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What is Social-Emotional Learning (SEL)?

SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions.

- Social-Emotional Learning (SEL) Information
 - [What is SEL and why it is important](#)
 - [SEL for Parents](#)
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Second Step: Second Step is a curriculum used by Greene County Elementary's school counselors and teachers on a regular basis. Second Step SEL is research-based, teacher-informed, and classroom-tested to promote the social-emotional development, safety, and well-being of children.

The *Second Step* program teaches skills in the following areas:

1. **Skills of Learning:** (1) Listen, (2) Focus Attention, (3) Self-Talk, (4) Be Assertive
Students gain skills to help themselves learn, including how to focus their attention, listen carefully, use self-talk to stay on task, and be assertive when asking for help with schoolwork.
2. **Empathy:** Feeling how others feel.
Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
3. **Compassion:** Empathy in action.
4. **Emotional Regulation:** Identifying the emotions you are feeling by awareness of how your body feels and taking steps to get to a calm emotional state.
Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.

When you have big feelings, follow these three steps:

- (1) STOP
- (2) Name your feelings,
- (3) Calm down

Below are links to songs utilized during lessons to support social and emotional skill development. These songs can be used in a variety of ways. For example, utilize them in a game of hot potato, musical chairs etc.

- [Be A Learner Song \(Grades K-1\)](#)
- [Calm Down Song \(Grades K-1\)](#)
- [Be a Learner Song \(Grades 2 & 3\)](#)
- [Calm it Down Dance \(Grades 2-3\)](#)
- [Empathy Song \(4th Grade\)](#)
- [Calming Down Video \(4th grade\)](#)

Additional SEL Resources:

- [MindYeti](#) videos provide mindfulness instruction and meditation scripts for a variety of moods and needs.
- [Cosmic Kids Yoga](#) - Dozens of yoga activities set to stories or music for kids to help with focusing, grounding, and mindfulness. And they are fun!
- [Games & Activities to Teach Self Regulation](#) Self regulations skills help children deal with life and school situations. These games/activities are a great avenue to practice these skills.
- [GoNoodle for Families](#) are videos that promote movement and mindfulness.
- [BrainPop Health](#) allows you to explore valuable information regarding physical and mental health with your children through the use of fun videos and activities.
- [Career View](#) is a fun way to explore a number of careers with students.
- [DIY Calming Glitter Jar](#) - easy-to-make calming jar that can be used as a timer or to focus or help calm when kids are over stimulated, stressed, or wound up.
- [DIY Stress Balls](#) - Make your own stress balls at home using a balloon, cornstarch, and water. Stress balls can help to increase focus and to alleviate physical tension in our bodies.
- [Mindfulness Resources](#) - This resource includes additional links to mindfulness videos, apps, websites and activities.
- [Big Life Kids Podcast](#) is a growth mindset podcast for children. It teaches about persisting through challenges, believing in yourself, and learning from your mistakes.
- [Top 50 Mindfulness Resources for Children and Teens Website](#)

- [Help Your Family De-Stress During Coronavirus Uncertainty](#) - This blog post offers a few ideas for how to enact self-care for the whole family - with the help of media and tech, and sometimes without it.
- [Supporting Kids During the Coronavirus Crisis](#) - Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress and keep the peace.

More Family Fun Activities:

- [Stay At Home Games & Activities](#)
- [Ideas for Quarantine/Social Distancing](#)
- [The Juicebox Jukebox](#) provides music videos for a variety of school-related content areas. Below are two of our favorites that promote development of social-emotional skills.
 - [Kindness](#)
 - [Thankful](#)
- [Vooks](#) - A kid-safe, streaming library of read-aloud animated storybooks. (free trial)
- [87 Energy-Busting Indoor Games & Activities For Kids](#)