

A Few Quick Resources to Support Teaching of Aligned Skills Reflected in the PA Career Ready Skills

| Student Skills              | General Description                                                                                                                                                                                                 | Instruction / Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Self-Awareness              | This short video clip (4:34) by Rocket Kids describes 5 essential skills needed for self-awareness.                                                                                                                 | Before watching the clip have students generate their own ideas of what self-awareness is about and why being self-aware is important. Then have the students view this brief video clip.<br><a href="#">What is Self-Awareness + 5 reasons it's important - YouTube</a><br>Follow-up by debriefing and connect the 5 essential skills highlighted in to daily experiences that your students have encountered in the past. Embed self-awareness within your behavior matrix in your classroom.     |
| Self-Awareness              | The Emotion Wheel expands students' ability to identify and define different emotions they are experiencing and helps to build their emotional vocabulary.                                                          | There is an array of visual figures and graphics that are described as the Emotion Wheel. Utilize this link to go (through Pinterest) to access a menu of visual displays that can be used to help students increase their ability to identify different emotions they experience as well as to help them to be able the words (vocabulary) they can use to describe how they are feeling across a series of simulated scenarios as well as real-life situations.<br><a href="#">Emotions Wheel</a> |
| Self-Awareness              | The <u>Window of Tolerance</u> video (3:42) clip introduces youth to the concept of understanding our own window of tolerance and finding the sweet spot of our Optimal Best. .                                     | This brief video can help students to understand the roller coaster of feelings that they experience throughout the ebb and flow of their daily life. This brief video can serve as a simple orientation to becoming increasingly aware of the ups and downs of daily life and helps set the stage for teaching self-regulation skills.<br><a href="https://www.youtube.com/watch?v=XQfnxlnlMOg">https://www.youtube.com/watch?v=XQfnxlnlMOg</a>                                                    |
| Self-Regulation             | The <u>Emotional Regulation Action Plan</u> resource was developed through Wisconsin's Department of Public Instruction and provides an opportunity for each student to create their own emotional regulation plan. | The <u>Emotional Regulation Action Plan</u> provides guidelines for use by educators across grade-levels bands of Early Childhood – 2 <sup>nd</sup> Grade, Grades 3 – 5, and Middle – High School. The link here provides access to the Middle-High School <u>Emotional Regulation Action Plan</u> .<br><a href="#">secondaryeregplan.pdf</a>                                                                                                                                                       |
| Self-Awareness & Regulation | Each of these grounding practices (mindfulness, yoga, meditation, and                                                                                                                                               | Start by sharing information to increase awareness of each of these types of grounding practices. In turn, work the students on an individual level to identify the one practice                                                                                                                                                                                                                                                                                                                    |

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|                        | breathing exercises) helps calm the brain.                                                                                                        | <p>that they are willing to try-out. It is typically best to focus on one grounding practice based on the student's preference and to support that student to consistently engage with the selected grounding practice for a targeted period of time (e.g., at least once per day during a targeted time in their daily schedule). Duration of engagement during any one particular session will vary based on many factors including the nature of the grounding practice.</p> <p>Mindfulness: <a href="#">Mindfulness</a></p> <p>Yoga: <a href="#">Example</a> for exploring emotions and feelings.</p> <p>Meditation: May work greatly facilitated by use of <a href="#">Calming Music</a></p> <p>Breathing Exercises: Teach: students to use the 4,7,8 technique (Breathe in for 4, hold for 7, breathe out for 8) repeating this process until feeling calm... or at least calmed-down when feeling stressed. This can be facilitated by use of the cell phone App known as "Calm".</p> |
| Social Problem-solving | Discuss options for what that person might do to solve the problem, possible consequences for their choices, and what the best decision might be. | <p>Teaching social problem-solving skills is a foundational aspect of any evidence-based social emotional learning curriculum. However, in the event that you do not have access to such a fully developed curriculum, you can access an extensive array of social problem-solving scenarios via simple google search.</p> <p><a href="#">Social problem-solving scenarios for students</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Perspective-taking     | Teach youth how to react with empathy when someone is in a vulnerable state.                                                                      | <p>A vast array of both free and for purchase activities and scenarios cards (and games) are available to teach students about empathy through a simple google search using any of the following terms:</p> <p><a href="#">Perspective-taking Activities</a></p> <p><a href="#">Perspective-taking Scenarios</a></p> <p><a href="#">Perspective-Taking-Scenarios-Social-Skills-for-Middle-High-School</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

#### A Few Additional Aligned Resources

| Focus/Title                          | General Description                                                              | Instruction / Activities                                                                     |
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| Emotional Intelligence Exercise Pack | This exercise packet developed through <a href="#">PositivePsychology.com</a> is | These materials are free and provide guidance as to ways in which the activities highlighted |

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|                     | downloadable in PDF. The three activities can be used to opportunities to build emotional awareness and regulation.                                                                                                                                             | can be structured to enhance self-awareness and regulation.<br><a href="#">3-Emotional-Intelligence-Exercises-1.pdf (positivepsychology.com)</a>                                                                                                                                 |
| Dialogue Circles    | This brief four-minute video highlights the use of Dialogue Circles to teach students self-awareness and regulatory skills as well as related prosocial skills and social problem solving as well as empathy in a manner that can enhance classroom management. | Depending on the nature of the program or classroom, Dialogue Circles can be used every morning and afternoon. Dialogue Circles can also be embedded within the context of morning meetings.<br><a href="#">Using Dialogue Circles to Support Classroom Management - YouTube</a> |
| Restorative Circles | This publication explains how to use different types of restorative circles to reinforce prosocial skills that align with social emotional learning (as well as PA CRS).                                                                                        | Restorative Circles can be used anytime during the day (e.g., a conflict arises between two students. Everyone gets into a circle and you work through the issue using the concepts highlighted in this resource).<br><a href="#">Restorative Circles</a>                        |
| Zones of Regulation | The Zones of Regulation is a systematic, behavioral curriculum used to teach youth how to regulate their feelings, energy, and sensory needs in order to meet the demands of the situation at hand and to become increasingly socially successful.              | The website for Zones of Regulation is comprised of resources that are available for free as well as purchase.<br><a href="https://www.zonesofregulation.com/index.html">https://www.zonesofregulation.com/index.html</a><br>!                                                   |