Integrating SEL within Comprehensive Health Education
Social Emotional Learning in Health– Don’t I Already Teach That?

SHAPE NE Convention
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The Children’s Health Market
Objectives

Know the 5 competencies of SEL

Engage in interactive lessons which demonstrate integration of SEL across health topics

Articulate 2 SEL strategies you will use in your health education curriculum
Your Thoughts?

• What do you see as current threats to health of children?

• What makes an effective health education program?
Chronic Absenteeism

- Bullying
- Illness
- Mental Health Issues
**Engagement Activity**

- Turn to your neighbor.
- Reintroduce yourself.
- In 1 minute, with 30 seconds apiece, take turns explaining your definition of or some characteristic of SEL that you're familiar with in your schools.
- Join another pair and quick share.
What is SEL?
Social Emotional Learning

According to the Collaborative for Academic, Social, & Academic Learning (CASEL), social emotional learning involves a coordinated classroom, schoolwide, family, and community practices that help students develop the following skills:

• Self awareness
• Self management
• Social awareness
• Relationship skills
• Responsible decision making

http://www.casel.org/what-is-sel/
SEL is the process through which students enhance their ability to integrate thinking, feeling, and behaving in order to achieve important life tasks.
Social and Emotional Learning

The Children’s Health Market actively supports the effort to make our schools more socially and emotionally healthy places to work and to learn.

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

Lessons  Activities  SEL Journal
What is Social Emotional Learning (SEL) & Health?
The process of acquiring the knowledge, attitudes, and skills needed to recognize and manage

• Emotions
• Demonstrate care and concern for others
• Establish positive relationships
• Make responsible decisions
• Manage challenging situations

http://www.casel.org/what-is-sel/
Evidence suggests ways SEL impacts academic success:

* Fewer behavioral problems making more time for teaching/learning
* Stronger relations between teachers/students, peers, families, others
* Greater commitment to school because caring relationships exist
* Schools become safe spaces that reinforce positive behaviors
* Increased self-awareness and confidence which translates into students trying harder and persisting
* Problem solving and responsible decision making skills encourage studying harder and completing homework
* Encourages self regulation, motivating self and managing stress to set higher academic goals and get better grades
Similarities

Collaborative for Academic Social Emotional Learning

Whole School, Whole Community, Whole Child
What is **Comprehensive Health Education**?

A comprehensive curriculum is one that is **broad in scope and content**; addresses numerous health problems, issues, or topics; and includes a set of instructional strategies and learning activities for students in **pre-K through grade 12** to acquire the knowledge, attitudes and skills to address multiple health outcomes.
Characteristics of an Effective Health Education Curriculum

• Teaching functional health information (essential knowledge)

• Shaping personal values and beliefs that support healthy behaviors
Characteristics of an Effective Health Education Curriculum, con’t

- Shaping group norms that value a healthy lifestyle
- Developing the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors.
Why are SEL and Health are important?

SEL

Addresses student learning barriers by

• Enhancing attachment to school.
• Reducing risky behavior
• Promoting positive development.
• Influencing positive academic achievement

Health

Addresses the knowledge and skills that

• Connect students to school and meaningful adults
• Reduce risky behavior
• Increase knowledge and skills
• Enhance academic success
• Provide skill practice for life and work in the 21st century

Indicators of School Quality: SEL – State ESSA Plans to Support Student Health and Wellness: A Framework for Action. Alliance for a Healthier Generation, Healthy Schools Campaign
Similarities

Collaborative for Academic Social Emotional Learning

Whole School, Whole Community, Whole Child

Health Standards
1. Core Concepts
2. Analyzing Influences
3. Accessing Information
4. Communication
5. Decision Making
6. Goal Setting
7. Practicing Health Enhancing Behavior
8. Advocacy
SEL and 21st Century Learning Skills

SEL

Addresses student learning barriers by
• Enhancing attachment to school.
• Reducing risky behavior
• Promoting positive development.
• Influencing positive academic achievement

21st Century Skills

Addresses the knowledge and skills that
• Health Literacy
• Life and Career Skills
• Critical Thinking
• Communication
• Collaboration
• Creativity

Indicators of School Quality: SEL – State ESSA Plans to Support Student Health and Wellness: A Framework for Action. Alliance for a Healthier Generation, Healthy Schools Campaign
3. Identify how comprehensive health education addresses SEL.

* Both are steeped in Knowledge, Attitudes and Behaviors
* Both are about self, family, and community
* Both shape group norms
* Both require reinforcement and reinoculation over time
* Both require application to new situations
* Other
HECAT
Developed by CDC

• Health Education Curriculum Analysis Tool (HECAT) developed by the Centers for Disease Control – cdc.gov

https://www.cdc.gov/healthyyouth/hecat/index.htm

• Tool includes health behavior outcomes for mental and emotional health for Prek-12
Examine 2 models of SEL standards and competencies.

- **Blaine County School District, Hailey ID**
- **Anchorage School District**
ASD K-12 SEL Competencies

Self-Awareness: Knowing what we are feeling in the moment: having a realistic assessment of our own abilities and a well-grounded sense of self-confidence.

Self-Management: Handling our emotions so they facilitate rather than interfere with the task at hand; being conscientious and delaying gratification to pursue goals; persevering in the face of setbacks and frustrations.

Social Awareness: Understanding what others are feeling; being able to take their perspective; appreciating and interacting positively with diverse groups.

Social Management: Handling emotions in relationships effectively; establishing and maintaining healthy and rewarding relationships based on cooperation, resistance to inappropriate social pressure, negotiating solutions to conflict, and seeking help when needed.
ASSET 28: CHILD VALUES INTEGRITY.

**SELF-MANAGEMENT**

Students demonstrate honesty/integrity.
I can act in an honest manner.

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<thead>
<tr>
<th></th>
<th>Indicators</th>
<th>Sample Activities</th>
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<tbody>
<tr>
<td><strong>Early Elementary</strong></td>
<td>• Distinguish between a truth and a lie.</td>
<td>• Students do a puppet show or write a story about a child not telling the truth.</td>
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<td></td>
<td>• Analyze the consequences of lying and/or breaking classroom/school rules.</td>
<td>• Students help in the development of classroom procedures and consequences.</td>
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<td></td>
<td>• Understand the importance of telling the truth.</td>
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<td><strong>Late Elementary</strong></td>
<td>• Show willingness to tell the truth in a difficult situation, while honoring personal boundaries.</td>
<td>• Students role-play scenarios where telling the truth would be hard and discuss strategies and reasons why they would want to tell the truth anyway.</td>
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<td></td>
<td>• Identify reasons why honesty is a valued trait.</td>
<td>• Identify historical characters whose integrity improved a situation.</td>
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<td></td>
<td>• Analyze the outcomes of dishonesty.</td>
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<td><strong>Middle School</strong></td>
<td>• Activate personal integrity as a tool to resist negative peer pressure.</td>
<td>• Read a story (for example The Chocolate War) and discuss the character's response to peer pressure. Students do a comparison to how they would respond.</td>
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<td></td>
<td>• Evaluate how honesty contributes to lifelong success and relationship building.</td>
<td>• Students write about a time when it...</td>
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SEL Instructional Practices Inventory
ASD K-12 SEL Standards

Social and emotional learning (SEL) can be infused throughout the four domains of teaching practice: planning and preparation; the classroom environment; instruction; and professional responsibilities. Following is a list of instructional practices connected to the ASD K-12 SEL Standards. These practices support students in developing and practicing the skills embedded in the SEL standards throughout the school day and while engaged in academic content. Place a check next to the answer that most describes your teaching practice.

<table>
<thead>
<tr>
<th>SEL in General</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
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<tr>
<td>Environment I have the ASD K-12 SEL standards displayed in my classroom.</td>
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<tr>
<td>Environment I refer to the ASD K-12 SEL standards throughout the day and/or class period.</td>
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<td>Environment My work area is accessible to students, but not front and center.</td>
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<td>Instruction I use closure questions to help students reflect on their learning and imagine ways they will apply the new learning to their own lives.</td>
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<td>Instruction I directly teach the skills embedded in the ASD SEL standards and give opportunities for students to practice them in class.</td>
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<tr>
<td>Instruction I give timely, supportive, and clear feedback.</td>
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<tr>
<td>Planning I intentionally plan for and prepare to infuse the ASD SEL standards into my lesson plans and throughout the day in my classroom.</td>
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<td>Responsibility I reflect on my SEL teaching practice and use this information in future teaching.</td>
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In Summary...

SEL is associated with academic performance, attitudes towards school, & promotes better citizenship and future employees. It is a process whereby students learn to integrate thinking, feeling and behaving to achieve life tasks.

Be intentional
(mindful and purposeful)

Make it meaningful and relevant – CHE is one concrete approach without adding one more thing!
Thank you!

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