

# Professional Development Session Two:

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The importance of teachers mental health, common  
mental illnesses

# Learning Target

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I can collaborate with my group members to find effective ways to incorporate social emotional learning in my classroom.

# Overview/Schedule

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Introduction

Check In

Teacher Support

Discussion

BREAK

Workshop

Common Mental Illnesses

Closing

# Introduction

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Checking-in... what have you implemented in since our last meeting? What have been your successes? Your pitfalls?

How hard do you feel teaching is?

The importance of support.

Common mental illnesses you will likely see in your classroom.

# K-W-L Chart

Topic: \_\_\_\_\_

What I <b>K</b> now	What I <b>W</b> ant to Know	What I <b>L</b> earned

# Check In

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What have you done to implement Social Emotional Learning in your schedules?  
What has worked? What hasn't worked?

What are some benefits you feel you can see by implementing Social Emotional Learning?

What are some of your initial ideas or wonderings about implementing Social Emotional Learning?

# The Importance of Teachers' Mental Health

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The teaching profession is internationally recognized as highly demanding (Johnson et al., 2005; Trevors, 2001), with evidence in high prevalence of stress, fatigue, and burnout reported by teachers from multiple countries (Katz, Greenberg, Jennings, & Klein 2016; Steinhardt, Smith Jagers, Faulk, & Gloria, 2011; Wang, Hall, & Rahimi, 2015).

Positive school climate can be supported by prioritizing collaboration and innovation in a school.

First year teachers are not exposed to common stressors they will see when they are teaching.

# Teacher Share Out

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What are some ways you would like to see school climate change?

How would you like to be supported at school?

What are some stressors you experience as a teacher?



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**BREAK**

# Common Mental Illnesses

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Anxiety

ADHD

Depression and other mood disorders

Eating disorders

# Discussion (10 mins)

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What are some of your personal experiences with these illnesses?

What comes to mind when you hear these illnesses?

Do you feel you have encountered any students who may have had some of these illnesses?

# SEL Curriculums

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There are different SEL curriculums that are commonly used in elementary schools.

Some of those are:

Second Step, Positive Action, Pathway 2 Success

There is a PD program called Responsive Classroom that prioritizes SEL and classroom management.

# Workshop

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With your small group - comprised of same grade level teachers, look at your schedule and your lesson plans for the upcoming week. Where could Social Emotional Learning be implemented? Could you incorporate it into Literacy or Math? What are some ways this can be done?

# Closing

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Not every child has a mental illness, but every child can experience negative mental health symptoms.

First year teachers and experienced highly benefit from a positive school climate.

What are some of the drawbacks of following a SEL curriculum? What are the benefits?

On a Post-It write down one thing you would like to see implemented at your school to enhance teacher support.