompany each unit and maximize student learning.



## ● Two 10-15 Minute Sessions Per Week

Split one 30-minute SEL lesson into half and teach twice weekly during a 10-15 minute session.

**Benefits:** This option provides a balance between the mini-lesson format and a longer session, suitable for smaller chunks of time in your day. Pair each lesson with materials from the Support Bundle for a comprehensive learning experience.



## ● One 30-Minute Session Per Week

Dedicate a full 30-minute period to the curriculum weekly. This covers all key segments of a lesson within this timeframe. This option is particularly suitable for educators who find it more effective to cover the entire lesson in a single session.

**Benefits:** A continuous 30-minute period allows for an immersive learning experience, where students can delve deeply into each SEL concept without interruption. This format allows for the flexibility to spend more time on complex topics or engaging activities that might require more than just a few minutes to be effective.

Mon	Tue	Wed	Thu	Fri
30 min SEL Session				





### 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 the 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 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:**

Display the Everyday Speech SEL Posters and Bulletin Boards 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 school-wide 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 teaching strategies that align with the SEL lesson themes.**

### 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 Social-Emotional Learning (SEL) to the students and their parents or guardians. This approach is instrumental in fostering an environment conducive to SEL. It lays the foundation for success by setting clear expectations, ensuring transparency, preparing students for upcoming lessons, keeping parents and guardians well-informed, and enhancing the engagement and commitment of both students and their families.

To introduce Everyday Speech's SEL curriculum to students we suggest 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, sharing the exciting news about implementing SEL in their child's education. Additionally, we suggest printing and sending home the 'Fast Facts' sheet (see next page) and posting it on your classroom or school website.



## Everyday Speech's Elementary Social-Emotional Learning Curriculum

Fast Facts for 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.



### SEL Success: Recognizing the Ripple Effect

As you prepare to implement Social-Emotional Learning in your classroom, school, or district, you may be pondering a crucial question: How will we know if our SEL efforts are truly impacting our students? Here are some clear, positive indicators that may help you measure the effectiveness of your SEL programming.

#### Key Things to Look For:

- **Behavioral Changes:** Look for improvements in how students interact with each other. Signs of increased empathy, better emotional control in difficult situations, and advanced conflict resolution skills are strong indicators of SEL success.
- **Classroom Environment:** Observe the overall atmosphere in the classroom. A shift towards a more inclusive, supportive, and respectful environment is a testament to the effectiveness of SEL teachings.
- **Feedback from Educators and Parents:** Listen to what teachers & parents are saying. Positive remarks about changes in student attitudes or behaviors are valuable insights.
- **Student Engagement:** Monitor the levels of enthusiasm and participation in SEL-related activities. Heightened interest and involvement are good signs that the lessons are striking a chord.
- **School Climate:** Evaluate the general mood and culture of the school. A noticeable move towards a more positive, collaborative, and respectful atmosphere school-wide is a clear sign that your SEL program is making an impact.

These indicators provide a comprehensive view of how well the SEL program is being received and its effect on students' social and emotional development. They offer hope and reassurance that the efforts invested in nurturing the emotional and social well-being of students are yielding meaningful results.

### Elementary SEL Skills

Everyday Speech's Pre-K through 5th 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:

- Cultivating Empathy
- Enhancing Friendship Skills
- Fostering Problem-Solving Abilities
- Strengthening Self-Regulation Strategies
- Promoting Goal-Setting and Decision-Making Skills

### 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
- Greater resilience
- Higher sense of self and well-being
- Improved life outcomes and satisfaction



### 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 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.