



Clarke Schools
for Hearing and Speech

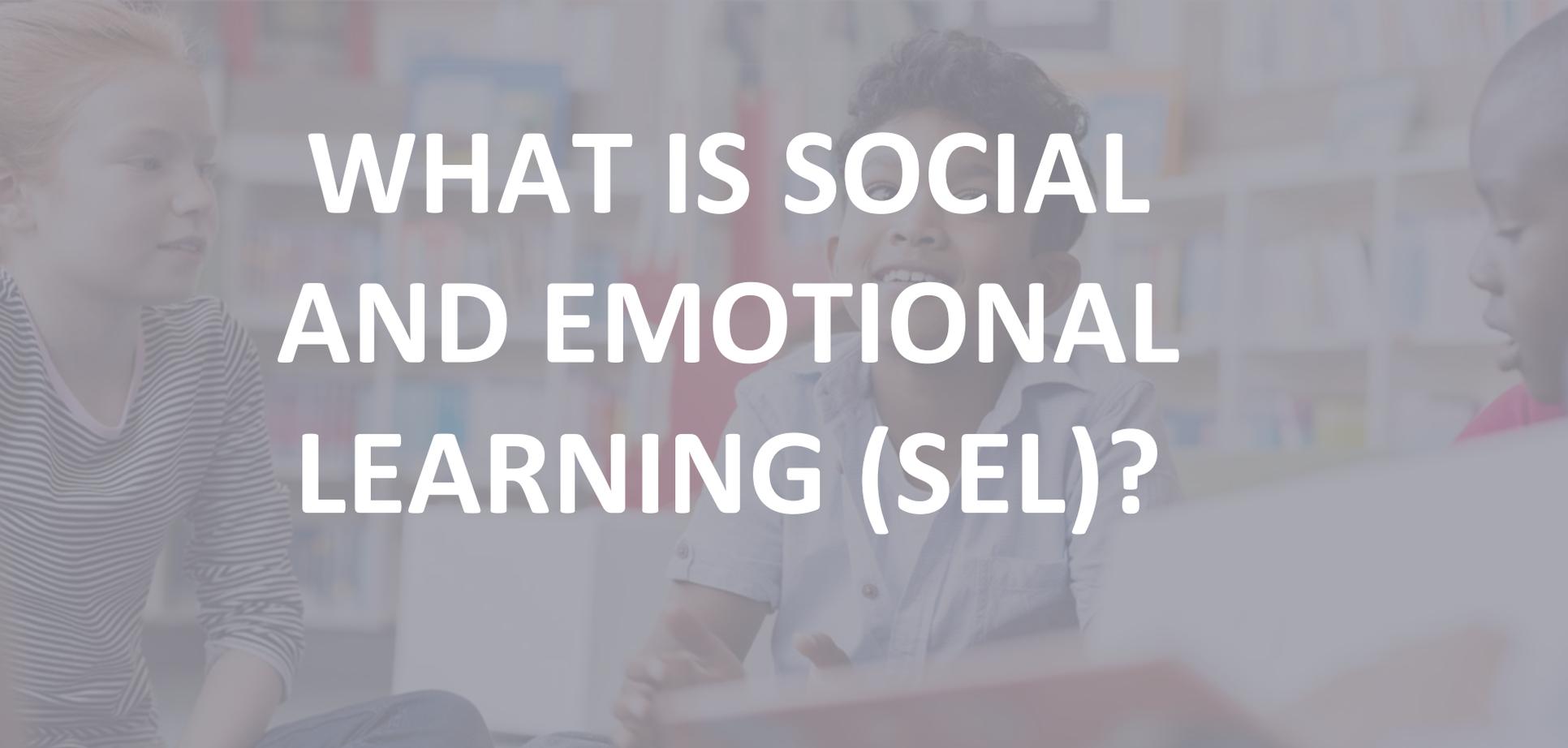


Managing Big Feelings with Little Humans

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Objectives

1. Learners will identify the five core social and emotional competencies as outlined by the Collaborative for Academic and Social and Emotional Learning (CASEL)
2. Learners will list three reasons why focusing on emotional well-being increases the likelihood of learning
3. Learners will discuss 2 benefits to implementing the Kimochis® program in their practice and/or school



WHAT IS SOCIAL AND EMOTIONAL LEARNING (SEL)?

SEL IS...

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

Science Links SEL to Student Gains: Landmark study documented multiple benefits of SEL

2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed:

Science Links SEL to Student Gains:

- ✓ Social-emotional skills
- ✓ Improved attitudes about self, others, and school
- ✓ Positive classroom behavior
- ✓ 11 percentile-point gain on standardized achievement tests

Reduced Risks for Failure:

- Conduct problems
- Emotional distress



SEL and students with hearing differences

What does research tell us?

Low Empathy

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0124102>

Less Emotional Regulation Strategies

<https://www.sciencedirect.com/science/article/abs/pii/S0165587612001589>

Lower scores on social skill development

<https://journals.sagepub.com/doi/pdf/10.1177/2331216517710373>

Wong, et. al as part of Longitudinal Outcomes of Children with Hearing Impairment Study (LOCHI) identified functional auditory behavior as a factor influencing psychosocial development.

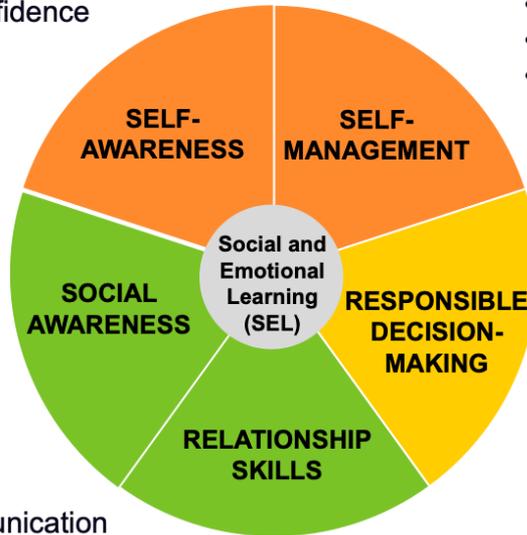


Social and Emotional Learning SEL

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

THE CASEL 5: CORE FRAMEWORK

SELF-AWARENESS

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

- *Identifying one's emotions*

SELF-MANAGEMENT

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

- *Managing one's emotions*
- *Identifying and using stress-management strategies*



Why focus on emotions?

Emotions influence:

- Attention, memory, and learning
- Decision making
- Relationships
- Physical and mental health
- Creativity and performance

Permissions to Feel Dr. Marc Brackett

SEL: Where to start?

Guiding questions:

- Are our students able to identify their own emotions?
- Why are emotions important to consider?
- How do we build emotion vocabulary?
- How do our students manage their feelings?
- How do we coach and guide families and caregivers on these skills?
- How will we know we are building skills?



What are Kimochis?

Japanese for “feelings”



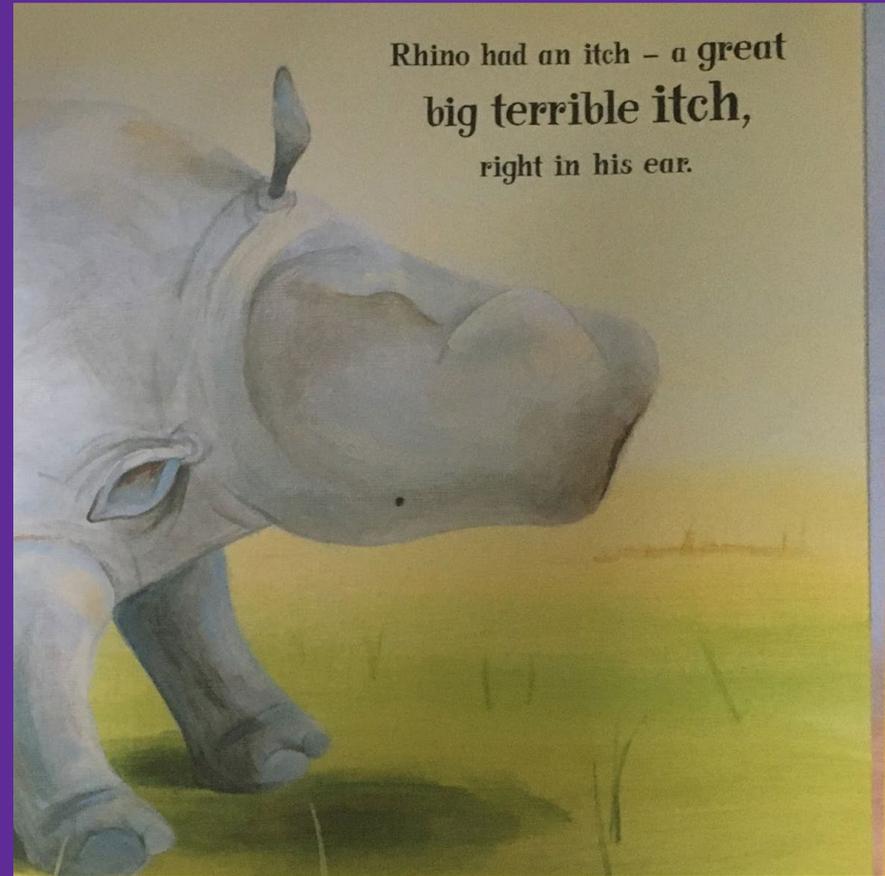
<https://www.kimochis.com/>

“Our *Kimochis® Educator’s Tool Kits* are universal, school-based, social and emotional learning programs designed to give children the knowledge, skills, and attitudes they need to

- recognize and manage their emotions,
- demonstrate caring and concern for others,
- establish positive relationships,
- make responsible decisions,
- and handle challenging situations constructively.”



“He’s feeling sad”



video#1

video#2

Video #3

Images cited in references:

Video #4

Images retrieved from <https://thebeatdfw.com/2826553/smart-girl-fourth-grader-uses-genius-girl-code-to-get-out-of-homework/>
<https://www.blitzresults.com/en/childrens-shoe-tie/>

Free Resources On the Portal

Kimochis



FELIZ



TRISTE



ENOJADO



VALIENTE



AVERGONZADO



AMIGABLE



ARREPENTIDO



DESILUSIONADO



FRUSTRADO



CHISTOSO



ESPERANZADO



OLVIDADO



EMOCIONADO



CELOSO



INTRIGADO



DE MAL HUMOR



SENSIBLE



ORGULLOSO



INSEGURO



AGRADECIDO



AMADO



CULPABLE



INCÓMODO



TÍMIDO



LASTIMADO



SORPRENDIDO

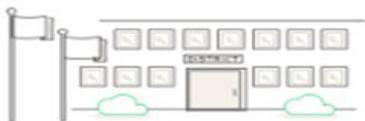


ASUSTADO



AMABLE

CASEL's tools and resources: Support high-quality SEL implementation



SEL District Resource Center

Resources from districts where SEL programs, practices, and policies are working to support high-quality SEL implementation.

<https://drc.casel.org>



Schoolwide Guide to SEL

Guidance for systemic SEL implementation in a school.

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



SEL State Resources

Sample policies and practices that support SEL.

<https://casel.org/csi-resources/>



SEL Assessment Guide

Guidance to choose and use an SEL assessment.

<http://measuringSEL.casel.org/assessment-guide/>



Program Review Guides

Recommendations for selecting high-quality SEL programs.

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



SEL Starts at Home

Resources to bring SEL into your home and community.

<https://casel.org/in-the-home/>



We wish you well on
your journey!

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References

www.casel.org

<https://casel.org/sel-framework/>

<https://casel.org/resources-support/>

www.kimochis.com

Brackett, M (2019) *Permission to feel: Unlocking the power of emotions to help our kids, ourselves, and our society thrive*, NY, NY. Celadon Books