

# Implementing Social-Emotional Learning Curriculum



**SAFE & HEALTHY SCHOOLS  
CONFERENCE**

VIRGINIA ASSOCIATION OF INDEPENDENT SCHOOLS

**Traci Haly, MA, Resident in Counseling  
School Counselor  
Chesapeake Bay Academy**



# INTRODUCTION

## Traci Haly, School Counselor

- Resident in Counseling working toward LPC licensure
- Former educator in independent schools
- Mother of four sons, all with learning differences

## Chesapeake Bay Academy, Virginia Beach

- 100% of our students have learning differences
- Some are twice exceptional and/or gifted
- Social Skills, Mindfulness, and Community Building built into schedule

Join at [menti.com](https://menti.com) | use code 6165 4789

Mentimeter

# What is your role at your school?

▶ Start Menti



0  
Teacher

0  
Administrator

0  
Counselor

0  
Other staff

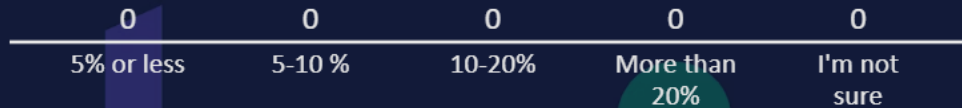


Join at [menti.com](https://menti.com) | use code 6165 4789

Mentimeter

# Approximately what percentage of your student body have learning differences?

▶ Start Menti



Join at [menti.com](https://menti.com) | use code 6165 4789

Mentimeter

# Does your school already use a school-wide social emotional curriculum?



0

Yes

0

No


0

I'm unsure



# Why does SEL matter?

Mental health challenges impact students' abilities to access and engage in learning<sup>10</sup>

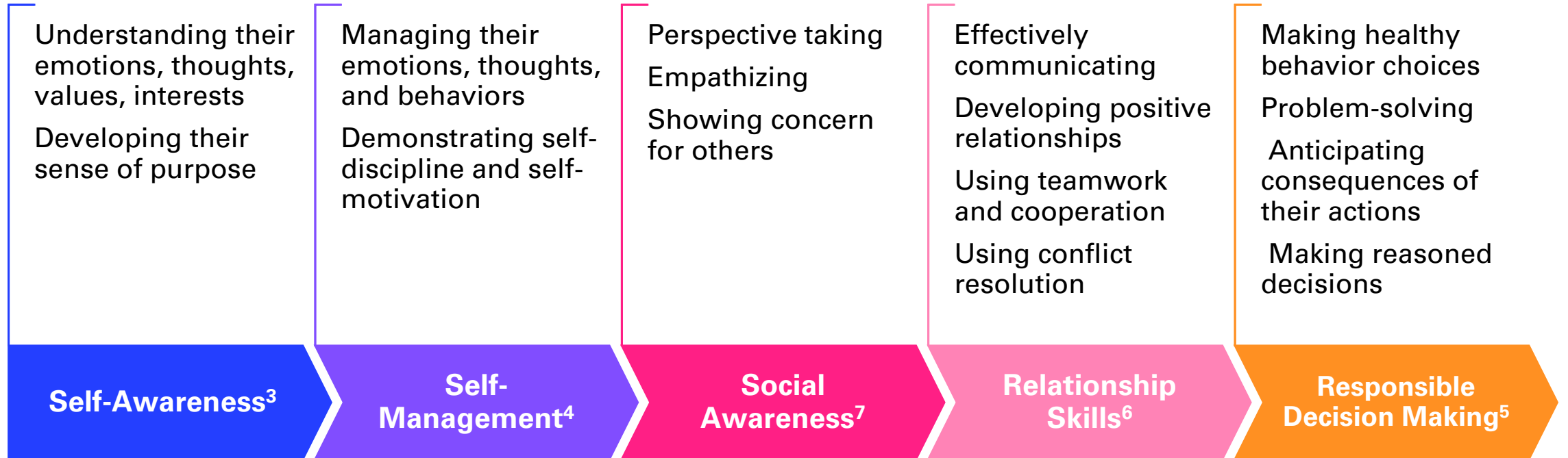


Kids who participate in social emotional learning do better in school, both academically and socially.<sup>8</sup>



87% report that the pandemic negatively impacted student socio-emotional development<sup>1</sup>

# Five Components of SEL



# School-wide Adoption & Implementation of SEL Curriculum

## Start with faculty and staff first



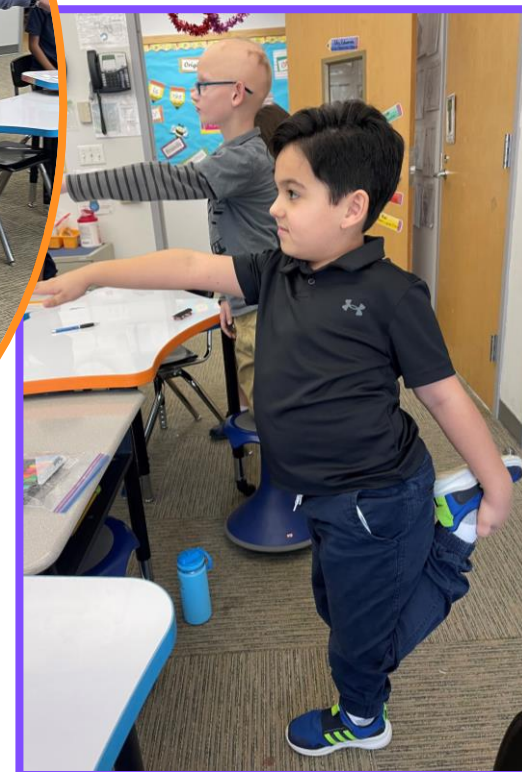
- Focusing on the social and emotional health of school employees increases feelings of competence and effectiveness, increases job satisfaction and reduces burnout.<sup>9</sup>
- Adequate training and equipping of faculty/staff
- Emphasis on self-care and stress reduction tools

“Engaging in effective social and emotional learning-informed programs and practices can improve teacher effectiveness and well-being.” ~The Aspen Institute<sup>13</sup>



# Teach & Model for Students

- ❖ Promote connection.
- ❖ Model SEL skills with students, reminding them often to use them.
- ❖ Normalize and emphasize the importance of emotional well-being and mental health.<sup>10</sup>



# PROMOTING CONNECTION

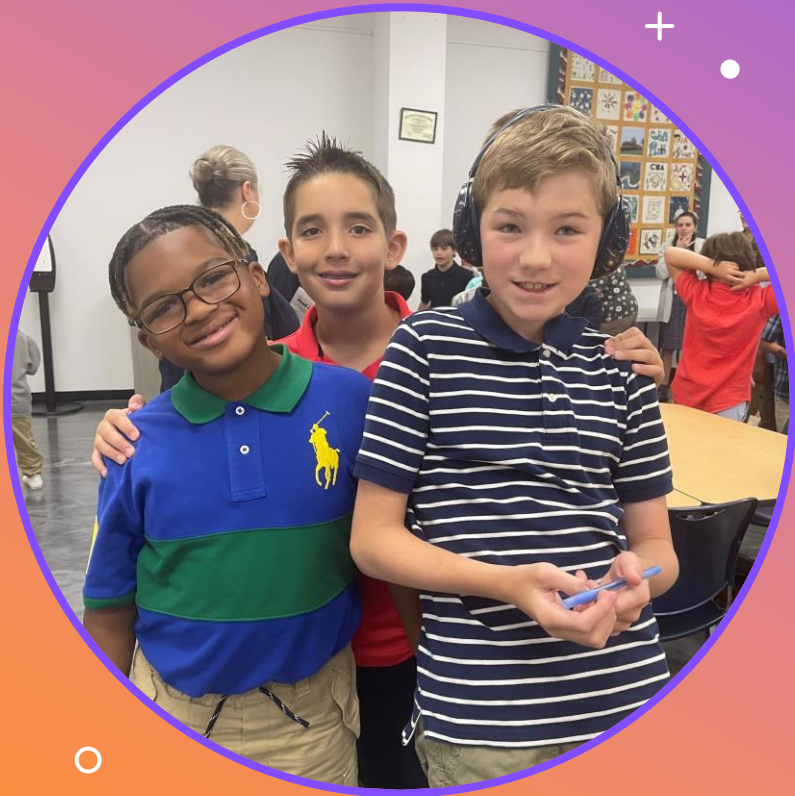


When there are strong relationships between the faculty/staff and students, it helps both the students and adults learn and grow.<sup>2</sup>

U.S. Department of Education recommends making “habits of connection” with students and with other colleagues.<sup>10</sup>

- Personal greeting of students in the morning
- Regular sharing or check-in with students during the day
- Emotional check-ins with co-workers
- Faculty/staff outings

# MODEL SKILLS



+ •  
Demonstrate the SEL skills learned throughout your academic day.

Be open about how you feel and how utilizing coping strategies helps you.

○  
Teach classmates to encourage one another and help their peers to remember useful strategies.

# SEL TOOLBOX



Practical applications  
for each of the five  
SEL components

# Self-Awareness

Mindfulness body scans

Growth Mindset

Feelings Thermometer



# Self-Management + .



## Deep belly breathing

- Starfish breathing
- Breathing cube
- Breathing ball



# Self-Management



## Mindfulness practices

- 5 senses grounding<sup>12</sup>
- Practicing gratitude
- STOP (Stop, Take a breath, Observe, Proceed)<sup>12</sup>





# Self-Management + .

## Normalize Movement

- Take a walk
- Deep pressure (lap/shoulder pads, tense/release, hands against the walls)
- Alternative Seating (wobble stools, yoga ball chairs; pacing in back)



# Self-Management

## Alternative spaces

- Peace room
- Sensory area
- Chill corner



# Self-Management + .

Utilize brain breaks

- Chair yoga
- Dance breaks
- Mindfulness walks<sup>12</sup>
- Brain break videos on YouTube



# Social Awareness



Literature, social studies and history lessons

Special holidays and celebrations (Black History Month, International Day of Persons with Disabilities, etc.)

In-the-moment lessons (helping students be aware of and identify the feelings of their classmates, teachers and others)

# Relationship Skills

Team-building activities

Group projects

\*Closely monitored and with in-the-moment coaching and follow-up reflection



# Responsible Decision Making



Big problems vs. Small  
problems

Conflict resolution (in-the-  
moment coaching/modeling)

Stop & Think<sup>12</sup>

# USE TECHNOLOGY!



## Virtual Reality Mindfulness

Aloe VR

## Gamification in the classroom

Self-regulation

Gracious winning/losing

Encouraging classmates

## Online SEL specific games<sup>11</sup>

Zoo U

Positive Penguins

Classcraft

Avokiddo Emotions

# Helpful Curriculum Resources

**CASEL** (Collaborative for Academic, Social, and Emotional Learning)

Website: <https://casel.org/>

List of CASEL approved curriculum: <https://pg.casel.org/review-programs/>

**Yale RULER program by the RULER Institute**

Website: <https://www.rulerapproach.org/>

R=Recognizing emotions in oneself and others

U=Understanding the causes and consequences of emotions

L=Labeling emotions with nuanced vocabulary

E=Expressing emotions in accordance with cultural norms and social context

R=Regulating emotions with helpful strategies

# Short-Term Goal

What is one thing you can implement this month?

+ •

# Long-term Goal

What would you like to see your school do within the next year?

What can you do or who do you need to talk to in order to facilitate this change?

○





+



o



# THANK YOU

Traci Haly  
[thaly@cba-va.org](mailto:thaly@cba-va.org)

# References

1. [https://nces.ed.gov/whatsnew/press\\_releases/07\\_06\\_2022.asp](https://nces.ed.gov/whatsnew/press_releases/07_06_2022.asp)
2. <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#classrooms>
3. <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#self-awareness>
4. <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#self-management>
5. <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#responsible>
6. <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#relationship>
7. <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#social-awareness>
8. <https://medicine.yale.edu/news-article/new-research-published-in-child-development-confirms-social-and-emotional-learning-significantly-improves-student-academic-performance-well-being-and-perceptions-of-school-safety/>

# References



9. <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>
10. <https://www2.ed.gov/documents/students/supporting-child-student-social-emotional-behavioral-mental-health.pdf>
11. <https://www.edtechreview.in/trends-insights/insights/social-emotional-learning-sel-games-online/>
12. <https://www.waterford.org/resources/mindfulness-activities-for-kids/>
13. [https://www.aspeninstitute.org/wp-content/uploads/2018/03/FINAL\\_CDS-Evidence-Base.pdf](https://www.aspeninstitute.org/wp-content/uploads/2018/03/FINAL_CDS-Evidence-Base.pdf)

Graphic on slide 10 from The Sarapist on Teachers Pay Teachers  
(<https://www.teacherspayteachers.com/Store/The-Sarapist>)