



Supporting Social Emotional Learning (SEL)

Waynesville R-VI School District

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Agenda



- What Counselors are Seeing at School
- What is Social Emotional Learning (SEL)?
- 5 core competencies
- SEL in Schools
- Benefits of SEL Skills
- School Anxiety
- Test Anxiety
- Social Media Anxiety
- Stress vs. Anxiety
- Calming Strategies





Waynesville R-VI Students

Elementary School

- Taking Important Tests
- Bullying
- Friendships
- Presenting an Oral Report/Participation
- Physical Education (PE)
- Changes in Routine
- School Safety Drills

Middle School

- Homework Load
- Taking Important Tests
- Bullying
- Busy Schedules
- Poor Sleep Schedule
- Peer Conflict/Peer Pressure
- Image Concerns
- Changes in Their Bodies
- Moving or Changing Schools/Transition
- Family Stress and Changes

High School

- Increasing Amounts of Work
- Social Acceptance/Relationships
- Classroom Presentations
- Bullying
- Peer Conflict/Peer Pressure
- Earning Good Grades
- Preparing for Graduation, College, Service, or the Workforce
- High Stakes Tests
- Extra Curricular Activities/Work Schedule
- Poor Sleep Schedule
- Parent/Self Expectations
- Family Stress and Changes

What is Social Emotional Learning (SEL)?

The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines **Social Emotional Learning (SEL)** as the process through which **children and adults...**

- Understand and Manage Emotions
- Set and Achieve Positive Goals
- Make Responsible Decisions
- Feel and Show Empathy for Others
- Establish and Maintain Positive Relationships





5 Core Competencies

SEL consists of five core competencies which build a child's capacity to deal with life's challenges effectively and ethically.

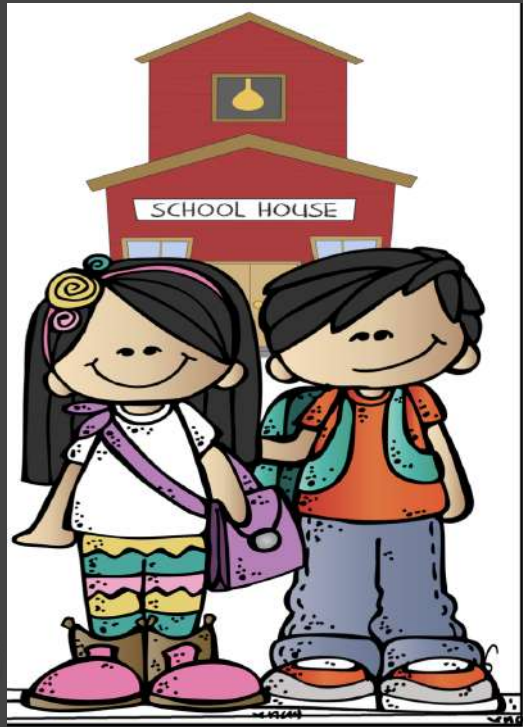


What does SEL look like in School?



- Morning Meetings
- Daily Greetings
- Journaling
- Modeling
- Yoga / Dance / Movement
- Give Responsibilities - LEADER Roles
- Practice Problem Solving
- Role Playing
- Breathing
- Music / Art Activities
- Identify Emotions
- Partner and Group Activities

Benefits of SEL Skills



- Decrease Aggression
- Decrease Anxiety
- Improve Academic Performance
- Decrease Depression
- Better Stress Management
- Better Chance of Future Success
- Reduce Risk Behaviors
- Self-Regulation
- Relationship Skills
- Coping Skills



What is School Anxiety?

Consistent and extreme worry or fear when having to separate from parent or caregiver to attend school.

Symptoms:

- Reluctance or refusal to attend school
- Frequently talks about fear of school
- Often complains of stomach aches or headaches
- Excessive crying
- Exhibits clingy behavior to parent or caretaker
- Has difficulty accepting change





9 Tips to Help Your Child Overcome School Anxiety

1. Goodbye routine
2. Be consistent
3. Keep things light
4. Talk to the teacher or school counselor
5. Have child bring 1 small item from home
6. Problem solving skills
7. Be prepared for setbacks
8. Don't give up
9. Calming Strategies



Deep Breathing Exercise:
Inhale through nose. Hold
for 5 seconds. Exhale
through mouth.

Do 25 of something
active.. jumping jacks,
shooting hoops, jump
rope.



Focus on positive
thoughts.

Bring note from
home to read at
recess.



Count down
from 10
BACKWARDS.

What is Test Anxiety?

Consistent and extreme worry or fear in testing situations.

Test
Anxiety



Symptoms:

- Headache
- Shortness of Breath
- Rapid Heartbeat
- Often complains of stomach aches
- Light headed
- Being afraid of not living up to expectation
- Feeling Helpless



9 Tips to Help Your Child Overcome Test Anxiety

1. Learn How to Study - Study Early
2. Be Consistent - Establish Routine
3. Talk to Teacher
4. Positive Mental Attitude
5. Exercise
6. Get Sleep
7. Be Prepared for Setbacks
8. Relaxation Techniques
9. Calming Strategies

INHALE
Confidence



EXHALE
doubt



What is Social Anxiety?

Consistent and extreme worry or fear that does not go away and affects everyday activities, self confidence, relationships and work or school life.

Symptoms:

- Fear of Situations
- Worrying about Embarrassment
- Intense Fear of interacting with people
- Tantrums
- Clinging, Crying
- Freezing up, Failure to Speak
- Blaming Others
- Racing Heart, Blushing, Trembling



9 Tips to Help Your Your Child Overcome Social Anxiety

1. Relaxation Strategies
2. Replace Negative Thoughts
3. Problem Solving Skills
4. Encourage Friendships
5. Connect with your Child
6. Teach and Prepare your Child
7. Focus on Progress
8. Coping Strategies
9. Set aside a “Worry time”

- Calm Breathing
- 5-4-3-2-1



Social Media Statistics

- 99% of children ages 3 - 17 have used social media and/or internet
- 75% report having at least one active social media profile
- 51% report visiting a social media site daily
- 16% 3-4 years watch Videos on Tik Tok
- 8 - 12 years of age: 6 hours per day
- 13 - 18 years of age: 9 hours per day



What is Social Media Anxiety?

Consistent and extreme worry or fear of missing out on something (FOMO).

- *Not invited*
- *Feeling Pressure to get comments and/or likes*
- *Feeling Pressure to post positive/attractive comments*
- *Having someone post about you*

Symptoms:

- Sleeplessness
- Loneliness
- Worry
- Irritable
- Overwhelmed
- Too much communication
- Depression
- Attachment



9 Tips to Help Your Child Overcome SM Anxiety

1. Set Screen Time - MONITOR
2. Connect With Your Child
3. Be a Good Role Model
4. Set Expectations
5. Teach Your Child About Social Media Use
6. Calming Strategies
7. Discuss Interactions
8. Create Real Life Social Opportunities
9. Don't Just Take Phone Away





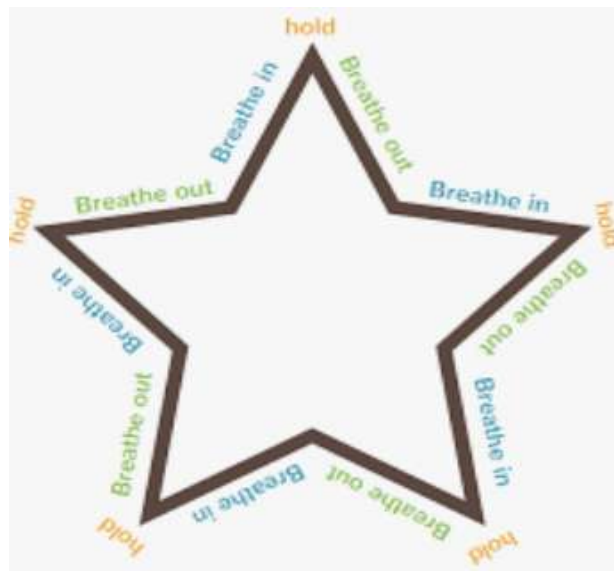
Stress vs. Anxiety

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none">● Generally is a response to an <i>external cause</i>, such as taking a big test or arguing with a friend.● Goes away once the situation is resolved.● Can be positive or negative. For example, it may inspire you to meet a deadline or it may	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none">● Excessive worry● Mood swings● Acting out● Difficulty concentrating● Becoming withdrawn● Difficulty sleeping or nightmares	<ul style="list-style-type: none">● Generally is <i>internal</i>, meaning it's your reaction to stress.● Usually involves persistent feeling of apprehension or dread that doesn't go away, and interferes with how you live your life.● Is constant, even if there is no immediate threat

Calming Strategies



- Deep Breathing: Blow Bubbles, Stuffed Animal Belly Breathing, Pinwheel, Feather.
- Triangle Breathing, Square Breathing, Star Breathing
- Animal Breathing
- Number Breathing (5-5-10)



Calming Strategies



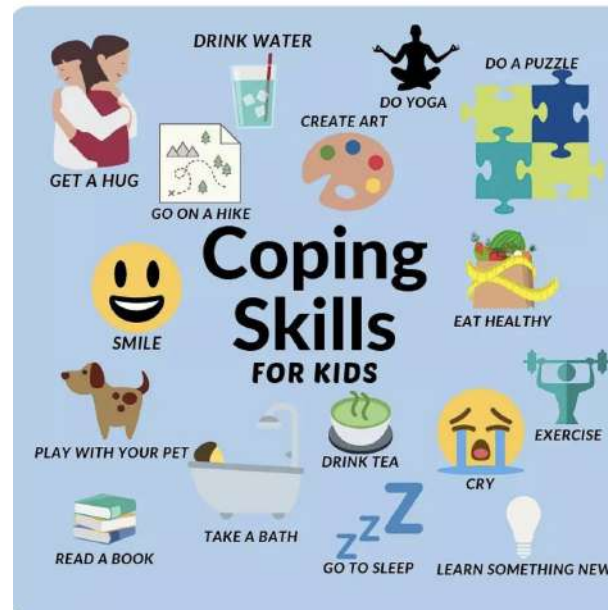
- 5-4-3-2-1 Grounding
- Name Animals by Alphabet
- Think of Favorite Things
- SQUEEZE something
- Calm Down Spot - Take a Break
- Listen to Music - Read a Book
- Use Supportive Language
 - *I am here for you.*
 - *How can I help?*
- Journal
- Craft
 - *Mind Jar*
 - *Visual*
- Coping Skills Toolbox

Counselor Demo

Coping Skills Toolbox



Handout



What Are Some Tools I Can Use?

- Fidgets
- Coloring Books/Colored Pencils
- Notebook or Journal/Pen
- Headphones/Earbuds
- Playlist/Music
- Stress Ball
- Play-Doh/Silly Putty/Clay
- Favorite Book(s)
- Sketch Pad/Drawings
- Playing Cards
- Scented Candles
- Chewing Gum
- Positive Note or Affirmations
- Hard Candy
- Crossword Puzzles
- Movies
- Puzzles
- Stuffed Animal
- Painting/Canvas
- Pictures of loved ones/Pets
- Crafts/Beads
- Peppermint, lemon, lavender calming oils
- A rubber band
- Hard Candy/Sour Candy
- Water
- Rubik's cube/Games
- Liquid Motion Bubbler
- Flashcards w/Activities
- Fabric

Remember, these are examples of what you can put into your coping skills toolbox. Think about what works best for you. The box is for you and it is important the activities you put into your toolbox are things that are for you.

Thank you!

