

MES Social-Emotional Learning(SEL) Program Selection & Start-Up Plans

Presentation for the Marlborough
Board of Education

—

April 27, 2023

Public Act 19-166

CSDE Definition of SEL:

The process through which children and adults achieve emotional intelligence through the competencies of self-awareness, self-management, social awareness, — relationship skills, and responsible decision-making

MES SCIP

2022 - 2025

Goal 2:

Social and Emotional Wellness and Health

All students will feel safe, supported, respected and equipped to make healthy choices as they engage in learning and persevere to meet grade level academic standards.

MES SEL Committee

Identified essential elements for an impactful SEL program. A program should:

- **Enhance classroom/school community and sense of belonging**
- **Build sense of respect for self and others**
- **Foster empathy**
- **Explicitly instruct for identification of emotions**
- **Explicitly instruct to enhance self-regulation of emotions**
- **Identify and reinforce expected behaviors**
- **Promote a seamless implementation by staff**
- **Include resources for positive school-family connections**

Programs Reviewed by the MES SEL Committee

- Caring School Community
- Character Strong
- Choose Love
- EduMotion
- Mind-Up
- Move this World
- Open Circle
- Positive Action
- ReThink Ed
- RULER
- Second Step

choose  love

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA The Way Forward

Choose Love

Teaches foundational concepts and skills of social-emotional learning (SEL).

Provides children with the awareness, mind-set, and skills they need to have positive interpersonal relationships within a caring community.

Program Goals

- Understand and manage emotions (self-awareness & self-management)
 - Setting and achieving positive goals
 - Feeling and displaying empathy and compassion for others (social awareness)
 - Establishing and maintaining positive relationships
 - Making responsible decisions
-

Four Pillars of *Choose Love*

Courage

- Courage to share feelings
- Courage to be courageous (what does this look like?)
- Courage to choose how to respond

Forgiveness

- Before we speak, think and be smart
- How to forgive ourselves / others
- Power of forgiveness

Gratitude

- Grateful for the people in our world
- Being grateful is contagious (one nice action leads to others)

Compassion

- Compassion as an action that causes a ripple effect
- Create 'spots of kindness'
- Each of us, every day, have the chance to make a difference with the power of our voice

Strategic Implementation

- 2023 - 2024
 - School level implementation:
 - Administrative & Mental Health Team
 - School and Grade Level Assemblies (“Town Meetings”) (4 of each)
 - Resources and communication for families
 - Professional Development:
 - Overview training for staff
 - Planning for Grade level/classroom implementation for 2024 - 2025
- 2024 - 2025
 - School level implementation continues
 - School Assemblies / Grade Level Assemblies (4 of each)
 - Grade level implementation of lessons
 - PD time to build classroom/grade level implementation

September/October, 2023 Assemblies

Courage

K, 1st, 2nd & 3rd:

- Little and big acts of courage
- Working through obstacles - making positive choices
- Fill someone else's bucket with kindness
- What happens when we are unkind? (bucket emptying)

4th, 5th & 6th:

- “Personal Power”
 - How to protect your feelings?
- Courage through character analysis
- Ability and willingness to confront fear & uncertainty
- Tell vs. Tattle

November/December 2023 - MES Assemblies

Gratitude

K, 1st, 2nd & 3rd:

- What does it mean to be grateful?
- Grateful / thankful for
- Benefits of gratitude / power of saying “Thank you”
- Identify kindness witnessed / received

4th, 5th & 6th:

- Gratitude for our World (water, air, nature)
- Secret of gratitude
- Boomerang Effect - Kindness comes back to you

January/February, 2024 - MES Assemblies
Forgiveness
**(Choosing to let go and move on with your personal
power intact)**

K, 1st, 2nd & 3rd:

- What is forgiveness?
- Chrysanthemum
 - Teasing
 - How does she change her sadness?

4th, 5th & 6th:

- Authentic Apologies
 - Received an apology that does not feel genuine?
 - Apologies - 'I didn't make the right choice because ...
 - Forgiveness is a gift to yourself (forgive brother for scribbling in your book)
 - Anger is like an iceberg
 - What we see on the surface (anger, boiling, etc)
 - What is underneath (hurt, embarrassment)

April/May,2024 - MES Assemblies

Compassion

K, 1st, 2nd & 3rd:

- What feelings help you to feel like you belong? (safe, happy)
- Calling on compassion
 - How does that person feel?
 - How would I feel in the same situation?
 - What action could I take? - Compassion in action
 - Ripple effect - kindness encourages more kindness

4th, 5th & 6th:

- Empathy - What is it? Put yourself in someone else's shoes?
- Compassion drives connections
- Empathy is not sympathy
- Role play
 - Sitting alone at lunch
 - Playing alone at recess