



Focusing on social and emotional learning and student success: Experiences and resources

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Link to slides: <https://learningforward.org/wp-content/uploads/2021/11/Webinar-11-04-21.pdf>

Contact info for the panelists:

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- Angelyn K. Nichols - Angelyn.Nichols@vbschools.com
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Resources from panelists:

From Elizabeth Foster (Learning Forward moderator):

- [The SEL Skills That May Matter Most for Academic Success: Curiosity and Persistence](#)
- [Book: Teaching with a Social, Emotional, and Cultural Lens](#)

From Rebecca Bailey

- [Aspen Commission Evidence Report](#)
- [Summary of SEL Meta-Analyses](#)
- [Future of Children, Special Issue on SEL](#)
- [Persevering Through the Pandemic, research report from Zaentz Early Learning Institute at Harvard](#)
- [Coping with Challenges: SEL Through Play, free online course created by LEGO, EASEL, and other partners](#)
- [Brain Games via Greater Good Science Center](#)
- [Brain Games Impact Evaluation Paper](#)
- [SEL Kernels on Greater Good website](#)
- [Kernels in OST Settings](#)
- [Updated and Expanded PreK-5 SEL Guide](#)
- [Equity in SEL Programs paper](#)
- [Webinar: SEL and Equity: Beginning with Adults by EASEL team members, Thelma Ramirez and Emily Meland](#)
- [Harvard University Website: Explore SEL](#)
- [Analysis: Social-Emotional Learning Is Important. But What Do All Those SEL Terms, Concepts & Ideas Actually Mean for the Classroom? New Online Tool Helps Sort Them Out](#)

From Lorea Martinez

- [Book: Teaching with the HEART in Mind: A Complete Educator's Guide to Social Emotional Learning](#)
- [Heart in Mind website: Resources](#)

From Angelyn Nichols

- [SEL Messaging Maps - Classroom version](#)
- [VBCPS SEL Message Map](#)
- [VBCPS Resource Page](#)

From Kristen Rulison

- [SEL Guide](#)
- [SEL Signature Practices Playbook for Adults and Students](#)

Learning Forward resources:

- [Learn how we can help you establish a clear strategy for recovery and reinvention planning](#)
- [Join us December 5-7 for Learning Forward's Virtual Conference](#)
- [Use the Professional Learning State and District Planner](#)
- [Read articles from our latest magazine issue: Leadership under stress](#)
- [Learning Forward webinars](#)
- [Learning Forward blog](#)
- [Get \\$10 off any new Learning Forward membership using the code: LFWebinars](#)

Participants share supportive SEL strategies:

- Compassionate curiosity
- Tier 1 Community Building Circles and Class Meetings
- Square breathing
- EFT Tapping
- Mood meter to high schoolers
- Warm welcome activities that connect to gratitude
- Flower breaths
- Yoga
- Responsive classroom strategies and practices
- Having a slide at the start of sessions with various humorous photos: which photo connects with participants and why
- Frequent quick conversations with as many students as I can in a day



- Asking students to share personal things at the beginning of a lesson such as their favorite vacation, their favorite thing to do in the fall, etc.
- Bright by Text service with DAP activity tips for parents
- Lots of relationships building with and between students: Significant 72!