



POPEY

Provincial Outreach Program

for the Early Years

www.popey.ca

Literacy, SEL, and Global Citizenship in Your K–3 Classroom

Presenters:
Lisa Thomas & Jen Kelly

Wednesday, February 15th

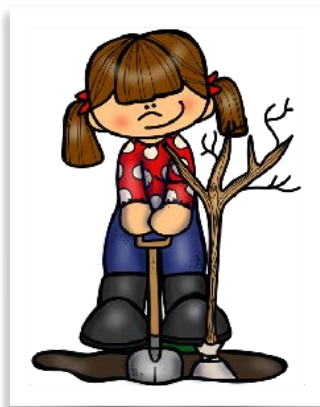
3:15 – 4:15pm

*Workshop resources available at padlet.com/POPEY

Today we are exploring...



Strategies, resources and ideas to incorporate social emotional learning and opportunities for local and global citizenship into K–3 literacy activities



How do you take care of yourself?

Choose and reflect on ONE question, and share your answer in the **chat box**...

1

How do you carve out 'me time' during the work day, and what do you do?

2

How do you unwind & recharge after work?

3

How do you care for yourself when you've had a stressful day?

4

What morning routine helps you prepare emotionally for the day?

5

How do you make time for exercise, and what kind of exercise do you like to do?

6

What do you do with your friends or family that re-energizes you?

The Importance of Nurturing Students' SEL



Marc Brackett ✓
@marcbrackett



I asked 1000s of educators their top concerns about students.

Top 3 are:

- Anxiety/Mental Health
- Emotion Regulation (frustration, focus)
- Behavior (talking back, kindness)

If that doesn't make the case for teaching [#EmotionalIntelligence](#) and [#SEL](#), what will?
[@rulerapproach](#)

5:14 AM · Feb 3, 2023 · 5,061 Views

WHY Social-Emotional Learning?



SEL is how we:

- ★ understand & manage emotions
- ★ set & achieve positive goals
- ★ feel & show empathy for others
- ★ establish & maintain positive relationships
- ★ make responsible decisions

These are **essential skills for success** in school & life

It's about **HOW** teaching & learning happens...

...as well as **WHAT** you teach & **WHERE** you learn

Social & Emotional Learning Builds Life Skills



Self-awareness to develop a healthy sense of who you are, and better understand your thoughts and feelings



Self-management to manage your thoughts, feelings, and actions toward goals



Social awareness to better understand different views and have empathy for others



Relationship skills to communicate and connect, problem solve together, and stand up for others



Responsible decision-making to make constructive choices, analyze our actions, and find solutions

From "What is the CASEL Framework?" on casel.org

BC's Core Competencies



Communication

Communicating
Collaborating



Thinking

Creative Thinking

Critical & Reflective Thinking



Personal and Social

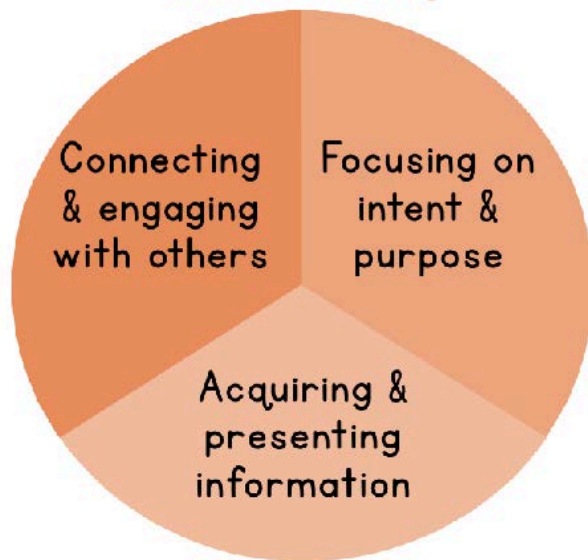
Positive Personal & Cultural Identity

Personal Awareness & Responsibility

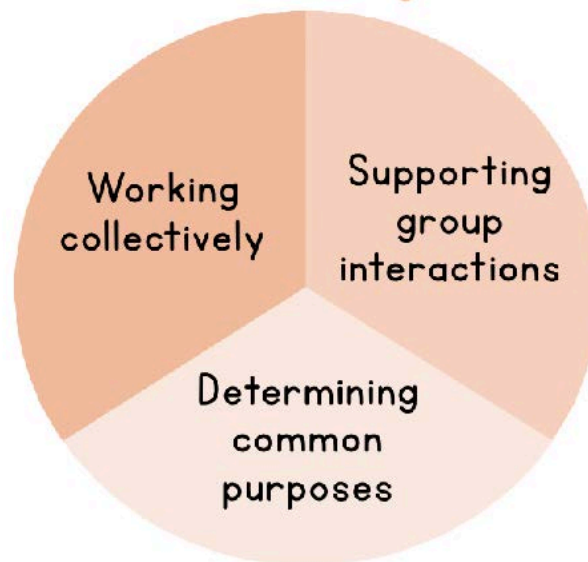
Social Awareness & Responsibility

The Facets of BC's Core Competencies

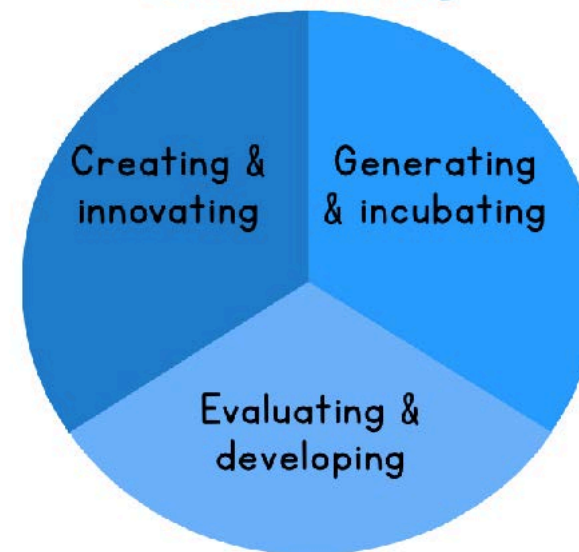
Communicating



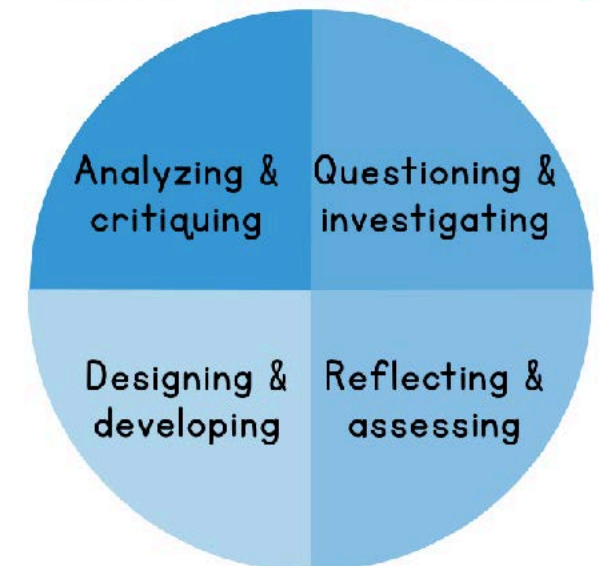
Collaborating



Creative Thinking



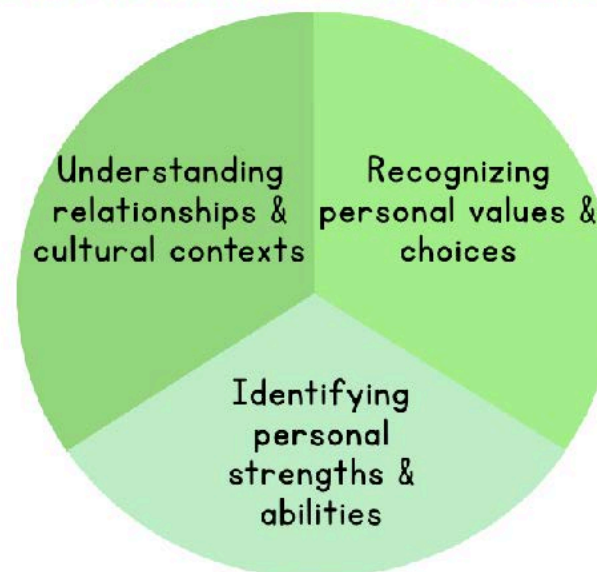
Critical and Reflective Thinking



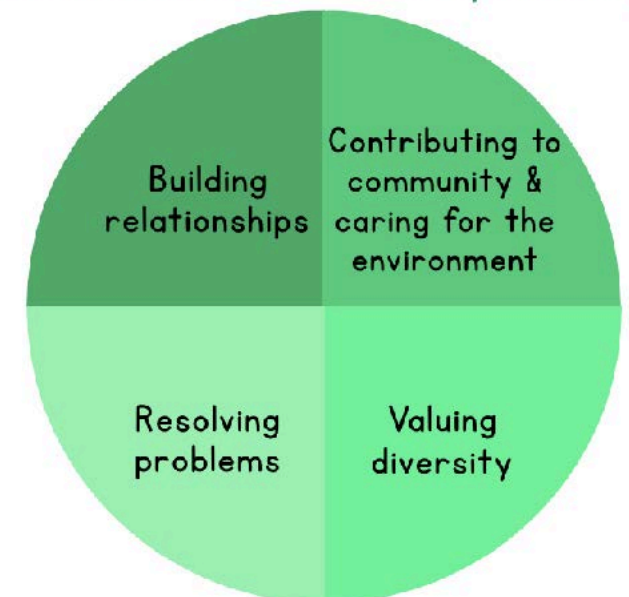
Personal Awareness and Responsibility



Positive Personal and Cultural Identity



Social Awareness and Responsibility

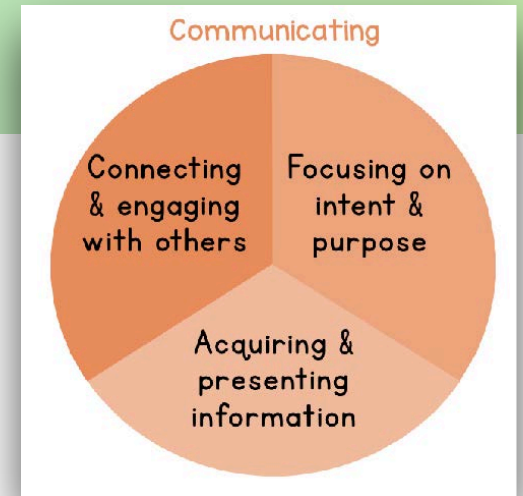
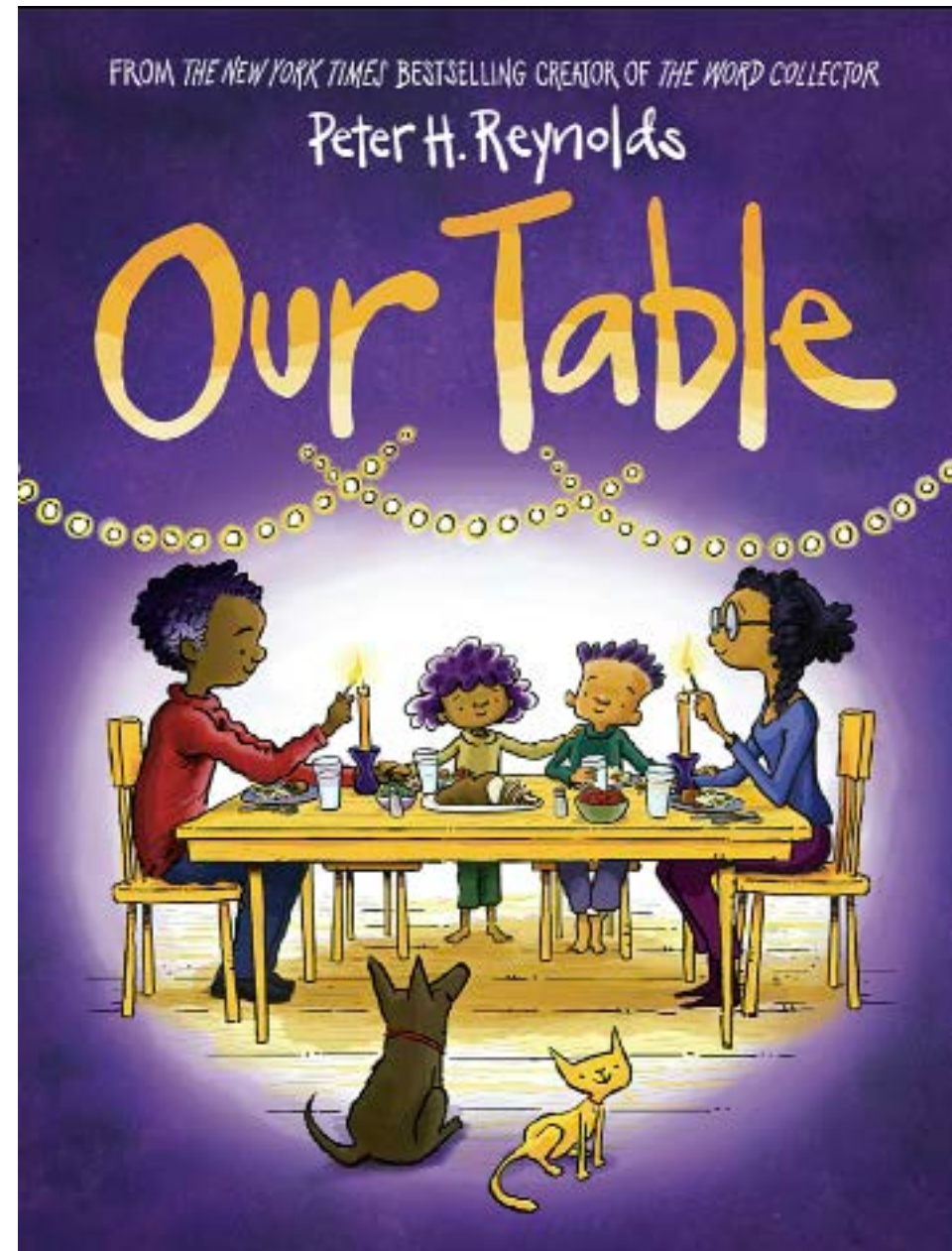


Why Books, the Core Competencies, and SEL?

- ★ easy & fun way to be more intentional about supporting the Core Competencies
- ★ stimulates natural curiosity
- ★ helps children to better understand concepts & life's experiences
- ★ promotes insights into human behaviours, emotions, learning situations...
- ★ helps to develop social, problem-solving, communication, & thinking skills
- ★ helps children to acquire, practice & become fluent in these skills



Our Table - Read Aloud



Our Table - Reflection, Drawing & Writing Activity

★source needed for activity

The table in the book was “a place to come together to share stories and make memories.”

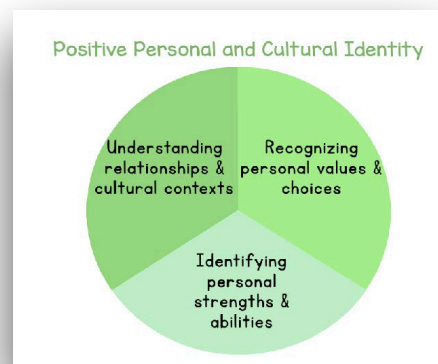
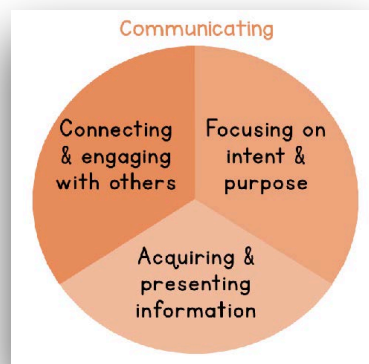
- Draw a picture of a table in your life.
- Include the people you care about at the table.
- Write a brief story (5 – 6 sentences or more) describing a memory you have of a gathering at your table.
- If you'd like to, please share your story in the chat box when the music ends



To: **Everyone** ▾

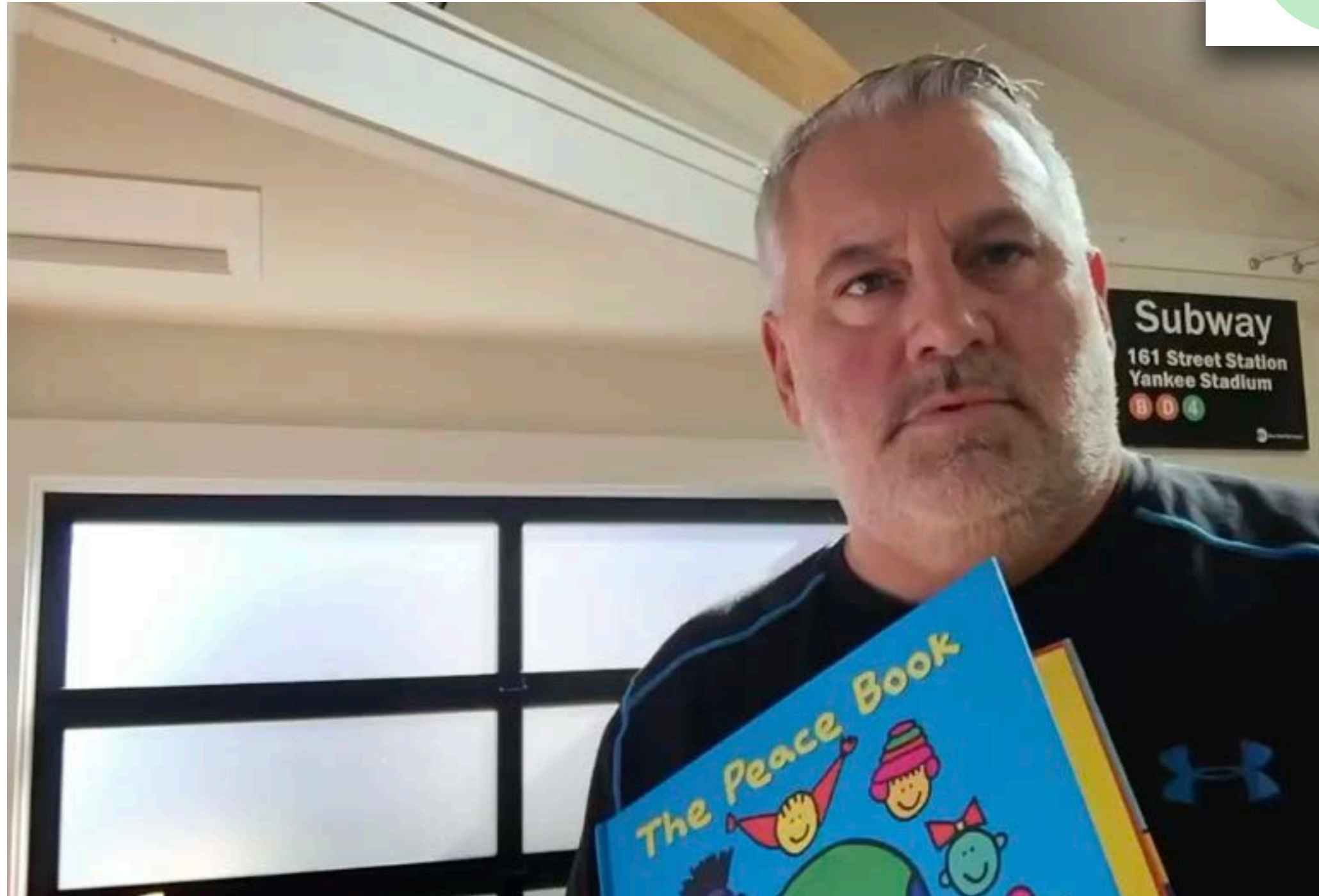
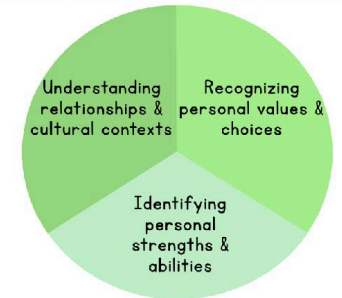
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What competencies does this support?



The Peace Book - Todd Parr Read Aloud

Positive Personal and Cultural Identity



Your Turn - Peace is...

- What comes to mind when you think of the word “peace”?
- Take a minute and see if you can come up with 2 – 3 things to complete the phrase “Peace is...”
- Share your peaceful things in the chat box when the music stops

To: Everyone ▾
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Options for your students:

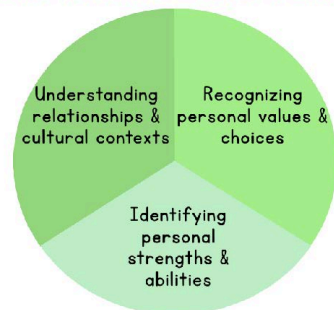
- ★ each student writes and illustrates their own “Peace is...” page
- ★ make a class book out of all the students’ artwork
- ★ students can come up with a few phrases and make/illustrate their own books

What competencies does this support?

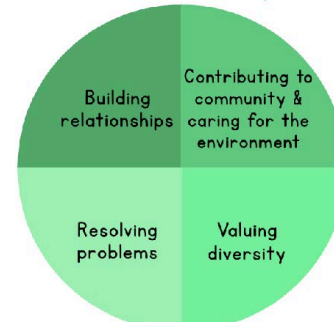
Personal Awareness and Responsibility



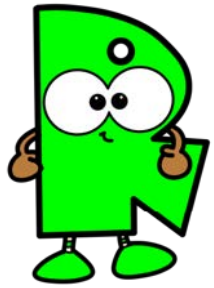
Positive Personal and Cultural Identity



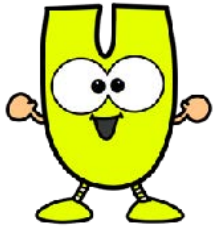
Social Awareness and Responsibility



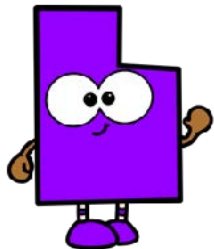
The "RULER" Approach to Social Emotional Learning



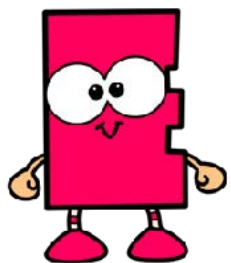
Recognizing emotions in yourself and others



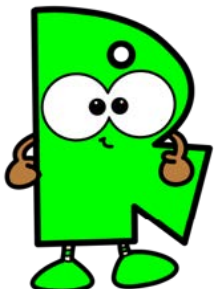
Understanding causes and consequences of emotions



Labeling emotions accurately

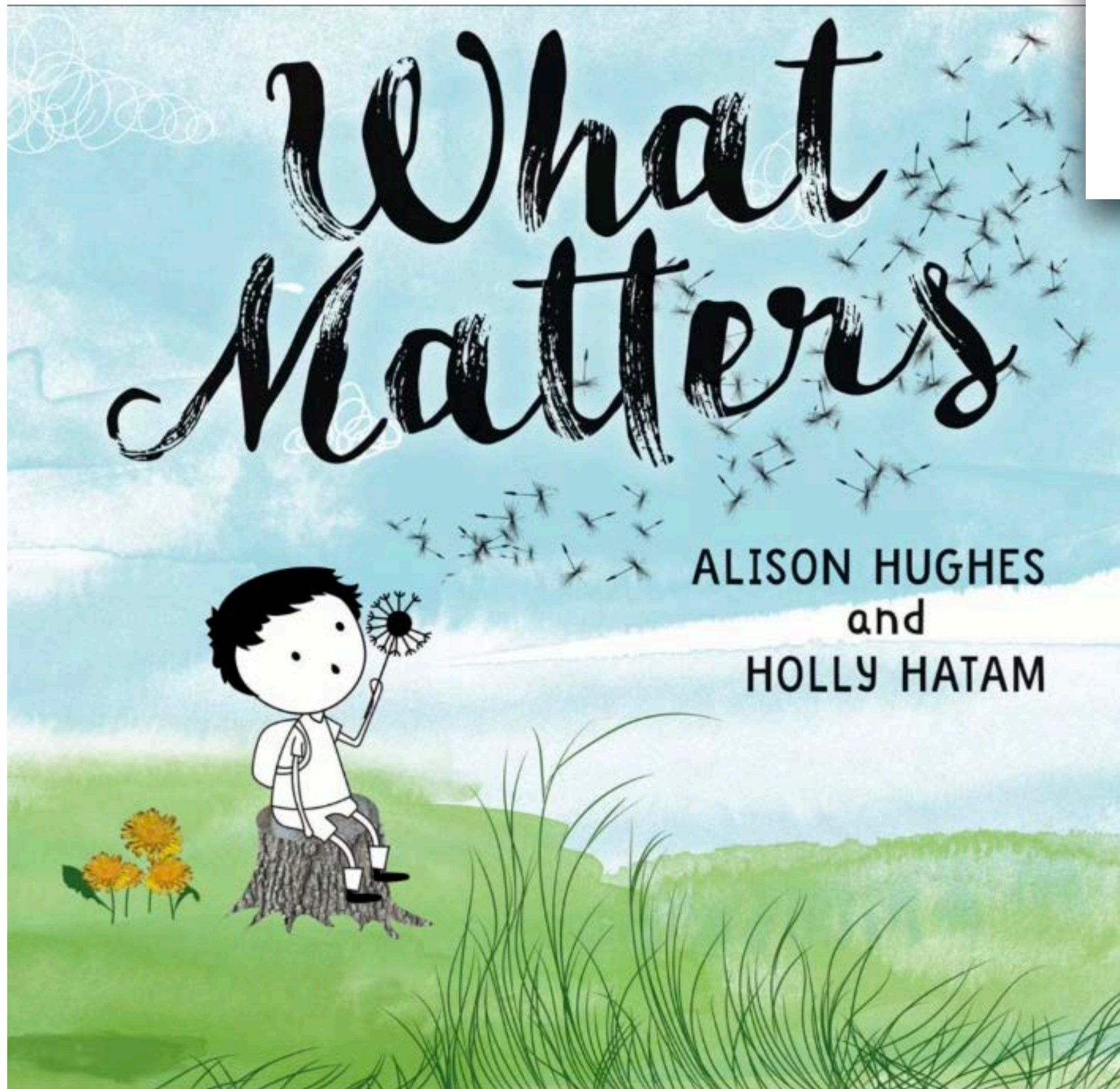


Expressing emotions

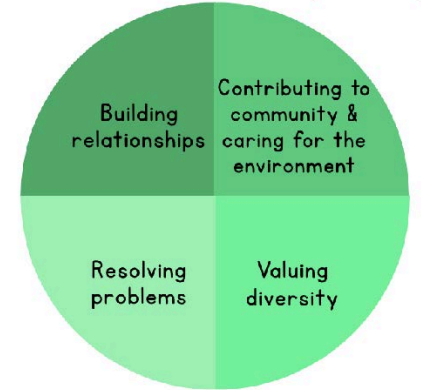


Regulating emotions effectively

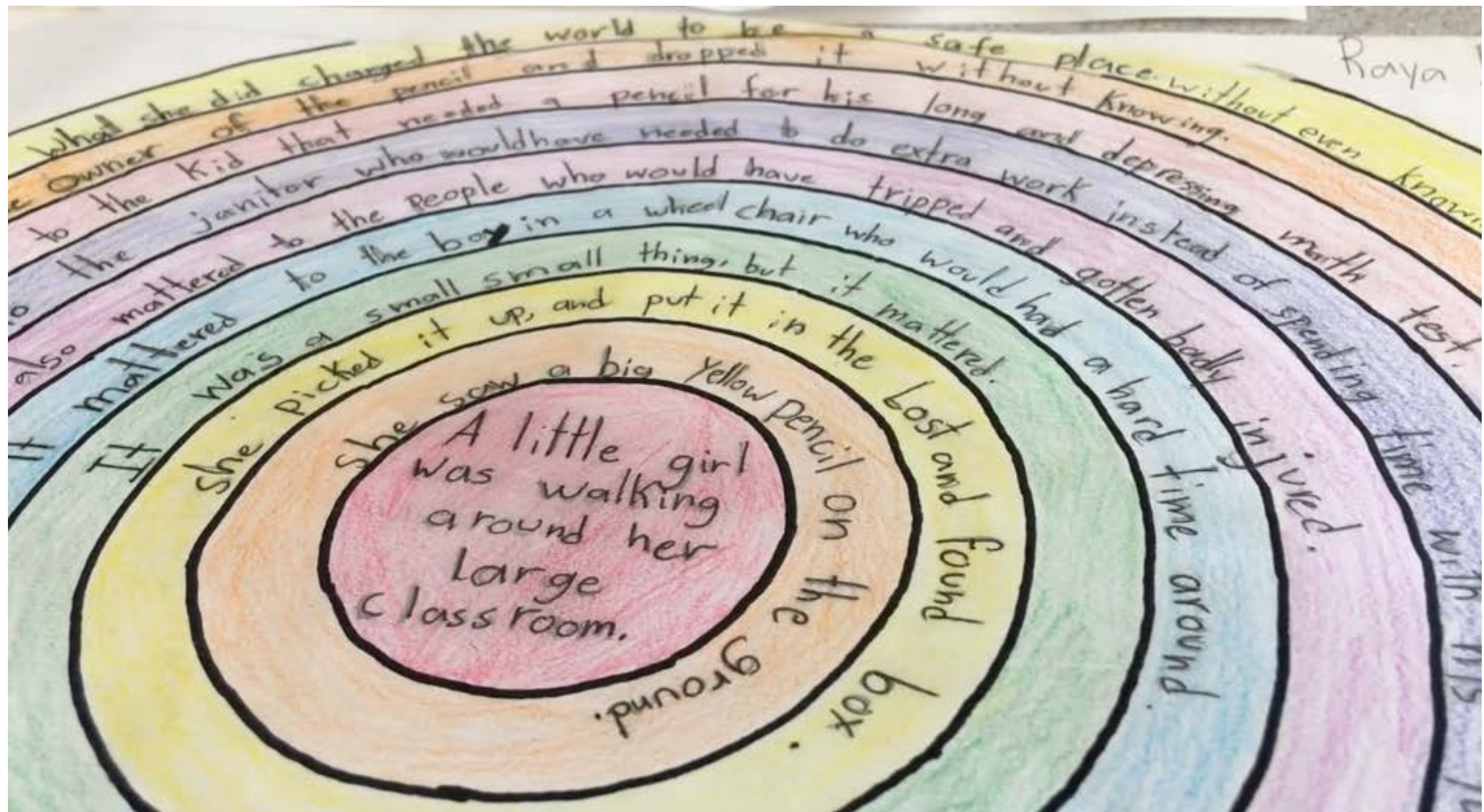
What Matters - Read Aloud



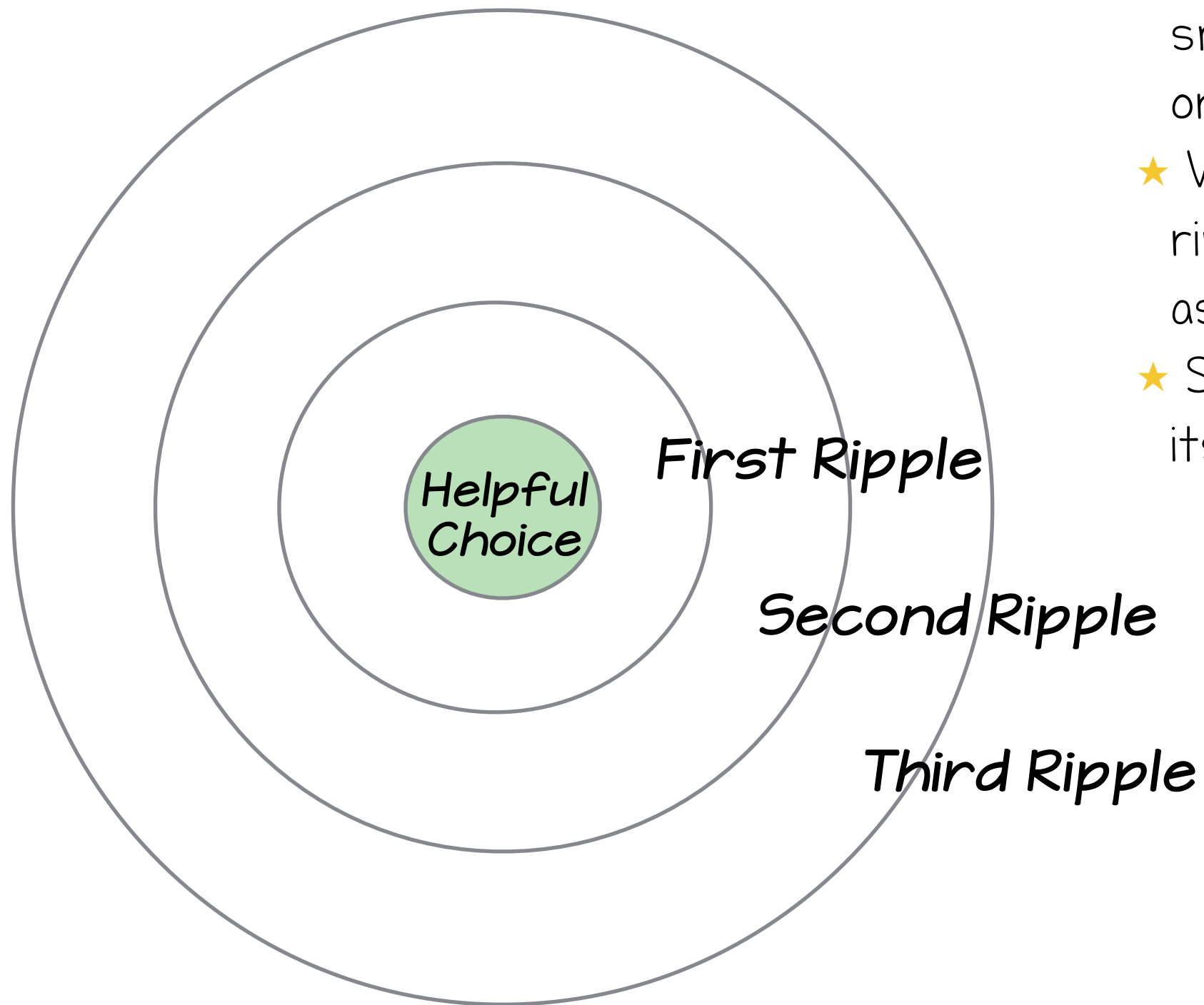
Social Awareness and Responsibility



What Matters - The Ripple Effect



Your Turn - The Ripple Effect

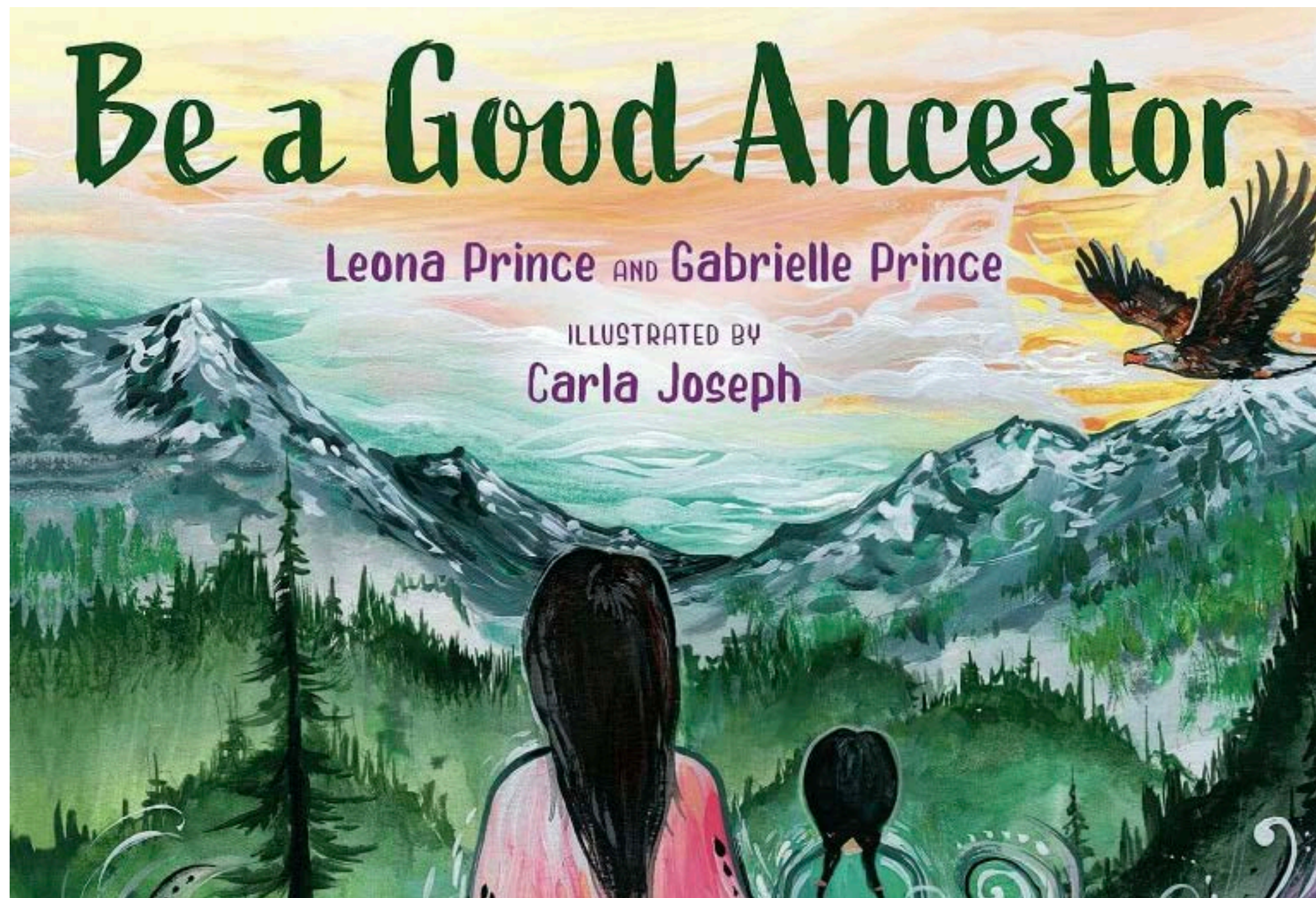


- ★ Reflect on or imagine a small but good deed you did, or could do
- ★ Write down 2–3 positive ripples that did/could happen as a result
- ★ Share your helpful act and its ripples in the chat box...

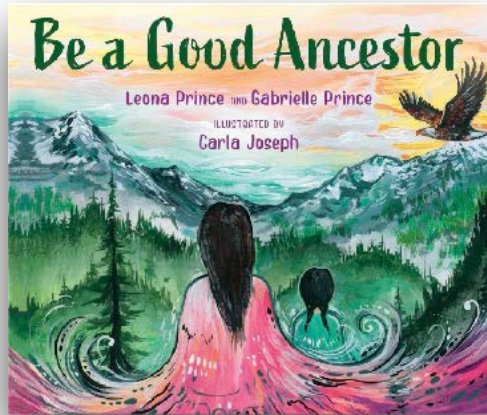
To: Everyone ▼
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Be a Good Ancestor - Read Aloud



Be a Good Ancestor - Conservation Poetry



Write a six word story about
being a good ancestor.



Rivers become life, forests become oxygen

Caring for earth keeps it healthy

Clean air and water revitalize earth

Walk gently and leave no trace

Children become adults, adults become leaders

Share yours in the chat box...



To: Everyone

Type message here...

Time in Nature Increases...

- ★happiness
- ★healthy risk-taking
- ★stress reduction
- ★self confidence
- ★resilience
- ★well being
- ★freedom
- ★Oh, and it's free



“No one will **protect** what they don't care about;
and no one will **care** about what they've never experienced”

–Sir David Attenborough

Our Hopes for Our Students



Marc Brackett ✓
@marcbrackett

Educators filled in this sentence. When my students are in their twenties, I hope they are:___.

Here are their top 5 hopes:

- Happy
- Healthy
- Compassionate
- Successful
- Engaged Citizens

How well are we preparing our children to achieve these outcomes?

[#EmotionalIntelligence](#) [#SEL](#)

★ How would you complete this sentence?

When my students are in their twenties, I hope they are...

★ Share your answers in the chat box

To: **Everyone** ▼

Type message here...

Reflection Question:

If these are my hopes for the future, what can I do **now** to help prepare my students to achieve these outcomes?



[Image: DesignerTeacher.com](https://www.designerteacher.com)



[Image: Good Earth Plants](https://www.goodearthplants.com)

Reflections & Next Steps

Reflect on the activities & resources shared today:

- ☒ CASEL's resources on SEL
- ☒ BC's Core Competencies
- ☒ Mentor texts to launch SEL connections , conversations, thinking, and actions:
 - * Our Table
 - * The Peace Book
 - * What Matters
 - * Be a Good Ancestor

Choose **ONE** thing you 're most likely to try in your classroom or role. **Share** it in the ChatBox...

To: **Everyone** ▾

|Type message here...

Sources

Info Links

more info links are available on our [website](#)

[POPEY's Padlet](#)

[The Collaborative for Social Emotional Learning – CASEL](#)

[What is SEL? – CASEL](#)

[5 Keys to SEL – Edutopia](#)

[BC Ministry of Education's Core Competencies](#)

[Using Children's Books to Support Social-Emotional Development – NAEYC](#)

[RULER's Approach to Social Emotional Learning](#)

[Surrey Schools & Lyndsay James – What Matters & the Ripple Effect](#)

[Learning to Give](#)

Videos

more videos are available on our [YouTube channel](#)

[CBC Kids: A Whale's Tale – YouTube](#)

[Todd Parr – The Peace Book](#)

Books

Learning with Nature – Robb, Mew & Packham



We hope to see you again soon...

Wednesday, February 22nd – Fostering Curiosity Through Conversation



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