

SOCIAL- EMOTIONAL LEARNING

RRMS School Counselors

Esther Bae
Caitlin Ivey
Ariana Larson
Mohammad Zishhan



The background is white with several decorative elements: a teal circle in the top-left corner, a yellow shape in the top-right corner, and a red shape in the bottom-right corner. Scattered throughout are small icons: a black dot in the top-left, a red heart in the top-center, a blue asterisk and a white heart outline in the top-right, a red heart in the middle-right, a black dot in the bottom-left, a yellow star in the bottom-left, a blue asterisk in the bottom-center, and a black dot in the bottom-right.

Icebreaker/Check in Question

Welcome! Let's do a check in. How are you feeling?



I'm in a
good space
and can
focus

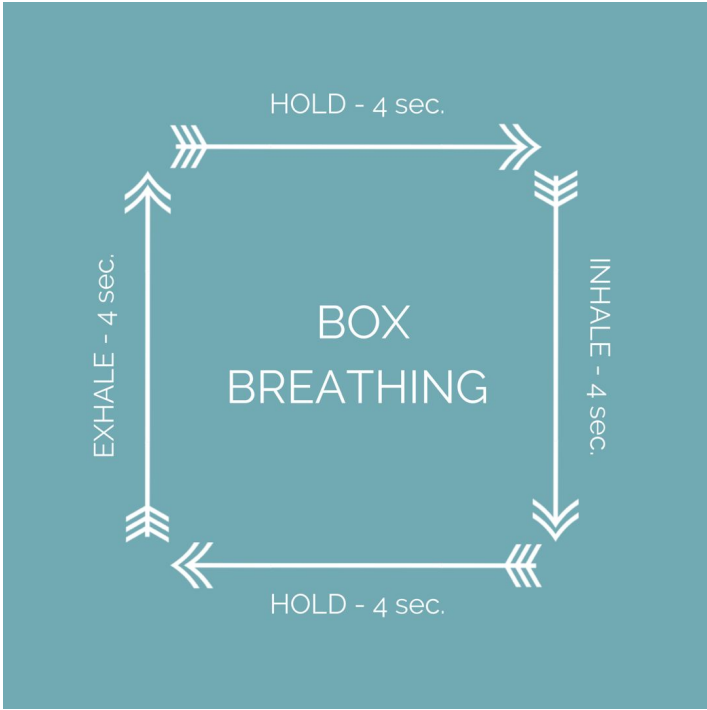
Something
is bothering
me, but I
can still
focus

I can't
manage my
emotions or
behaviors
right now

Breathe Bubble

breathe in





Let's check-in again. How are you feeling?



I'm in a good space and can focus

Something is bothering me, but I can still focus

I can't manage my emotions or behaviors right now

TODAY'S AGENDA



01

Relationship Skills

Definition
Tips & Suggestions for
at home



02

Social Awareness

Definition
Tips & Suggestions for
at home

03

Responsible Decision-Making

Definition
Tips & Suggestions for
at home



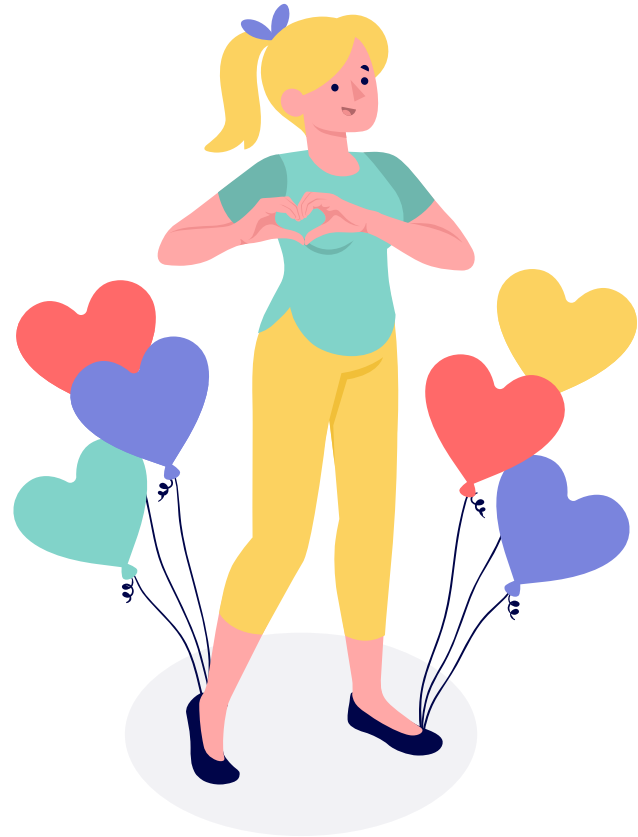


Relationship Skills

The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

Such as:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others





Tips to build Relationship Skills at home

Teach your child about first impressions (i.e., speak clearly, introduce themselves, smile)

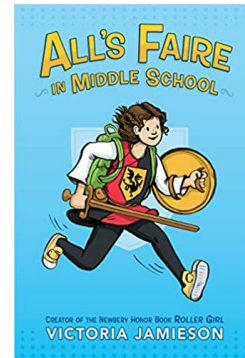
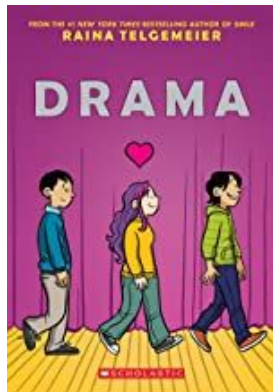
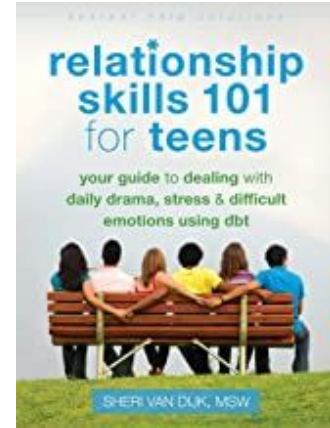
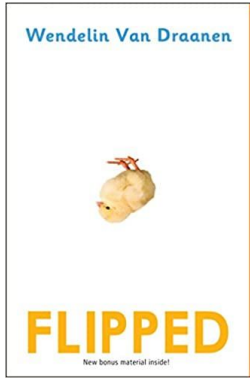
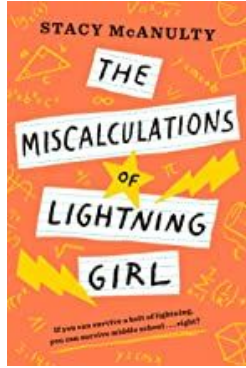
Discuss peer-pressure – have open conversations about what kinds of scenarios may come up and practice how they might handle that situation

Talk about responsible online behavior and monitor their time on social media.

Use your child's interests to help them develop new friendships

RELATIONSHIP SKILLS

Building & maintaining positive relationships





Social Awareness

The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.



Such as:

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations and systems on behavior



Tips to build Social Awareness at home

Get in the habit of and share the practice of writing thank you notes with your child.

Keep the communication lines open – judgment free zone!

Nurture your child's empathy

Model empathy in action

Get to know US – your child's school counselor

Talk about current events – help your child understand different perspectives.

SOCIAL AWARENESS

- * Ability to take perspective of and empathize with others

Deep in the Sahara, by Kelly Cunnane

Enemy Pie, by Derek Munson

Halmoni's Picnic, by Sook Nyul Choi

I am New Here, by Anne Sibley O'Brien

I Love Saturdays y domingos, by Alma Flor Ada

Indian Shoes, by Cynthia Leitich Smith (Short Stories)

Mama's Nightingale, by Edward Danticat

Mirror, by Jeannie Baker

Muskrat will be Swimming, by Cheryl Savageau

My Two Blankets, by Irena Kobald

Nadia's Hands, by Karen English New Shoes, by Susan Myer

Rain School, by James Rumford

Shades of People, by Shelly Rotner

Suki's Kimono, by Chieri Uekagi

Take Me Out to the Yakyu, by Aaron Meshon

The Ugly Vegetables, by Grace Lin

Wonder, by R.J. Palacio (novel)

Responsible Decision Making

The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

Such as:

- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside and outside of school
- Reflecting on one's role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts





Tips to build Responsible Decision-Making at home




Allow your child to make their own decisions on “smaller things” and talk it through with them after the fact

Learn as much as you can about early adolescence, and be patient and supportive when your child ‘messes up’ to help with growth.

Help their development in thinking through problems and seeing the consequences of different points of view or actions.

Allow your young teen to see what they can be like in the future and to develop plans for becoming that person as they go through the ‘identity formation’ process.



* RESPONSIBLE DECISION-MAKING

Making decisions considering the well-being of self and others

A Chair for my Mother, by Vera B. Williams

Crow Boy, by Taro Yashima

First Day in Grapes, by L. King Perez

Freedom Summer, by Deborah Wiles

Grandmama's Pride, by Becky Birtha

Hello Universe, by Erin Entrada Kelly

King for a Day, by Rhuksana Khan

Mama Provi and the Pot of Rice, by Sylvia Rosa-Casanova

My Heart Will Not Sit Down, by Mara Rockcliff

The One Day House, by Julia Durango

Sam and the Lucky Money, by Karen Chinn

Say Something, by Peggy Moss

Wings, by Christopher Myers

Wishtree, by Katherine Applegate

* * Questions & Exit Ticket



Don't forget to regularly check our Google Website for information and lesson sharing:

<https://sites.google.com/view/rrmsstudentservices/home>