

Welcome

Coach Rudy's PD Resource Room



Website



School-
Connect



Managing Emotions
Video



Check In
Video



Roots To Leaves
Building an SEL
Program

**Be sure and check out
virtual calming room at
end of these slides**

Please follow me on:



There are
so many
starfish that
need saving

Thank you parents!

Follow up resources from SEL Workshop

Click links on board and / or Click on my bitmoji for back to school message

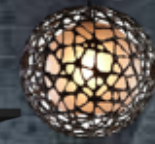


**"It is enough
to be grateful
for the next breath."**

Br. David Steindl-Rast

Let's try a grateful breath
[Click for link](#)





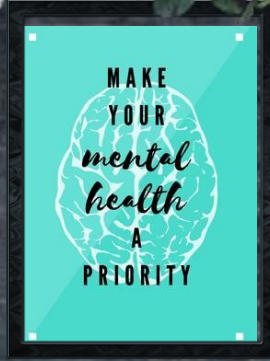
Please follow me on.

Virtual Calming Room

Hope these help you find calm

Just about anything you see, you can click on! It will take you to an activity or a website.

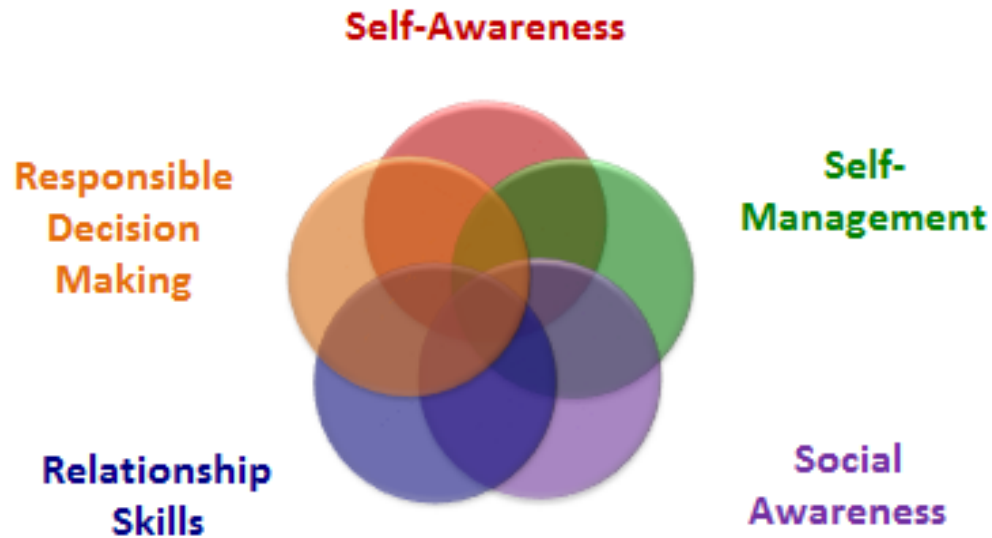
For example: The plants all link to breathing activities.



WHAT IS SEL/ EMOTIONAL INTELLIGENCE “EQ”?

The Five Competencies

CASEL has identified five core areas of social and emotional competence.



Not only are these skills for a happier and more successful life, these are also the skills employers want and many colleges are now evaluating these skills as part of selection process for admission. They are also quite helpful in challenging times.

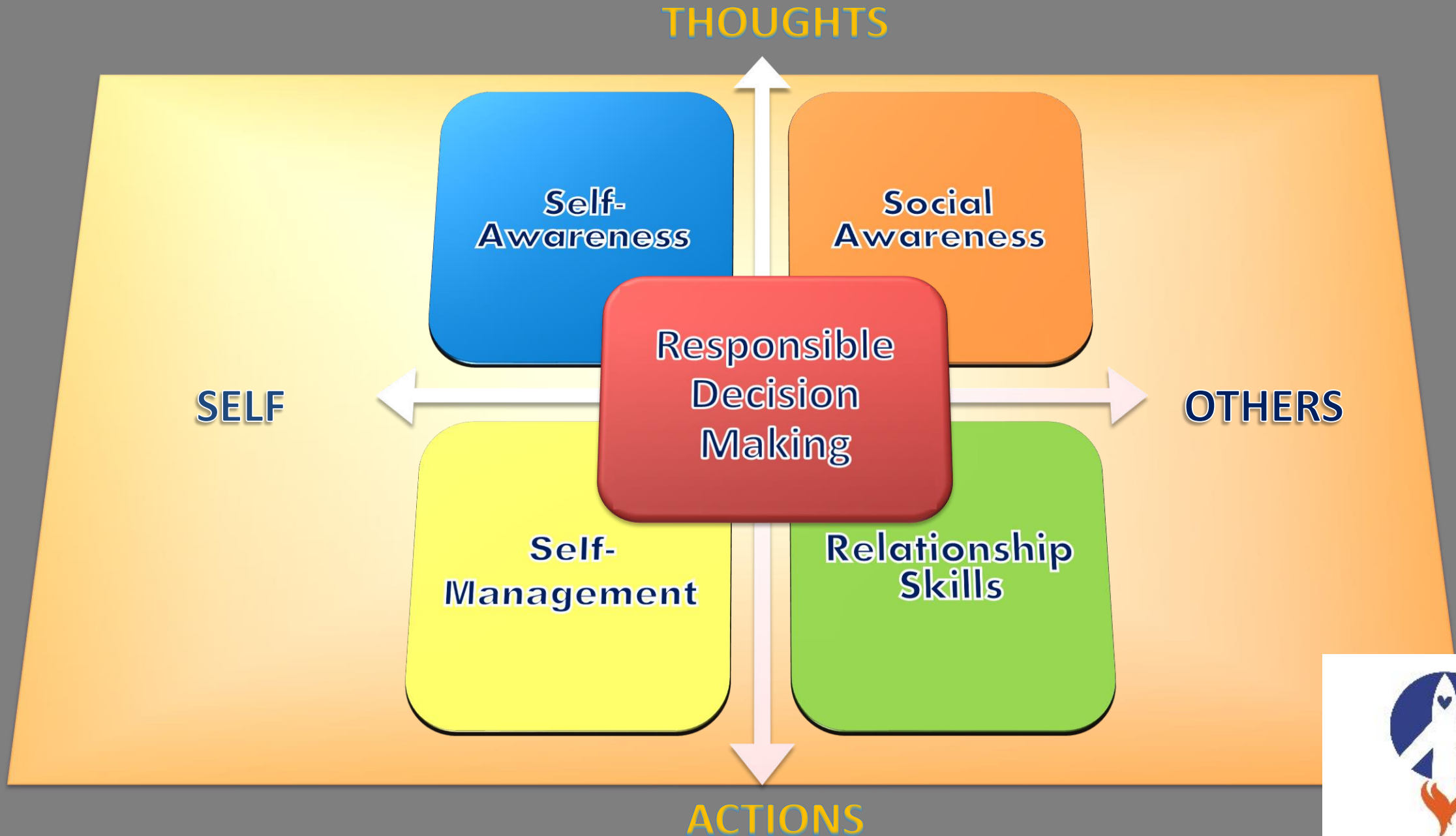


© CASEL 2012

SEL includes five core competencies that relate to core skills that will help students: **become more aware of their thoughts/ feelings**; **manage their emotions**; **communicate more effectively and resolve conflicts**; **make better choices** and generally improve in all five competencies of EQ.



Emotional Intelligence Competencies



**Put on your
oxygen mask first.**

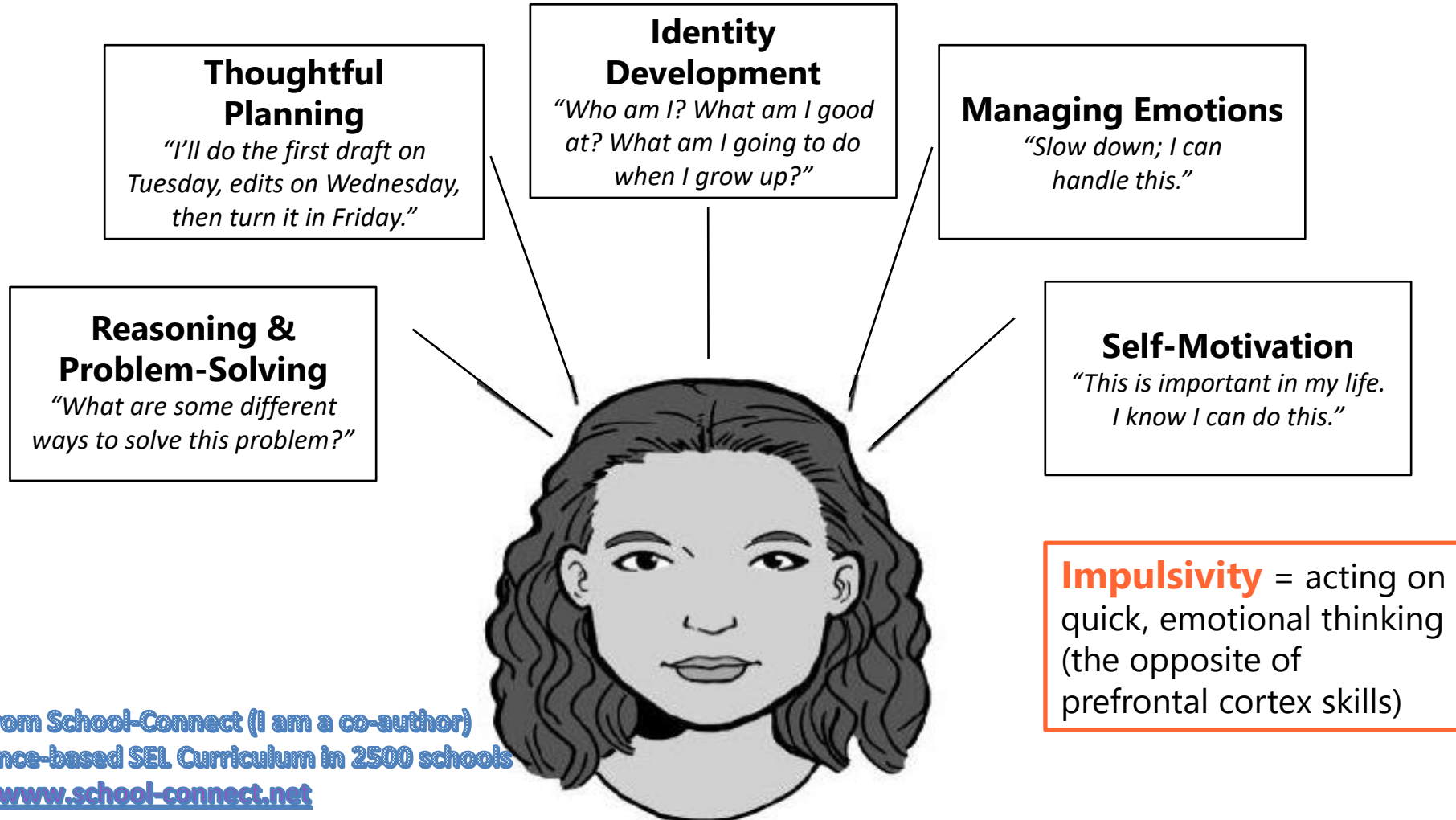
**A dysregulated
adult can not
teach emotional
intelligence to a
child!**

**In fact, it is hard
to teach anything.**



Skills of the Prefrontal Cortex

(Which develop significantly between ages 15-25- knock if you have seen a teen struggle with)



These slides are from School-Connect (I am a co-author)

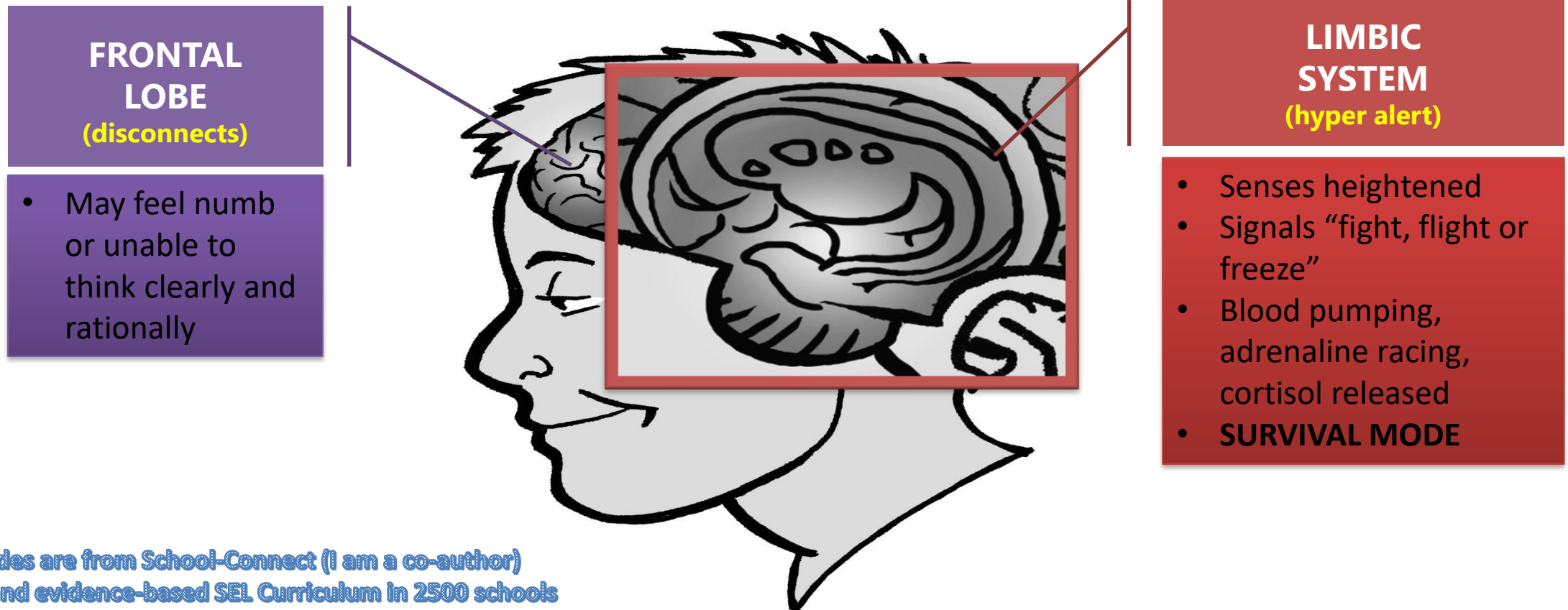
A research and evidence-based SEL Curriculum in 2500 schools

link: www.school-connect.net

They are not broken they are just developing. Some flowers take longer to bloom. Help them make connections.

Emotional Hijacking -- “Flipping Your Lid”

(In highly emotional situations — the limbic system can take over)



These slides are from School-Connect (I am a co-author)
A research and evidence-based SEL Curriculum in 2500 schools
link: www.school-connect.net

Functional IQ

Dr. Bruce Perry

State Dependence of Cognition

Functional IQ	120-100	110-80	90-60	70-50
PRIMARY Secondary Brain Area	NEOCORTEX <i>Cortex</i>	CORTEX <i>Limbic</i>	LIMBIC <i>Diencephalon</i>	DIENCEPHALON <i>Brainstem</i>
Cognition	Abstract Reflective	Concrete Routine	Emotional Reactive	Reactive Reflexive
Mental State	CALM	ALERT	ALARM	FEAR

There is great power in stepping away.



When you are in Red Light, STOP!

Your greatest asset and your greatest adversary is your own behavior.

Children learn more from what we do than from what we say.

Pause and Breathe in Yellow **Time Out in Red**

**Watch what you say and do because
little eyes are watching you.**

Reba McEntire



Instead of CALM DOWN!

- **Connect**

- Listen (100% - ask open questions- hold advice)
- If you don't listen to the little things they won't share the big things.

- **Relate**

- Find common ground in their experience
- Show empathy

- **Co-Regulate**

- Share your calm, help them find theirs.
- Birthday Cake, Star, Walk, Talk, Write (**practice for life**)
- Only solve problem or give consequences after calm

These tips are part of a parent SEL workshop from



www.SELlaunchpad.com

This is in no way avoiding accountability

What is Empathy? (Empathy has three components.)

Empathy consists of the ability to:

1. Recognize how another person is feeling.
2. Take the person's perspective (stand in their shoes).
3. Feel what the person is feeling*

*The third component is the essence of empathy—***vicariously*** feeling what another person is feeling.

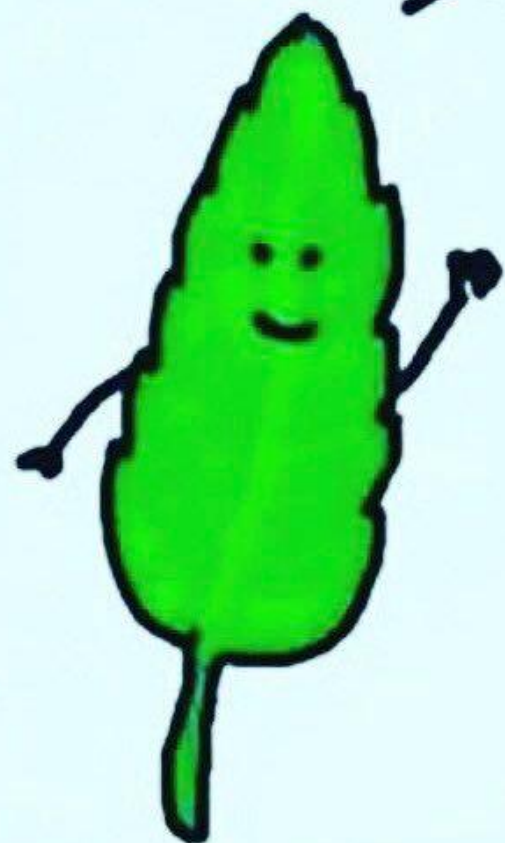
em • pa • thy
noun

The ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to use that understanding to guide our actions.

Empathy

seeing with the eyes of
listening with the ears of
and feeling with the heart of

These slides are from School-Connect (I am a co-author)
A research and evidence-based SEL Curriculum in 2500 schools
link: www.school-connect.net



-you can do it!
you've got
this!

encourage mint

“An ounce of prevention is worth a pound of cure”

Research Links SEL to Higher Student Success



- 23 percentile point increase in SEL skills
- 9 point gain in attitudes about self/others/school
- 9 point gain in pro-social behavior
- 11 point gain on standardized tests (math and reading)

And Reduced Risks for Failure



- Problem behaviors down 9 points
- Emotional distress down 10 points

Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., and Schellinger, K. “The Impact of Enhancing Students’ Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions.” *Child Development*.

“SEL is not a band aid approach; it is a game changer”

Follow Up Meta-analysis 2017

- 97,000 Students receiving high quality EXPLICIT SEL interventions
- 3.5 years after receiving the last intervention, the academic performance of students was on average 13 percent higher than non-SEL peers.
- At other follow up periods, conduct problems, emotional distress and drug use were all significantly lower and positive attitudes towards self, others and school were higher.
- Higher SEL competencies at the end of the intervention, was the best predictor of long term benefits.
- SEL participants were less likely to have a clinical mental health disorder, ever be arrested or become involved with the juvenile justice system, and had lower rates of sexually transmitted infections, and pregnancies.
- Benefits were similar regardless of students’ race, socioeconomic background, or school location.

The New York Times

Teaching Social Skills to Improve Grades and Lives

By DAVID BORNSTEIN JULY 24, 2015 7:00 AM 203 Comments

“One major result: Children who scored high on social skills were four times as likely to graduate from college than those who scored low...profound implications for educators.”

What can we do as parents?

Make sure your schools know you support the social and emotional needs of students.

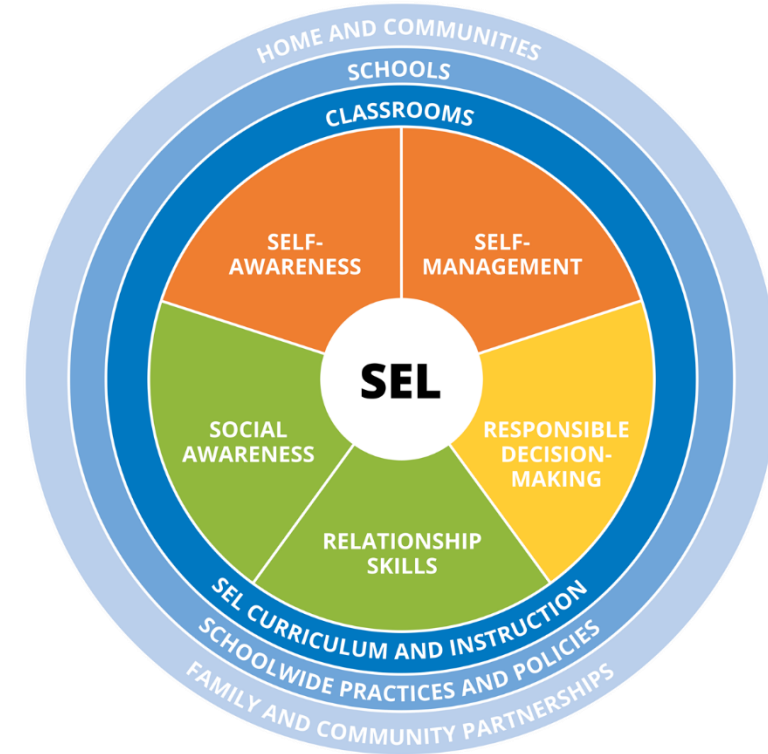
Look into SEL resources for parents and families.

Consider ways to balance tech time with human interaction.

Model SEL skills for your children (emotional control, disagree without being disagreeable, self care, healthy relationship skills)

Listen

STAND UP



Parent Things to

- CASEL



(collaborative for academic social and emotional learning)

- Social and Emotional Learning, Austin ISD

www.austinisd.org/academics/sel

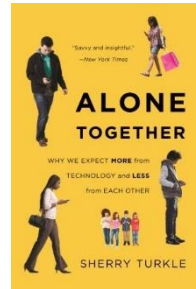
- Parent Toolkit

- NBC / Pearson – App Great resource for parents!



- Alone Together

- Issues with digital live
- Sherry Turkle



- EQ from Home or School

- Parent Resources



- Committee for Children



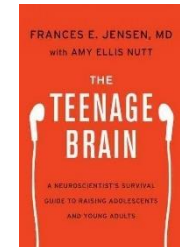
- Global Non-profit focused on child welfare and social and emotional learning.

- Confident Parents / Confident Kids

- Jennifer Miller M.Ed
- Former CASEL consultant- Parent SEL expert and resource

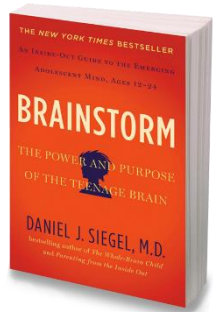
- The Teenage Brain

- Francis E Jensen, PhD
- Harvard Neuroscientist and Parent



- Brainstorm

- Dan J. Siegel M.D.
- Psychiatrist and Parenting Expert



Thank you Parents I am honored to help- please follow me on twitter @coach_rudy for lots of SEL content

EQ @ Home or School

School-Connect's NEW Digital Solution

[Click HERE to learn more!](#)



SEL and Mental Health: Flipping the Script Around Student Supports



April 14th 11:00am PST

<https://www.secondstep.org/webinars>

With national award-winning SEL Teacher, Author, and Speaker
R. Keeth Matheny "Coach Rudy"



Schools and districts are looking for innovative and effective ways to support students struggling with mental health challenges and wondering how social-emotional learning can be part of a comprehensive approach

Please join us for a presentation by Keeth Matheny, an award-winning educator and nationally known speaker, as he shares strategies for supporting student mental health using social-emotional learning within a multi-tiered system of support. By increasing and improving tier-one supports, schools can raise the quality of supports for all students and reduce the number of students in crisis. Keeth will guide participants to understand how tier-one social-emotional learning connects to overall student mental health support, explore best practices, and share proactive, practical strategies for developing a coherent narrative of supports in all tiers.



We want to flood social media with all the reasons #SELMATTERS



FLASH MOB Twitter Chat March 26th

- 1- Retweet @coach_rudy #SELMATTERS post**
- 2- reply with why #SELMATTERS to you**
- 3- like, retweet, follow other SEL fans**



JOIN THE SEL FLASH MOB!

The top dozen posts will get t-shirts! (see below)

**You can post a video, an article, student voice, student work, data,
SEL artwork or just a written testimonial for SEL.**

Please help us reach more!

Please contact me at...

R. Keeth Matheny

Emotional Intelligence
Teacher/Speaker/Author
Austin, Texas

www.SELlaunchpad.com

SEL  LAUNCHPAD

@coach_rudy

"Give me some fin!"

PLEASE reach out and connect

Twitter @Coach_Rudy

Linkedin: R. Keeth Matheny

