

180 Days of Social-Emotional Learning for Kindergarten



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Introduction

“SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.” (CASEL 2020)

Social-emotional learning (SEL) covers a wide range of skills that help people improve themselves and get fulfilment from their relationships. They are the skills that help propel us into the people we want to be. SEL skills give people the tools to think about the future and manage the day-to-day goal setting to get where we want to be.

The National Commission for Social, Emotional, and Academic Development (2018) noted that children need many skills, attitudes, and values to succeed in school, future careers, and life. “They require skills such as paying attention, setting goals, collaboration and planning for the future. They require attitudes such as internal motivation, perseverance, and a sense of purpose. They require values such as responsibility, honesty, and integrity. They require the abilities to think critically, consider different views, and problem solve.” Explicit SEL instruction will help students develop and hone these important skills, attitudes, and values.

Daniel Goleman (2005), a social scientist who popularized SEL, adds, “Most of us have assumed that the kind of academic learning that goes on in school has little or nothing to do with one’s emotions or social environment. Now, neuroscience is telling us exactly the opposite. The emotional centers of the brain are intricately interwoven with the neocortical areas involved in cognitive learning.” As adults, we may find it difficult to focus on work after a bad day or a traumatic event. Similarly, student learning is impacted by their emotions. By teaching students how to deal with their emotions in a healthy way, they will reap the benefits academically as well.

SEL is doing the work to make sure students can be successful at home, with their friends, at school, in sports, in relationships, and in life. The skills are typically separated into five competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

How to Use This Book

Using the Practice Pages

This series is designed to support the instruction of SEL. It is not a curriculum. The activities will help students practice, learn, and grow their SEL skills. Each week is set up for students to practice all five SEL competencies.



Day 1—Self-Awareness



Day 2—Self-Management



Day 3—Social Awareness



Day 4—Relationship Skills



Day 5—Responsible Decision-Making

Each of the five competencies has subcategories that are used to target specific skills each day. See the chart on pages 10–11 for a list of which skills are used throughout the book.

Each week also has a theme. These themes rotate and are repeated several times throughout the book. The following themes are included in this book:

- self
- friends
- family
- neighborhood
- school

This book also features one week that focuses on online safety.

How to Use This Book *(cont.)*

Using the Resources

Rubrics for connecting to self, relating to others, and making decisions can be found on pages 197–199 and in the Digital Resources. Use the rubrics to consider student work. Be sure to share these rubrics with students so that they know what is expected of them.

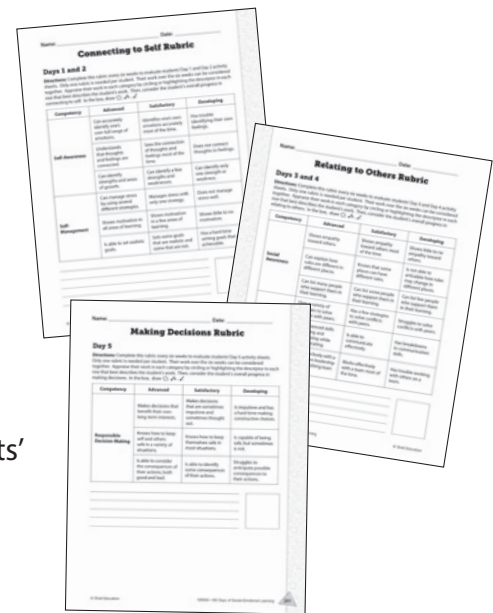
Diagnostic Assessment

Educators can use the pages in this book as diagnostic assessments. The data analysis tools included with this book enable teachers or parents/caregivers to quickly assess students' work and monitor their progress. Educators can quickly see which skills students may need to target further to develop proficiency.

Students will learn how to connect with their own emotions, how to connect with the emotions of others, and how to make good decisions. Assess student learning in each area using the rubrics on pages 197–199. Then, record their overall progress on the analysis sheets on pages 200–202. These charts are also provided in the Digital Resources as PDFs and Microsoft Excel® files.

To Complete the Analyses:

- Write or type students' names in the far-left column. Depending on the number of students, more than one copy of each form may be needed.
- The weeks in which students should be assessed are indicated in the first rows of the charts. Students should be assessed at the ends of those weeks.
- Review students' work for the day(s) indicated in the corresponding rubric. For example, if using the Making Decisions Analysis sheet for the first time, review students' work from Day 5 for all six weeks.



Skills Alignment

Each activity in this book is aligned to a CASEL competency. Within each competency, students will learn a variety of skills. Here are some of the important skills students will practice during the year.



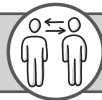
Self-Awareness

| | |
|--------------------------------|------------------------|
| Identifying Emotions | Developing Interests |
| Personal and Social Identities | Values |
| Cultural and Linguistic Assets | Understanding Emotions |
| Honesty | Examining Biases |
| Identifying Personal Strengths | |



Self-Management

| | |
|-----------------------|-------------------|
| Managing Emotions | Self-Motivation |
| Personal Agency | Stress Management |
| Helping Others | Setting Goals |
| Self-Discipline | Planning |
| Organizational Skills | Self-Monitoring |



Social Awareness

| | |
|-----------------------------|-------------------------------|
| Taking Others' Perspectives | Identifying Social Norms |
| Helping Others | Compassion |
| Empathy | Recognizing Others' Strengths |
| Gratitude | Social Norms |
| Integrity | |

Skills Alignment *(cont.)*



Relationship Skills

Making Friends

Resolving Conflicts

Positive Relationships

Leadership

Effective Communication

Standing Up for Others

Resisting Peer Pressure

Teamwork

Nonverbal Communication

Seeking Help

Cultural Differences



Responsible Decision-Making

Identifying Solutions

Curiosity

Solving Problems

Considering Options

Critical Thinking

Making Reasoned Judgements

Anticipating Consequences

Evaluating Consequences

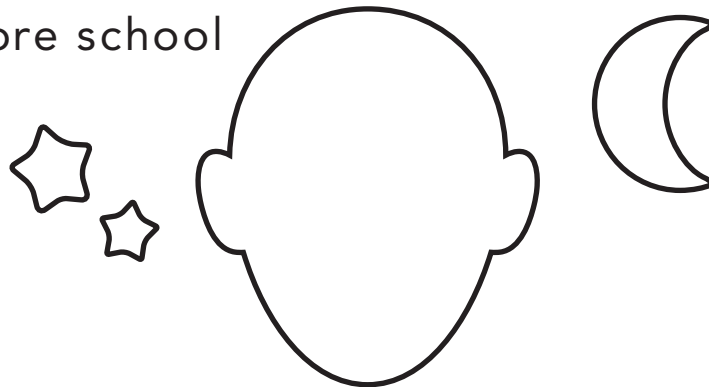
Name: _____ Date: _____

How You Feel

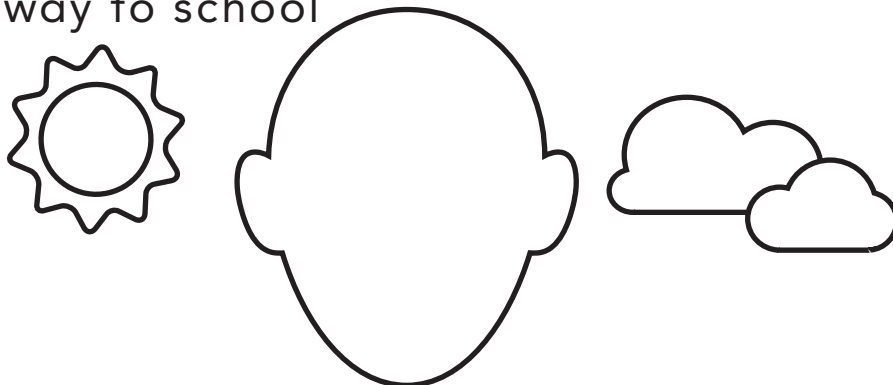
School may be a new place. You will have a lot of feelings about it.

Directions: Draw what your face looked like the night before school. Draw what it looked like on your way to school. Draw what it will look like after school.

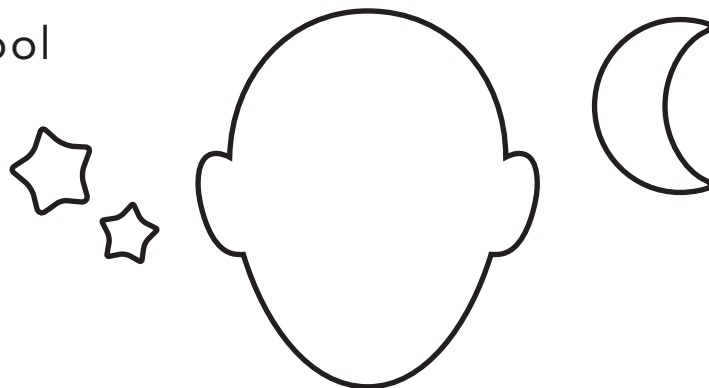
night before school



on your way to school



after school



Adult Directions: Discuss how students felt before school and how they might feel after school. Talk about what those emotions would look like.

Name: _____ Date: _____

How You Feel

It can be hard to sit still. You can move just one part of your body.

Directions: Try each action. Circle one that feels good to you.

shoulder circles



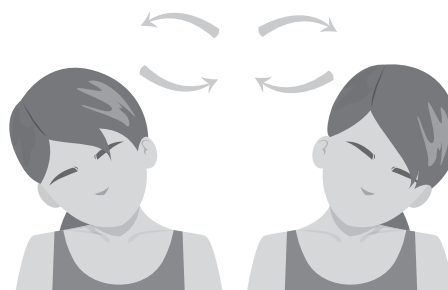
finger presses



slow breathing



head rolls



Name: _____ Date: _____

How Other People Feel

People do not all feel the same. You can look at their faces. That can show how people are feeling.



Focus on Self
Social Awareness

Directions: Circle the happy face in yellow. Circle the sad face in blue. Circle the mad face in orange. Circle the nervous face in green.



Adult Directions: Help students identify what the different emotions mean and how they feel.

Name: _____ Date: _____

Make New Friends

It is fun to find new friends. You can make a friend by doing things together.



Directions: Draw one thing you can do with a friend.

Name: _____ Date: _____

Take a Break

Learning can make you tired. You may need to take a break. There are many ways to let your brain rest.

Directions: Color the break you like the most.



Responsible Decision-Making

Focus on Self