



# GETTING SCHOOLED MONTHLY

Social & Emotional Learning, Restorative Practices & More

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## GRPS VISION

We are a community that fosters hope, belonging, and purpose by teaching all students and adults the social emotional competencies needed to thrive as contributing members of society.

## HOW IS EVERYBODY DOING?

### ELMO GOES VIRAL JUST BY ASKING “HOW IS EVERYBODY DOING?”



It was a just a simple question that has since resulted in receiving 213 million views on X, formally known as Twitter.

Elmo is known for being caring and kind so when he checked in with the world, the response was as big as his heart! The responses varied from people doing great to not so great. That sparked the kindness in strangers to reach out and offer a helping hand to those who explained they were struggling. This also prompted Elmo’s X account to share mental health and emotional wellbeing resources. Those who participated in Elmo’s check in, reported how affirming it was to connect with Elmo and many others. Take this as a reminder to check in with the people you care about.

With all of that said, how are you doing?

# HOW WOULD YOU RANK YOUR EMOTIONAL INTELLIGENCE?

Emotional intelligence is being able to recognize and manage your own emotions. It also helps to recognize and understand the emotions of others.

If that sounds familiar, that's because this aligns directly with the CASEL Framework in Self-Awareness and Self-Management. Managing emotions can become especially important when dealing with matters of heart or situations when we are under pressures such as:

- Dealing with tough relationships
- Deadlines
- Receiving and giving feedback
- Going through change

Do you become defensive when you're criticized? How well do you handle stress? Do you believe you are a positive person? You can take this short 14 question quiz by [The Last 8%](#), an organization that is dedicated to helping leaders to confidently deal with hard decisions they may face. After the quiz is completed, you will be greeted with a short video about where you fall with your responses. They also provide ways in which to improve your emotional intelligence.

There are many emotional intelligence quizzes out there that you can research. [You can also click here to take the quiz created by The Last 8%.](#)

*Disclaimer: This quiz is all in fun and does not guarantee accuracy.*



## Improved emotional intelligence can result in:

- Better relationships with other people
- Better managed emotions in times of stress
- Being able to have difficult conversations without damaging feelings

# RESTORATIVE CIRCLES FOR THE CLASSROOM

## PROACTIVE CIRCLE QUESTIONS OF THE MONTH:

**GRADES PK-K:** Do you like fruit or veggies better? Why?

**GRADES 1-5:** What's the best thing about being a kid?

**GRADES 6-12:** What is your dream job?

## TAKE A *Mindful Minute*

**Just breathe!** Sounds easy, right? For those who struggle with stress, suffer from anxiety or any other physical or mental tension, it's just not that easy. Science has proven that deep breathing helps get more oxygen into the thinking part of your brain then freeing up mental energy to address other things.

[Click here to try this 1-Minute Breathing Exercise.](#) Simple breathing exercise like this can make a difference if you integrate it into your everyday routine.



# FACES FROM THE FIELD



## **BLAKE REID**

Teacher, Harrison Park Academy

When working with scholars and their families, it is important to utilize SEL skills because we as educators want to ensure that all our scholars are being heard, respected, cared for, and learning while at school. To achieve these goals, we need to make sure that we are building relationships with our families as well. Scholars learn best when they get their basic needs met and part of those basic needs fall in the category of social-emotional. When we take the time to do circle ups, restorative circles, check in/outs, and more, we really get to learn about our scholars and hear their thoughts and opinions which make them feel welcomed and valued while at school. When educators utilize their SEL strategies in the classroom, it ultimately helps improve academics, reduce negative behaviors, and create a greater positive school culture.



## **MELVIN SHELTON**

Student & Family Support Specialist

Social and Emotional Learning (SEL) is important for the overall development of an individual. Using SEL with our families helps build healthy relationships, strengthen communication skills, and improve emotional intelligence. By using SEL, we can teach our families how to manage stress, resolve conflicts, and make responsible decisions. It also helps develop empathy and understanding towards others, leading to a more harmonious and supportive family environment. Overall, using SEL with our families can positively impact mental health and well-being, which is important for leading a happy and fulfilling life.



## **DEBRA L. PERRY**

Music Teacher, Coit Creative Arts Academy

I believe that using SEL skills promotes student engagement and trust as students interact with each other. As a fine arts educator I believe developing SEL skills with my students fosters synergy which has a direct positive influence on themselves and others. Singing and playing instruments are wonderful outlets in which students can flourish in a non-stressful setting. The use of SEL with my performance groups builds pride and motivation, which in turn also boosts academic achievement. I have seen growth in my students as they learn to continue to make responsible decisions, maintain positive meaningful relationships, and further their social awareness.

# SEL FOR THE BUSY EDUCATOR

There are many educational tools that can help support emotional development in children. This article speaks to the fun and diverse ways other educators have merged scholar interest with SEL to create a path for scholars to better understand themselves.

## A PATH TO IMPROVING STUDENTS' EMOTIONAL INTELLIGENCE

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SOCIAL & EMOTIONAL LEARNING (SEL)

### A Path to Improving Students' Emotional Intelligence

Teachers can merge social and emotional learning and student choice to guide students to better understand themselves.

By [Matthew Farber](#)  
September 7, 2021



Emotional intelligence includes the capacity to recognize and manage moods and emotions in real-world situations. Considered the starting point of social and emotional skill development, emotional intelligence can also [predict future academic success](#).

Many educational technology tools can support emotional intelligence development. For instance, Pear Deck's guided slide show tool features [social and emotional learning \(SEL\) templates](#) for Google Slides and Microsoft PowerPoint. In my teaching, I have used the interactive Stress Check thermometer, which students can use to check in along a range indicating whether they are in a good space to focus or if they're having difficulty managing emotions today.

Other slides are open-ended, asking students what fills—or what drains—their metaphorical buckets. When I did this activity with my students during remote instruction, answers varied widely. Some expressed gratitude for friends and family, while others shared uncertainties. In fact, they were appreciative that I had asked at all. After students checked in, a discussion around self-care strategies took place.

In addition to Pear Deck, Nearpod and Microsoft Teams offer SEL tool sets. Some teachers also use surveys, like Google Forms, to check in with students. These may also include reflective activities, as well as [mood boards](#)—images of emotive faces along with feelings words (happy, calm, sad) that children click on that match their feelings. Some mood boards adapt Gloria Willcox's 1982 [Feelings Wheel](#), a visual taxonomy of emotions built around core emotions of sad, mad, scared, joyful, powerful, and peaceful. From these, spokes fan out, listing related emotions.

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