

Professional Development

Session One:

Introduction, Mental Health Statistics, and the impact of Social Emotional Learning



Learning Target

I can identify the importance of Social Emotional Learning and collaborate on strategies to implement it in the classroom.



Overview/Schedule

Introduction

Statistics of Mental Health

Importance of Social Emotional Learning

BREAK

Discussion

How can Social Emotional Learning be implemented into a busy schedule?

Discussion

Closing

Introduction

Mental Health Statistics - why are they important?

What is Social Emotional Learning? What are some of your experiences with it?

What are some initial thoughts of implementing SEL in your classroom?

Take a moment to reflect on your daily schedules. From a first thought, what ideas do you have to implement SEL? Do you feel you have time in your schedule?

Take a moment to reflect on what support you might need to effectively implement SEL in your classroom. Write down your thoughts.

K-W-L Chart

Topic: _____

What I **K**now

What I **W**ant to Know

What I **L**earned

Statistics of Mental Health

7.1% of children aged 3-17 are diagnosed with anxiety.*

3.2% of children aged 3-17 are diagnosed with depression.*

1 in 6 children aged 2-8 are diagnosed with a mental, behavioral, or emotional disorder.*

25% of 5th grade students who responded to the Minnesota Student Survey, responded that they feel sad often and they don't know why.

According to the NIMH, suicide is the 2nd leading cause of death ages 10-24.

*CDC, 2021.

The Importance of Social Emotional Learning

Definition of SEL: The process which individuals develop the necessary skills, attitudes, and values to acquire social-emotional competencies.

Five Competencies of SEL

With children's depression and other mental illnesses on the rise, the benefits of SEL are being discussed more often.

Through studies, it has been shown that teacher-classroom settings are most effective for teaching SEL.

SEL is most effective when it is taught throughout the entire school.

BREAK

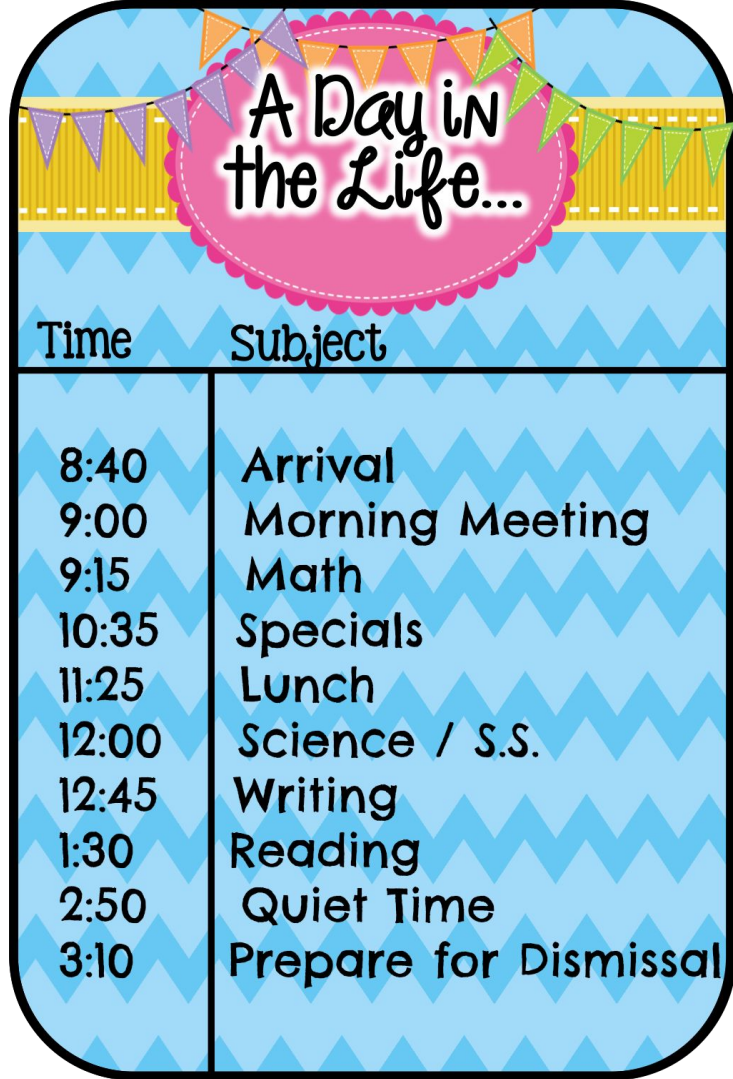
Discussion (5 mins)

How much time do you set aside for Literacy and Math?

Do you feel you have enough time in your schedules to incorporate Social Emotional Learning?

When we come back from our discussion, one person from each group will share what they noticed from their discussions with their groups.

Daily Schedule



A Day in the Life...

Time	Subject
8:40	Arrival
9:00	Morning Meeting
9:15	Math
10:35	Specials
11:25	Lunch
12:00	Science / S.S.
12:45	Writing
1:30	Reading
2:50	Quiet Time
3:10	Prepare for Dismissal

How can Social Emotional Learning be incorporated in the schedules?

One of the best content areas to incorporate SEL into is Literacy.

Picking appropriate SEL read alouds.

Having writing opportunities that are relevant to SEL.

Including SEL related activities in morning circles.

Group Break-out Session

Collaborate with your teammates on areas you feel SEL could be effectively implemented.

Where in your schedule does it work best?

How much time do you feel is needed for literacy and math?

Where would you like to incorporate SEL?

Closing

Do you feel incorporating SEL into your schedule is doable? Why or why not?

What are your thoughts on today's session? Are you overwhelmed? Motivated?

What is one takeaway from today that you feel has stuck with you?