SCHOOL-WIDE SOCIAL EMOTIONAL LEARNING (SEL) IMPLEMENTATION AT ST. THOMAS EPISCOPAL PARISH SCHOOL

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5 CORE SOCIAL EMOTIONAL LEARNING COMPETENCIES (SEL)

• 1. Self-Awareness
• 2. Self-Management
• 3. Social Awareness
• 4. Relationship Skills
• 5. Responsible decision-making

*www.casel.org
MASLOW'S HIERARCHY OF NEEDS AND MOTIVATION

Maslow's Hierarchy of Needs

- **Physiological**: Food, Water, Shelter, Warmth
- **Safety**: Security, Stability, Freedom from Fear
- **Belonging - Love**: Friends, Family, Spouse, Lover
- **Self - Esteem**: Achievement, Mastery, Recognition, Respect
- **Self - Actualisation**: Pursue Inner Talent, Creativity, Fulfillment
Representation of Mind-Body Response During Meditation and Stress

**Parasympathetic state** (meditation)
- Alpha waves
- Beta waves
- Mental focus
- Cognition
- Limbic system
- Memory

**Neutral**
- Limbic system
- Brain

**Sympathetic state** (stress)
- Alpha waves
- Beta waves
- Mental focus
- Cognition
- Limbic system
- Memory

**Homeostatic state**
- Cardiorespiratory Synchronization 1:4
- Heart rate
- Respiratory rate
- Blood pressure

**Cardiorespiratory Synchronization**
- Peripheral autonomic state
- Peripheral autonomic state
- Homeostatic state
- Peripheral autonomic state

**Cardiorespiratory Synchronization**
- 1:2
- Heart rate
- Respiratory rate
- Blood pressure
CASEL’S 10 STEP SCHOOL-WIDE SEL IMPLEMENTATION PLAN 2016-PRESENT

• Phase 1: Readiness
• Phase 2: Planning
• Phase 3: Implementation
PHASE ONE- READINESS, COMMITMENT AND SHARED LEADERSHIP

• **Step 1:** School leaders commit to school-wide SEL
• **Step 2:** School leaders engage faculty and parents and form a steering committee (shared leadership model)
PHASE TWO- PLANNING

• Step 3: The school community develops, articulates, and effectively communicates a shared vision of student social, emotional, and academic development

• Step 4: The Steering Committee conducts a needs and resources assessment

• Step 5: The Steering Committee develops an action plan

• Step 6: The school community selects an evidence-based SEL program
PHASE THREE IMPLEMENTATION

• **Step 7:** Program developers provide initial staff development for those launching the program

• **Step 8:** Teachers piloting the program launch SEL in classrooms or select classrooms

• **Step 9:** All school staff engage in instruction and integrate SEL school-wide

• **Step 10:** The school community revisits activities and adjusts for improvement developers provide initial staff development for those launching the program
WORKS CITED


• Mindful Schools: www.mindfulschools.org.

• Responsive Classroom: www.responsiveclassroom.org

• Conscious Discipline: www.consciousdiscipline.com

• Sanford Harmony: www.sanfordharmony.org

• Jesse Lewis Choose Love Movement: www.jesselewischooselove.org

• Cloud 9 World: www.cloud9world.com


• The Incredible Flexible You Social Thinking Curriculum: www.socialthinking.com
1) Download the EVENTMOBI APP from an app store.
2) Open the app and select FCIS CONVENTION.
3) Select the THURSDAY button.
4) Select the SESSION TITLE.
5) Scroll down to SESSION FEEDBACK.
6) Respond to the 3-QUESTION SURVEY.