

# Social Emotional Learning Character Development



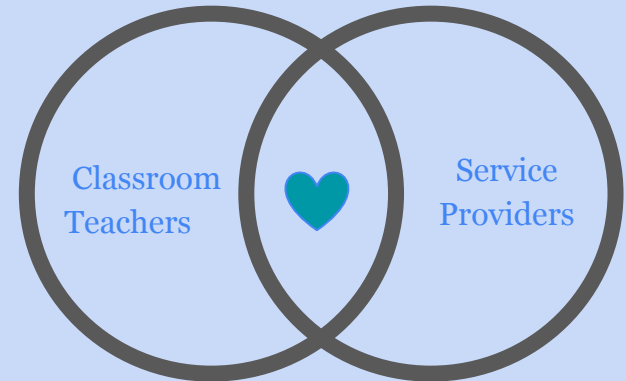
# Ashford Mental Health Team

**Amanda Jacaruso - Social Worker (PK-3)**  
**Justine Meyer - School Counselor (4-8)**  
**Alissa Tatro - Social Worker (4-8)**



# What is Social Emotional Learning? (SEL)

Social emotional learning (SEL) is a methodology that helps students better comprehend their emotions and demonstrate empathy for others.



# Why is Character Development important?

- Helps students learn to recognize and communicate about emotions, gives children the language and self-regulation skills they need to manage strong feelings and control aggression
- Improves attitudes and behaviors, including a greater motivation to learn, improves relationships with peers, and deepens connections to their school
- Reduces emotional distress, including fewer reports of depression, anxiety, stress, and social withdrawal



# Roles/Responsibilities

Individual counseling	Behavioral Intervention Plans	Safety Plans/Risk Assessments
Group Counseling	Student Intervention Team Meetings	Crisis Management
Lunch bunch	Regular Consult with Teachers/Administration	Attend Grade Level Team Meetings/PLC
Classroom Lessons		Collaborate with Outpatient Providers
Peer Mediation	Home Visits	Train Staff on CPI (De-Escalation)
Behavioral De-Escalation	Development SEL Curriculum	Interventions to Reduce Truancy
Implementation of Universal Screener for Social Emotional Well-Being (DESSA)	Bridge Connection Between School and Home	McKinney-Vento Liaison
PPT/504	Plan/Facilitate Successful Transitions to High School	Eastern Regional Crisis Team
Student Assessments		

# Identify/Support/Connect Mental Health Treatment

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the 2nd leading cause of death among people aged 10-14

-NAMI (National Alliance on Mental Illness)-  
2023

Coordinate Community Mental Health Resources for Students/Families:

- Community-Based Therapists
- Pediatricians
- Joshua Center - Natchaug Hospital
- EMPS - Mobile Crisis
- CT Department of Children and Families (DCF)
- Intensive In-Home Treatment Providers
- Horizons
- EASTCONN
- Community Health Center (CHC)  
Ashford School-Based Health Center  
\*Currently servicing 13 students

# Overview of SEL Curriculum by Month

**September-** Emotions (PreK-2); Healthy Boundaries (3-8)

**October-** Self-Control

**November-** Responsibility

**December-** Problem Solving

**January-** Self-Esteem

**February-** Friendship & Respect

**March-** Honesty

**April-** Stress & Coping Strategies

**May-** Perseverance



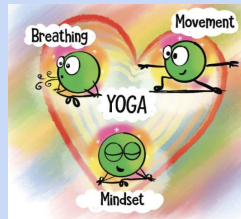
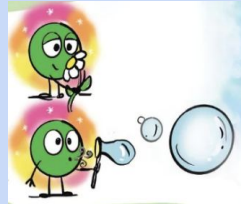
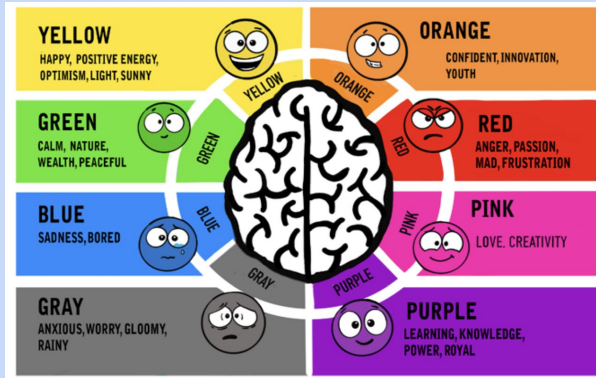
# A Little Spot: SEL Curriculum

EMOTIONS EFFECT LEARNING, BEHAVIOR, AND SOCIAL SKILLS



WHEN CHILDREN CAN IMAGINE THEIR EMOTION AS A "THING" THEY ARE ABLE TO MANAGE AND IDENTIFY IT EASIER.

- Educating children on emotional vocabulary can help them describe how they are feeling and can allow them to be more equipped to navigate strong emotions and manage them in a healthy way.
- In A Little Spot, our emotions are represented as “spots”
- Each spot/emotion is correlated with color psychology. (Certain colors evoke certain emotions)



# The Spots:

**GREEN**



**LOW ENERGY**

- Peaceful
- Calm
- Focused

Tools I can use:

- Smile 😊
- Help others 🤝
- Remember daily goals 📅

**YELLOW**




**HIGH ENERGY**

- Happy • Silly
- Excited
- Goofy

Tools I can use:

- Use a fidget 🧸
- Read 📖 • Draw 🎨
- Listen to soft music 🎵

**BLUE**




**LOW ENERGY**

- Sad • Tired
- Upset
- Bored

Tools I can use:

- Talk about your feelings 🗣️
- Drink water 💧
- Ask for a hug 🤗

**RED**



**HIGH ENERGY**

- Anger
- Mad • Furious

Tools I can use:

- Count to 10 1 2 ...
- Take deep breaths 🌬️
- Walk away 🚶
- Take a break ⌚

**ORANGE**



**HIGH ENERGY**

- Confident
- Brave
- Courage

Tools I can use:

- Words of affirmation 🗣️
- Positive thoughts 🌸
- Smile 😊

**PINK**




**LOW ENERGY**

- Loved
- Appreciated
- Caring

Tools I can use:

- Talk about your feelings 🗣️
- Help others 🤝
- Kind words 🗣️
- Ask for a hug 🤗

**GRAY**



**HIGH ENERGY**

- Anxiety
- Worried

Tools I can use:

- Take deep breaths 🌬️
- Use a fidget 🧸
- Draw 🎨

**PURPLE**




**LOW ENERGY**

- Learning
- Focused
- Centered

Tools I can use:

- Eye Contact 👁️
- Listening 🗣️
- Comprehending 📖

**SCRIBBLE**



**LOW ENERGY**

- Confused
- Uncertain

Tools I can use:

- Talk about your feelings 🗣️
- Use a fidget 🧸
- Take a break ⌚
- Read 📖
- Ask for help 🗣️
- Draw 🎨
- Take deep breaths 🌬️

**FEELINGS**



**LOW ENERGY**

- Centered
- Calm
- Focused

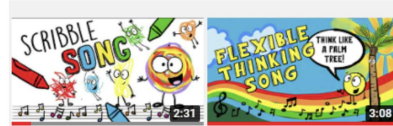
Tools I can use:

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- Help others 🤝
- Remember daily goals 📅

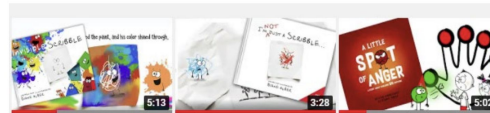
# Additional Tools and Resources:



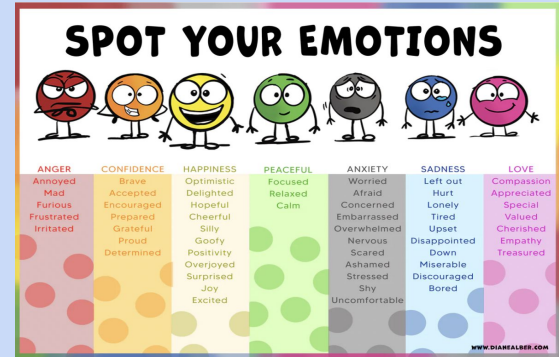
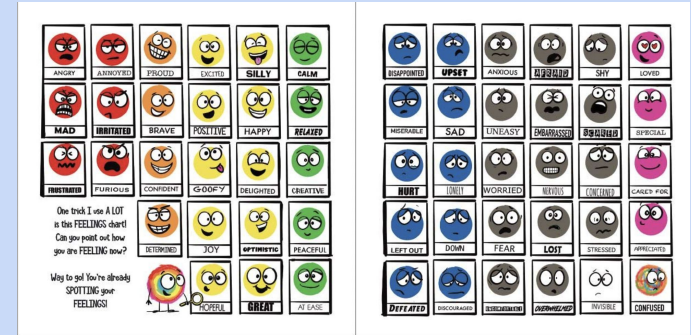
Kids Feelings and Emotions SONG Animation with A Little...  
 Feeling Detective Song- Animated Music Video for...  
 Calm SPOT Song-Animated music video for kids



Scribble Song- Kids Animated Music Video  
 Flexible Thinking Song For Kids-Think Like a Palm Tree...



Animated READ ALOUD of 'Invisible Scribble' by Diane...  
 Animated READ ALOUD of the Children's book, 'I'm NO...'  
 Animated Read Aloud with FUN Jingle: A Little SPOT of...



Music Video: Feelings and Emotions Song

<https://www.youtube.com/watch?v=0076ZF4jg3o>

[https://drive.google.com/file/d/13jt8BrYFM9M5cqagr70dbSHCs\\_dPVI0p/view?usp=drivesdk](https://drive.google.com/file/d/13jt8BrYFM9M5cqagr70dbSHCs_dPVI0p/view?usp=drivesdk)

# SSP (Student Success planning)

## **I. Academic Development**

**Learning Styles  
Time Management  
Note Taking  
Study Skills  
Self-Advocacy  
Public Speaking  
Test Taking**

## **II. Career & Skills for Living**

**Career Planning & Preparation  
Career Pathway of Interest  
Interviewing  
Goal Setting  
Digital Citizenship  
Money/Budgeting  
Professional Guest Speakers**

**III. Social/  
Emotional/  
Community  
Team Building/  
Working in Groups  
Personal Strengths/Weaknesses  
Bullying  
Internet Safety  
Coping with Stress  
Conflict Resolution  
Respectful Disagreement  
Respect/Diversity  
Balanced Living/Healthy Mind**

**IV. Portfolio  
Personal Interests  
Collection of Work  
Habits of Mind  
Reflections  
Career Study  
Educational Pathway  
Community Service**

# School Counseling Google Classroom



## Request to Meet with Mrs. Meyer

I will be in touch with you shortly after filling out this form. IF THIS IS AN EMERGENCY DON'T FILL THIS OUT - TELL AN ADULT!

An emergency is when someone is in immediate danger (about to hurt themselves or others).

jmeyer@ashfordct.org [Switch account](#)



\* Indicates required question

Email \*

Record jmeyer@ashfordct.org as the email to be included with my response

Name (First & Last)

- Calming Corner
- Coping Strategies
- Quick communication with students
- Announcements
- [Request to Meet with Mrs. Meyer](#)

# Peer Mediation

Peer mediation teaches crucial life skills in today's world where conflict resolution skills are vital for communicating effectively, evaluating solutions to problems, and co-existing with others with whom one may have disagreements.

- Problem solving/conflict resolution
- Communication
- Brainstorming possible solutions
- Advocating for themselves
- Empowers students
- Taking ownership of behaviors
- Stepping out of comfort zone



# SOAR SWINGS

# WINGS

# WINGS FLIGHT

*Program developed by Marti Hardisty 35 years ago*

**Program Intent:** instill intrinsic motivation in students to make decisions that demonstrate good character to peers, community and selves.

- Allows development of the whole child
- Helps equip students to:
  - handle conflict
  - develop positive relationship skills
  - improve independence & positive relationships
  - problem solve
  - develop positive morals/values.



# “Trust Fall” and “Fun”

[https://drive.google.com/file/d/1PZBIRsBjj3iDfl6rR5mBvKtZRBjzKv\\_M/view?usp=drive\\_link](https://drive.google.com/file/d/1PZBIRsBjj3iDfl6rR5mBvKtZRBjzKv_M/view?usp=drive_link)

[https://drive.google.com/file/d/1LW-HO0KucQdYBbUWYhuBjKVCF74dgVeq/view?usp=drive\\_link](https://drive.google.com/file/d/1LW-HO0KucQdYBbUWYhuBjKVCF74dgVeq/view?usp=drive_link)



# Student Assembly on September 26, 2023

## Student Accountability Card:

**Did I speak to someone about my feelings?**

**Did I listen to someone in need of help?**

**Did I thank someone who inspired me?**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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**ANATOLIAH**  
Presentation

\_\_\_\_\_

Your Name

**Lesson 1: Raising Your Self-Confidence**


*Why THIS LESSON MATTERS?*

85% OF PEOPLE IN THE WORLD SUFFER FROM LOW SELF-ESTEEM

Self-Confidence Triggers:

*What you see on social Media / What your family says / How your friends react.*

**Conversations**

Decisions  Feelings

1. Who do you talk to the most daily?  
*Friends - Family - Yourself -*

2. How do you mostly feel afterwards?  
*Positive or Negative*

3. How do those feelings impact your self-confidence?  
*Lifts you up or Brings you down*

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Today's Date


**Lesson 2: Focus on what matters**

4. If you had no limitations, what would be your biggest goal this year?  
\_\_\_\_\_

5. What are two positive tools (*habits*) you need to add weekly?  
\_\_\_\_\_ & \_\_\_\_\_

6. Who are the two most important people in your life?  
\_\_\_\_\_ & \_\_\_\_\_

**Goal**

Never Give Up  Tools

**Lesson 3: Find an "Accountability Partner"**

7. Who will be your accountability partner?  
\_\_\_\_\_

**2 keys to being a good "Accountability Partner":**  
Honest & Trustworthy

[www.Anatoliah.com](http://www.Anatoliah.com)

[https://drive.google.com/file/d/1S5jv3YQc-Ze7XvkUD7CU6tAErmb1vctl/view?usp=drive\\_link](https://drive.google.com/file/d/1S5jv3YQc-Ze7XvkUD7CU6tAErmb1vctl/view?usp=drive_link)

<https://www.anatoliah.com/>

# DESSA

## Devereux Student Strengths Based Assessment

- Universal Screener (K-8) - CSDE partnered with Aperture Education (2021)
- Brief Questionnaire to survey 8 domains of student social-emotional wellness
  - personal responsibility
  - goal-oriented behavior
  - relationship skills
  - social awareness
  - decision making
  - optimistic thinking
  - self-management
  - self-awareness

# DESSA

**Sample DESSA-mini questions include:**

- **How often did the child keep trying when unsuccessful?**
- **How often did the child offer to help somebody?**
- **How often did the child do routine tasks or chores without being reminded?**
- **How often did the child work hard on projects?**

*The screener is a broad, social-emotional instrument. It is not a diagnostic mental health assessment and it will not be used to make special education referrals or mental health diagnoses.*