

# Strengthening and Supporting Adult SEL

*Social Emotional Learning is not just for students.*

Presented by  
[www.selforimpact.com](http://www.selforimpact.com)



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# Who's Here?

Angela  
Healow



Lindsay  
Wierdsma



Dolisha  
Mitchell



## Your turn!

Using the chat box, let us know who are you, your title, and what brought you here today?

*(ie. Angela Healow, SEL Specialist in Lane ESD, to learn strategies to help my staff)*

# Nuts and Bolts



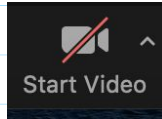
## Resources

Important resources/tools to share with your staff.

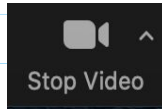


## Anchoring

Foundational information to build understanding of concepts.



Start Video



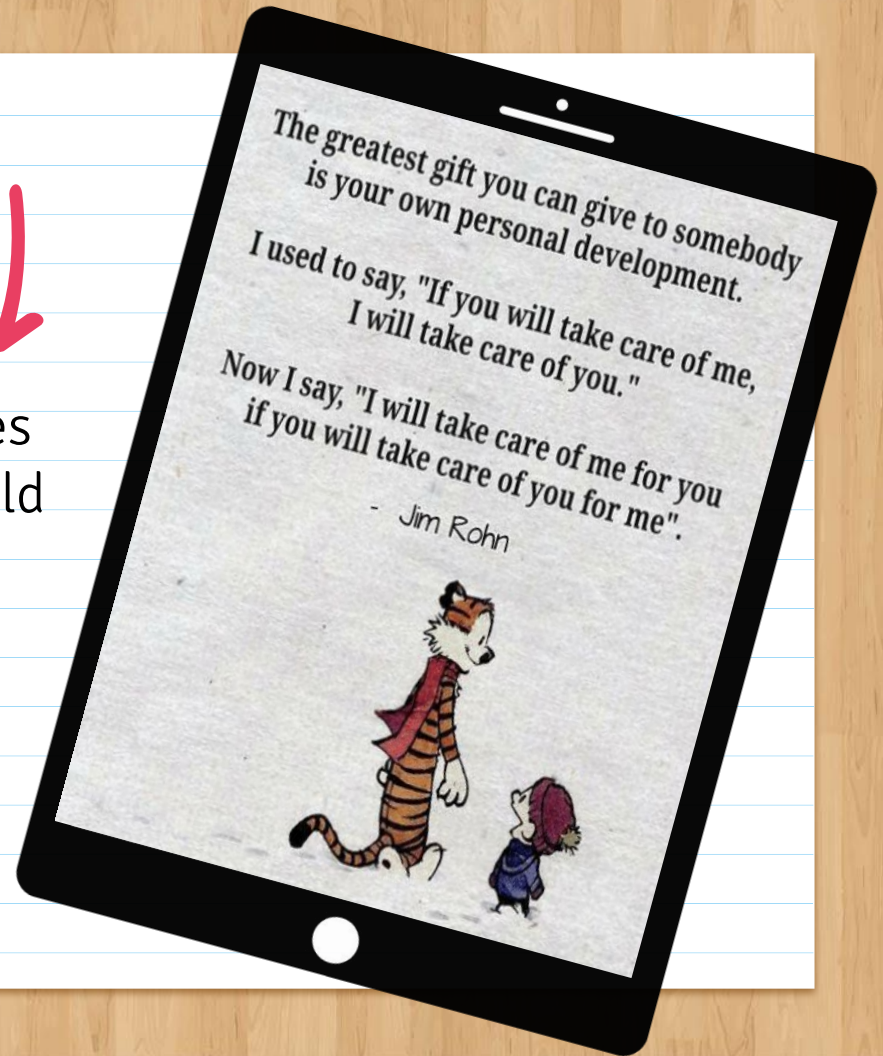
Stop Video

## Video

You decide if you'd like your camera on or off.

# Learning Objective

Identify and understand resources and strategies to support and build adult self-management and self-awareness skills.



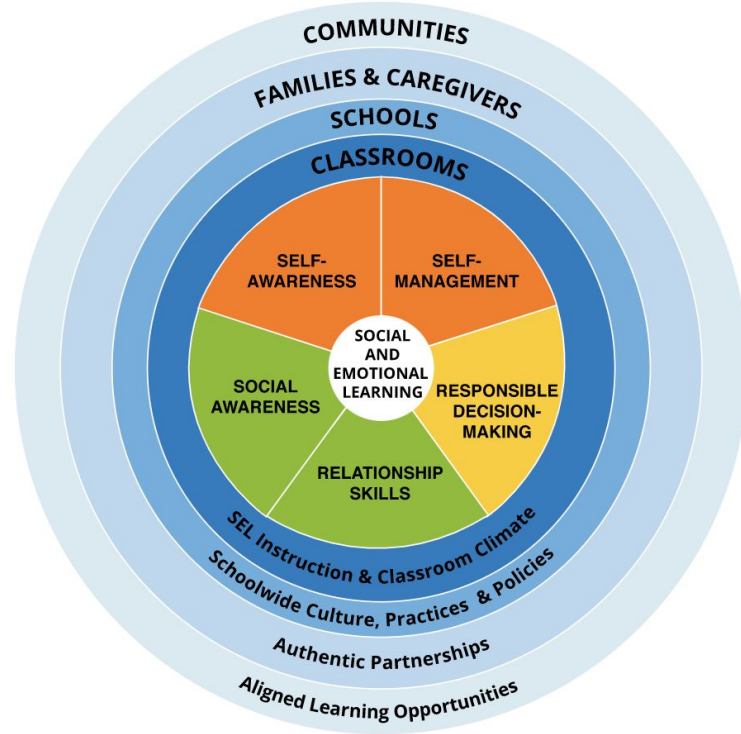
# Agenda

1. Grounding CASEL Definition/Resource
2. Welcoming Ritual
3. Grounding Article Review
4. Exploring Self-Awareness and Self-Management
  - a. Activity: Life Balance Wheel
  - b. Activity: Spheres Of Control
5. Resource Bingo Board
6. Optimistic Closure





# CASEL



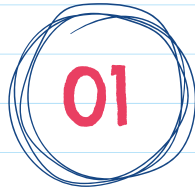
SEL is the process through which all young people **and adults** acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

**Focus**

Self-Awareness

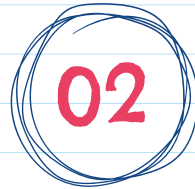
Self-Management

# 3 Signature SEL Practices



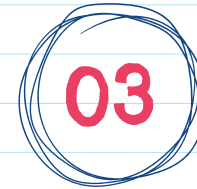
## Welcoming Ritual

Includes activities for inclusion.



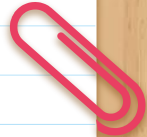
## Engaging Practices

Includes sense making and brain breaks.



## Optimistic Closures

Includes reflections and looking forward.



3 Signature Practices Playbook by CASEL

# Welcoming Ritual



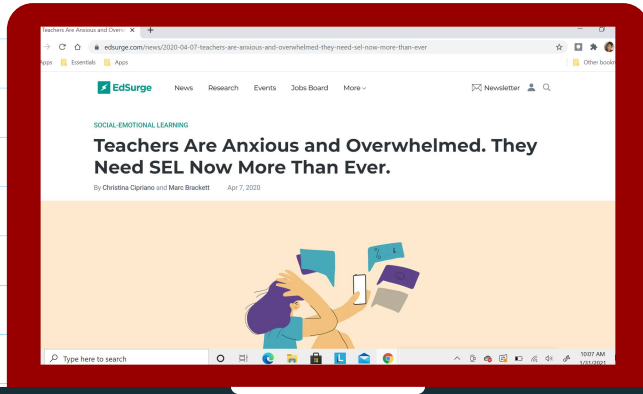
## Activities for Inclusion

Adults bring their experience, allow them to use it. Ritual openings establish safety and predictability, support contribution by all voices, set norms for respectful listening, and allow people to connect with one another creating a sense of belonging. To be successful they must be: carefully chosen, connected to the work of the day, engagingly facilitated, and thoughtfully debriefed.

## “Letting Go and Keeping With” Activity



# Teacher Grounding Article Review



*How do we want to feel as a faculty/staff?*



*What do we need to do for everyone to feel this way?*

**Teachers are Anxious and Overwhelmed.**  
**They Need SEL Now More Than Ever**

# Exploring Self-Awareness and Self-Management



## Self-Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

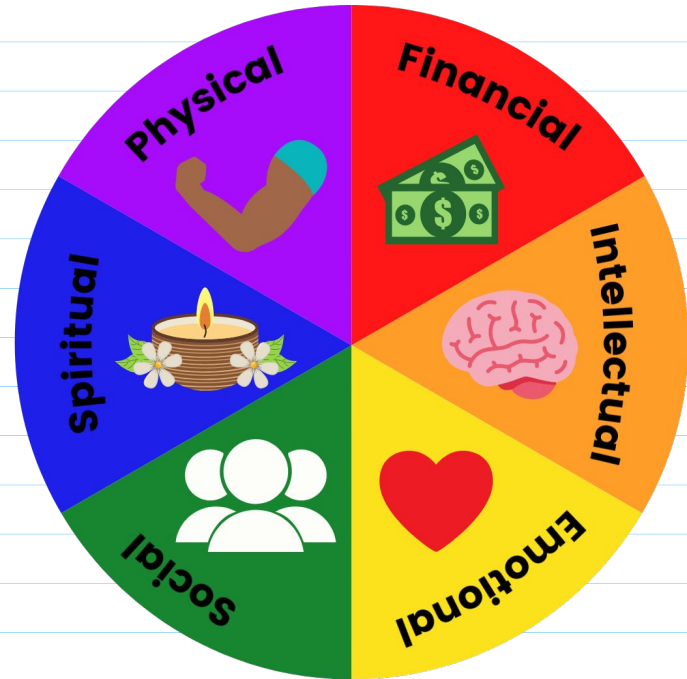
## Self-Management

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

# Exploring Self-Awareness and Self-Management



Using the Life Balance Wheel can help us evaluate what is going on internally and hit the reset button on how we approach challenging areas of life.





# Exploring Self-Awareness and Self-Management



## Spheres of Control



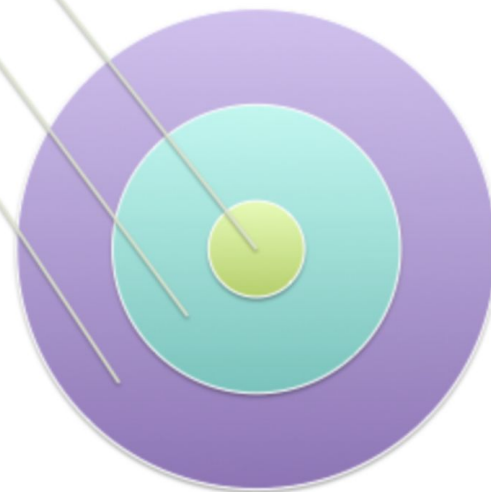
You may not control all the events that happen to you, but you can decide not to be reduced by them.

Maya Angelou / @InspiringThinkn

What you can control

What you can influence

Everything else-- outside of your control and influence



# Resource Bingo

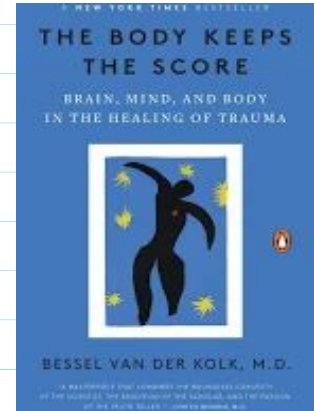
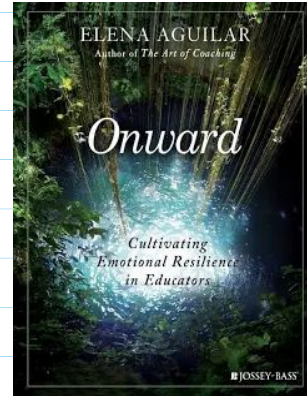
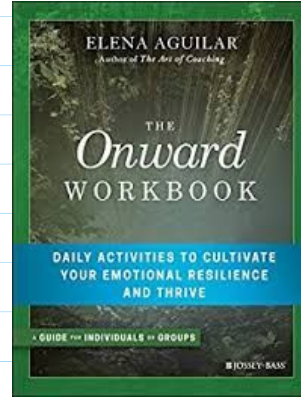
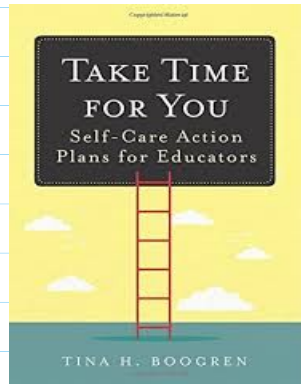
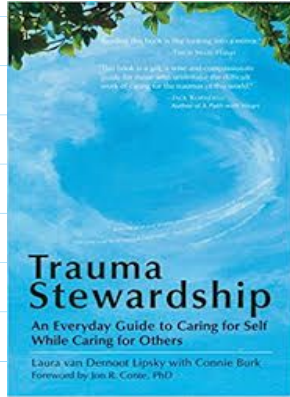


[Link to pdf](#)  
[selforimpact@gmail.com](mailto:selforimpact@gmail.com)

Take the <u>CASEL Adult SEL Assessment</u>	Set self-care goals using the <u>Life Balance Wheel</u>	Checkout the podcast <u>Conversations in Social Emotional Learning</u>
Try a Welcoming Ritual and Optimistic Closure using the <u>3 Signature Practices Playbook</u>	Visit selforimpact.com and sign up for our monthly newsletter.	Read “ <u>Teachers are Anxious</u> ” article
Learn more about the <u>Spheres of Control</u>	Share one thing you have learned today with a colleague	Review the CASEL Interactive <u>Wheel</u>



# Bingo Prizes



# Optimistic Closure



*Reflections and Looking Forward Adult learning occurs when behavior changes. End each meeting or professional learning by having participants reflect on, then name something that helps them leave on an optimistic note. This provides positive closure, reinforces the topic, and creates momentum towards taking action.*

*Going back to “What do we need to do for everyone to feel this way?”*

# Q & A

As time allows, please add questions in the chat

OR

# Contact Us

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