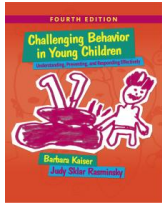


The Importance of Social Emotional Learning



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POLL

What are Social Skills?

“Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”





Why Social and Emotional Skills are Important

- Children behave more appropriately and are more successful in school and daily life
- Enables children to recognize and manage their emotions
- Helps children develop more positive attitude toward themselves and others
- Children have more confidence in their ability to complete tasks and set and achieve positive goals
- Results in more positive social behaviors and relationships with peers and adults
- Decreases stress and anxiety
- Increases the ability to appreciate the perspective of others and resolve conflicts less aggressively



How will teaching social emotional skills support a child with challenging behavior?



Social Emotional Competence

Impacts:

- A child's ability to graduate from high-school and continue on to a post-secondary education
- The ability to develop and maintain positive peer and family relationships
- A person's mental health
- Reduces criminal behavior
- Increases engaged citizenship



Social Emotional Learning

- **Increases:**
 - Pro-social behaviors
 - Resilience
 - Self confidence
 - Academic performance
- **Reduces:**
 - Challenging behavior
 - Depression and stress
 - Emotional distress
 - Negative thinking



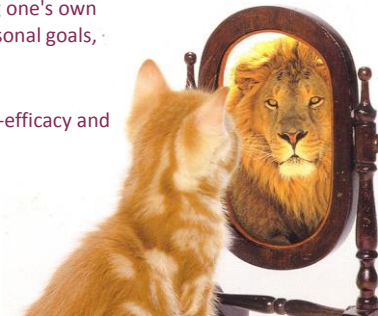
5 Keys to Successful SEL

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making/
 - Problem Solving Skills



Self Awareness

- Understanding one's own emotions, personal goals, and values
- A sense of self-efficacy and optimism



Self-management

- The ability to regulate one's own emotions and behaviors
 - delay gratification
 - manage stress
 - control impulses
 - persevere through challenges in order to achieve personal and educational goals



Social Awareness

- The ability to understand, empathize, and feel compassion for those with different backgrounds or cultures.
- Understanding social norms for behavior and recognizing family, school, and community resources and supports



Relationship Skills

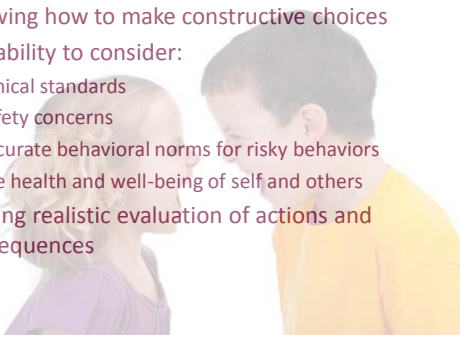
The ability to:

- Communicate clearly
- Listen actively
- Cooperate
- Resist inappropriate social pressure
- Negotiate conflict constructively
- Seek help when it is needed

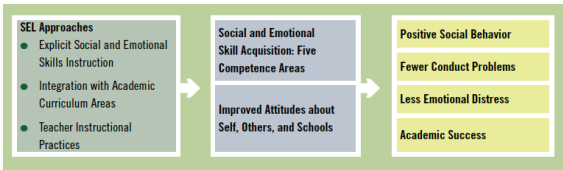


Responsible Decision Making/Problem Solving Skills

- Knowing how to make constructive choices
- The ability to consider:
 - ethical standards
 - safety concerns
 - accurate behavioral norms for risky behaviors
 - the health and well-being of self and others
- Making realistic evaluation of actions and consequences



Outcomes Associated with the Five Competencies

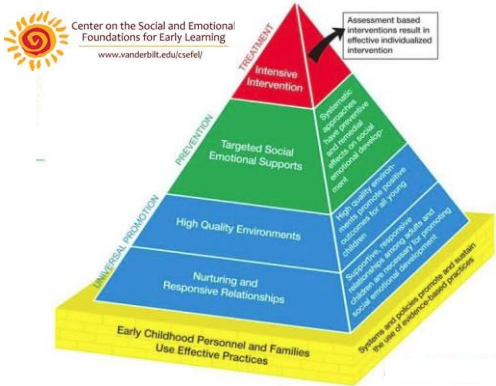


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NO strategy works in a vacuum

The importance of classroom/school climate when **Teaching Social Emotional Skill**



“SEL programming is based on the understanding that the best learning emerges in the context of supportive relationships that make learning challenging, engaging, and meaningful”



SEL Learning programs

“The quality of children’s early relationships with their teachers is an important predictor of these children’s future social relations with peers, their behavior problems, and school satisfaction and achievement”



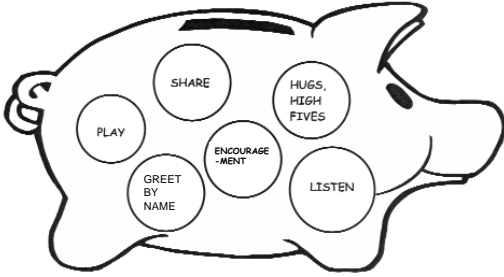
(Howes and Ritchie 2002)

Relationship = teacher + child

When you and a child care about each other:

- S/he has a desire to learn
- S/he has a model to emulate
- You have more understanding, patience, and persistence
- You have a greater ability to help her/him learn to behave appropriately

Relationship Deposits



How do you forge a relationship with a child with challenging behavior?

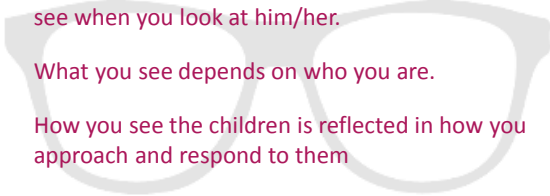
How can you accept him/her for who he is and care about him no matter how s/he behaves?



How you relate to a child depends on what you see when you look at him/her.

What you see depends on who you are.

How you see the children is reflected in how you approach and respond to them



The importance of a positive outlook

- Notice the child's positive feelings and behaviors
- Respond positively to the child's requests
- Spend one on one time with the child
- Reframe the child's behavior, making it a strength, not a deficit
 - Persistent
 - Curious
 - Creative
 - High energy
 - A cry for help
 - An opportunity for relationship building
 - A request for communication
 - A plea for recognition



What Do You Need to Do?

- Teach and model social and emotional skills throughout the day
- Provide opportunities for children to practice and hone those skills
- Be aware of natural opportunities for children to apply these skills
 - Coach as necessary

A child who interacts everyday with his socially competent peers has many opportunities to learn appropriate ways to behave



Key Social Emotional Skills

- Empathy
- Emotion management
 - Impulse control
 - Self regulation
 - Anger management
- Friendship skills
- Problem solving skills



SEL and Children with Challenging Behavior

The child who stands to gain the most may be the least interested in taking part



Children With Challenging Behavior

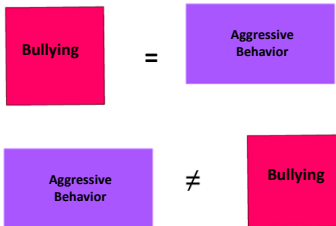
- Have difficulty in the social and emotional realm
- Have few opportunities to learn and practice these skills or build self-confidence



Toxic stress/Trauma can harm children for life

- Trauma associated with Adverse Childhood Experiences (ACEs)
 - Household dysfunction, abuse, or neglect
 - Witnessing or being a victim of violence
 - Poverty, housing instability
 - Natural disasters
 - immigration and refugee experiences
- There's a direct connection between stress and learning

SEL and Bullying Behavior



How Do Children Learn Social and Emotional Skills?

- From watching you and others interact
- Directed and intentional teachings
- Practicing skills
- Real-life opportunities to use skills
- Reinforcement



How Do You Teach Social And Emotional Skills?

- Teach social and emotional skills to the whole class
- Give them formal status in the program
- Be developmentally appropriate/culturally sensitive
- Disguise and recycle real incidents using puppets, photographs, drawings, books, role playing, and discussion.
- Social and emotional learning should be fun
- Use a research-based social and emotional learning program

Attributes of an Effective SEL Program

Sequenced: connected and coordinated sets of activities to foster skills development

Active: active forms of learning to help children master new skills

Focused: emphasis on developing personal and social skills

Explicit: targeting specific social and emotional skills

(Durlak 2011)

Research-based Social and Emotional Learning Programs

- Based on Bandura’s social cognitive learning theory
- Use a variety of methods
 - didactic instruction
 - breaking a skill into component parts
 - modeling, demonstrating, role-playing
 - prompt and reinforce skills in real-life interactions
 - group discussion
- Integrate social and emotional learning into the curriculum
- Be your pro-social best

Evidence-based Social and Emotional Learning Programs

- CSEFEL (Center on the Social and Emotional Foundations for early Learning)
- The Incredible Years
- PATHS (Promoting Alternative Thinking Strategies)
- Second Step (Committee for Children)
- AI's Pals
- Seeds of Empathy



Turtle Technique

Recognize that you feel angry.

Step 1

"Think" Stop.

Step 2

Go into shell. Take 3 deep breathes. And think calm, coping thoughts.

Step 3

Come out of shell when calm and thinking of a solution.

Step 4

Feeling faces

Scared Jealous Sad Shy

Happy Mad/angry Excited Worried Lonely/left out

Frustrated Proud Surprised Disappointed

Embarrassed Calm Guilty Grumpy/cross Confused

Adapted from Domitrovich, Greenberg, Kusche and Cohen (2003), PATHS Preschool, Channing-Bete Company, Inc., South Doverfield, MA.

TUNING IN TO KIDS™ Emotionally Intelligent Parenting

Second Step



Empathy: Identifying Feelings



secondstep



Empathy: Accident or Intention?



secondstep



Friendship Skills: Joining a Group



Assertiveness: Asking for What You Need



AI's Pals: Kids Making Healthy Choices



Seeds of Empathy



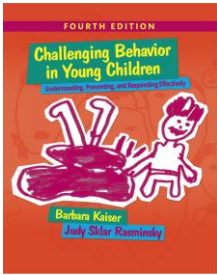
When Children Apply What They've Learned

- Stay closely attuned and coach, prompt, cue, and reinforce them
- Ensure that they get the desired results
- Reinforce approximations of appropriate behavior
- Encourage them to keep trying
- Once a child's skills are firmly established, you can gradually decrease your reinforcement

Using Skills Every Day

| Think Ahead | Reinforce | Think Back |
|---|---|---|
| Have children THINK AHEAD about when they might use their skills in the activity . | NOTICE when children use their skills and give them specific feedback. | Have children THINK BACK and remember how and when they used their skills in the activity. |





THANK YOU

Challenging Behavior in Young Children: Understanding, Preventing, and Responding Effectively
Barbara Kaiser and Judy Sklar Rasminsky
Email: barbarak@challengingbehavior.com

Creating a community

- Caring relationships
- People have a sense of belonging
- Children connected to a community:
 - their relationships with teachers and peers improve
 - their behavior problems diminish



You can create a positive social climate by teaching social and emotional skills





Empathy

- Children with high levels of empathy tend to make better progress in school and be less aggressive, better liked, and more socially skilled.

Skills for Learning

- Children who can self-regulate are better able to participate in and benefit from learning.

Emotion Management

- Children who can recognize strong emotions and calm them down cope better and are less likely to be aggressive.

Friendship Skills and Problem Solving

- Children who can solve conflicts with peers are less likely to be impulsive or aggressive. Impulsive or aggressive behavior can affect their success in school and life.

