Bringing Social and Emotional Learning Competencies Alive Through Skills-Based Health Education

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Agenda

- Skills-Based Health
- Social Emotional Competencies/Sub competencies
- Skills/SEL Alignment
- Aligning SEL to lesson plans.
National Health Education Standards

- Standard 1 – Content (Pair with a skills standard)
- Standard 2 – Analyzing influences
- Standard 3 – Accessing valid information, products, and services.
- Standard 4 – Interpersonal communication
- Standard 5 – Decision making
- Standard 6 – Goal setting
- Standard 7 – Practicing healthy behaviors
- Standard 8 – Advocacy
Social Emotional Learning

According to the Collaborative for Academic, Social, & Academic Learning (CASEL), social emotional learning involves a coordinated classroom, schoolwide, family, and community practices that help students develop the following skills:
What goes where?

- Open the large envelop.
- Place the competency papers on your table.
- Open the smaller envelop and place the sub-competencies under the competency.
- Raise your Yellow square if you have questions; Green square if you are finished; Red square if you are not sure what to do!
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The Perfect Pairing!!

Standard 2 Analyzing Influences

Standard 3 Accessing Information

Standard 4 Interpersonal Communication

Standard 5 Decision Making

Standard 6 Goal Setting

Standard 7 Practicing Healthy Behaviors

Standard 8 Advocacy
Skills-Based Lessons

How do you align the SEL competencies?
Decision Making
DECIDE

ÖD  DEFINE THE PROBLEM
ÖE  EXPLORE THE ALTERNATIVES
ÖC  CONSIDER THE CONSEQUENCES
ÖI  IDENTIFY YOUR VALUES
ÖD  DECIDE AND ACT
ÖE  EVALUATE THE RESULTS
The Decision Making Process

1. Identify your values
2. Consider the consequences
3. Evaluate the alternatives
4. Explore the possibilities
5. Decide and act
6. Define the problem
7. Evaluate the results

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Aligning SEL
DECIDE

D - Define the problem
E - Explore the alternatives
C - Consider the consequences
I - Identify your values
D - Decide and act
E - Evaluate the results

Responsible Decision Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the wellbeing of oneself and others.

Identifying problems
Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility
**Decision Making Scenarios**

1. You are at the mall with your best friend. You go into your favorite store. Your best friend picks up a really cool shirt and quickly stuffs it in her backpack. She tells you that she does it all the time and has never gotten caught. You had been looking at the shirt for a couple of weeks.
   
   What do you do?

2. You are at a friend’s house. His parents have gone out for the evening. Your buddy heads straight for the liquor cabinet. You never have drunk alcohol before and you know your parents disapprove of underage drinking. But your friend promises, “you can’t smell liquor on your breath.”
   
   What do you do?

3. You finally have a date with that hot guy/girl that you have been checking out. However, your best friend calls you and tells you that he has an extra ticket to your favorite band’s concert. You have been waiting and hoping for this date for months.
   
   What do you do?

4. Someone in your class cheated on a test. You know for a fact that they did. This person messed up the curve for the test. You received a D on the test.
   
   Do you tell the teacher? Why or why not?

5. After school some of your friends hang out at a nearby gas station. You decide to go with them one afternoon because your mom was going to be late picking you up. Once you get there, a couple of your friends pull out a cigarette and start smoking. They offer you a puff.
   
   What would you do?

6. Your friend does not have enough money to go to the football game. He/she wants you to sneak into the bleachers without paying.
   
   What would you do?
Responsible Decision Making

Is an easy alignment to DECIDE
Happiness
happiness is a CHOICE
Vision Board for Happiness

Let's make a vision board for happiness, here are some tips:

1. Identify the top 3 values that would help support the vision for happiness. Values that you can consider include: peace, authenticity, generosity, charity, connectedness, joy, possibility, courage and integrity. Most importantly, the values should connect with your heart.

2. Next, describe 3 actions that would help support each value.

3. Paste a picture of yourself on the opening slide. Choose a picture of yourself smiling, feeling joyous. This will be your title slide.

4. Find pictures that would help support each value and paste them on your vision board. You can also find pictures for the actions that you have described. You will have 1 slide per value, 4 slides total including cover slide.

5. Put your own motto of what happiness means to you on your board.

6. Stick any embellishments that would create a lively vision board.

7. Place your vision board in a visible spot.

8. Apply the 3 actions regularly.
Happiness

By: Danielle S.
Generosity

- Giving back to those in need
- Volunteering throughout my community
- Sharing your kindness
Love for All

- Love and respect everyone around you
- Appreciate everyone
- Enjoy your time with those around you
Integrity

- Being honest with everyone
- Having strong moral principles
- Don't let others persuade your decisions
Aligning SEL
To make a direct SEL connection, replace the values with the sub-competencies.

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**Vision Board for Happiness**

Let's make a vision board for happiness, here are some tips:

1. Identify the top 3 values that would help support the vision for happiness. Values that you can choose include: peace, authenticity, generosity, charity, courage and integrity. Make sure this is with your heart.
2. Next, write down the top 3 values that you believe are important to you and set realistic goals to achieve them.
3. Once you have decided on your values, write down specific and measurable goals that align with them.
4. Make a plan for how you will achieve your goals, including the steps you need to take.
5. Put your own motivations on your vision board, including the values and goals you have set.
6. Stick any embellishments that you think would create a lively vision board.
7. Place your vision board in a visible spot.
8. Apply the 3 actions regularly.

Make the lesson skills-based by asking the students to select one “value” (sub-competency), set a goal to reach it, then take action! Reflect.

**Self-Awareness:**

Self-Efficacy (With help, I can do this.)

**Self-Management:**

Goal Setting

Dream Big
Set Goals
Take Action
Don't Forget!

Let's not throw the baby out with the bath water.
Empathy
10 Things You Would Never Know About Me, Unless You Walked In My Shoes

1. My favorite color is pink because it makes me happy just looking at it.
2. I knew I wanted to be a PE teacher since I was in 9th grade.
3. I did not get to go to college until several years after graduating high school.
4. I worked full-time to put myself through college.
5. My Father was absent from my life for 15 years from the ages of 17-32.
6. My Mother passed away 10 years ago at the young age of 59 of cancer.
7. My mom is the baby of 13, I loved growing up in a large family with 55 first cousins.
8. I cannot stand when people lie to me. WORST CHARACTER TRAIT EVER!
9. I am happiest when I can make my students happy and teach them at the same time...
10. My happy place is at the beach.

*You can never truly know someone until you know what makes them happy and sad.-Lynch

Empathy Shoe Organizer

Please include all of the following onto this worksheet and the shoe of your choice. Please use color to differentiate the different information.

<table>
<thead>
<tr>
<th>Your Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>An event that brought you happiness</td>
</tr>
<tr>
<td>An event that brought you sadness</td>
</tr>
<tr>
<td>An event that made you feel proud</td>
</tr>
<tr>
<td>An event that made you feel fear</td>
</tr>
<tr>
<td>An event that made you feel surprised</td>
</tr>
<tr>
<td>An event that made you feel sympathy for someone</td>
</tr>
<tr>
<td>An event that made you feel empathy for someone</td>
</tr>
<tr>
<td>An event that made you feel excited</td>
</tr>
<tr>
<td>An event that made you feel anxious</td>
</tr>
<tr>
<td>An event that made you feel jealous</td>
</tr>
</tbody>
</table>

With your tribe, discuss how you plan to become more empathetic to those around you. Be specific. How can your experiences help you with this new path?
I am a fourteen-year-old non-binary American who identifies as a dancer, artist, and music lover. I also enjoy reading, writing, and drawing. I am very passionate about creating personal projects and preserving my art for future generations. I believe that art has the power to inspire and move people, and I strive to use my creativity to express my unique perspective. I hope to inspire others to express themselves through their own art, and to encourage them to explore their own passions and interests. I believe that everyone has the ability to create something beautiful and meaningful, and that this is a valuable skill that can help to bring people together and build a stronger community. I am committed to using my art to make a positive impact on the world, and to sharing my passion with others who may be just beginning their own creative journeys.
Walk a Mile in my Shoes
Aligning SEL
Definition of Empathy

The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.

Merriam-Webster
SEL Alignment

Self-Awareness

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Social-Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others
Self-efficacy is the belief in one’s ability to influence events that effect one’s life and control over the way these events are experienced. (Bandura, 1994).

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Confidence in oneself and in one's powers and abilities (Merriam Webster)
Social Awareness

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

To make the lesson skills-based, students select one of the Shoe Organizer values and weave it into a story about how they demonstrated a healthy behavior. (Standard 7)

To align this portion of the assignment to Social Awareness, add “for someone” throughout.
Don't Forget!

Let’s not throw the baby out with the bath water.
Top Chef
Top Chef

Fruits
Grains
Protein
Dairy

Vegetables
Chef:
Top Chef

Nutritional Information

2 cups sushi rice ...........................................415 calories
1 and 1/2 cup crab ........................................250 calories
1 cup carrots ..............................................45 calories
1 cup cucumber ...........................................20 calories
2 sheets nori ..............................................10 calories
1 and 1/2 cup avocado ..................................400 calories
1 tbsp sesame ............................................62 calories
3 eggs .......................................................292 calories
3 tbsp milk ...............................................24 calories
1 tbsp canola oil ........................................120 calories
2 and 1/2 strawberries ..................................123 calories
1 and 1/2 tbsp sugar .....................................72 calories

Total Calories ...........................................1,943 calories

(The vegetables, protein, and grains are in a sushii)
Top Chef

Menu

Sushi California Roll
This sushi roll with white rice comes with crab, cucumber, and carrot filling, and is a healthy, light alternative for your dinner table!

Fresh Avocado
A simple side dish of sliced avocado. Topped with crunchy toasted sesame seeds, every bite is will have a refreshing, hearty taste.

Sukiyaki
Sukiyaki is an Asian thin omelette with milk. It is a fitting side to eat with a bit of sushi, with an ample and easy flavor, it’s addictive to eat!

Strawberries (for dessert!)
Enjoy a nice bowl of lightly sugared strawberries for a healthier dessert. This is a sweet dish you’ll love to share with your family.

INGREDIENTS NEEDED

<table>
<thead>
<tr>
<th>Sushi</th>
<th>Fresh Avocado</th>
<th>Omelette</th>
<th>Strawberries</th>
</tr>
</thead>
<tbody>
<tr>
<td>-two sheets of nori seaweed</td>
<td>-one avocado (sliced)</td>
<td>-three eggs</td>
<td>-two &amp; ¾ cups</td>
</tr>
<tr>
<td>-two cups of cooked white rice</td>
<td>-one tsp of sesame</td>
<td>-three tbsp of whole milk</td>
<td></td>
</tr>
<tr>
<td>-one carrot (julienned)</td>
<td></td>
<td>-one tbsp of canola oil</td>
<td></td>
</tr>
<tr>
<td>-half a cucumber (julienned)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Food Prep
Finished Product
Reflection

Overall, I’d consider this a successful meal; everything mostly went smoothly, and it tasted good! My family liked it as well. I especially liked how the sushi turned out, and I think the dishes were really colorful together. The sesame seeds added a nice texture and subtle flavor that brought the whole meal together. Some things I think could be improved were the omelettes: the consistency was good, but I had some trouble taking it off the pan. I think I could have added a few more drops of oil so it didn’t stick to the pan so much. Other than that, I think that this worked out pretty well, and I think I’d make it again because it works as a whole meal or some parts as just a snack. It’s fun, easy, and healthy!
Aligning SEL
SELF-AWARENESS

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy
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Top Chef

Nutritional Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups sushi rice</td>
<td>415</td>
</tr>
<tr>
<td>1 and 1/2 cup crab</td>
<td>250</td>
</tr>
<tr>
<td>1 cup carrots</td>
<td>45</td>
</tr>
<tr>
<td>1 cup cucumber</td>
<td>20</td>
</tr>
<tr>
<td>2 sheets nori</td>
<td>10</td>
</tr>
<tr>
<td>1 and 1/2 cup avocado</td>
<td>400</td>
</tr>
<tr>
<td>1 tbsp sesame</td>
<td>62</td>
</tr>
<tr>
<td>3 eggs</td>
<td>292</td>
</tr>
<tr>
<td>3 tbsp milk</td>
<td>24</td>
</tr>
<tr>
<td>1 tbsp canola oil</td>
<td>120</td>
</tr>
<tr>
<td>2 and 1/2 strawberries</td>
<td>123</td>
</tr>
<tr>
<td>1 and 1/2 tbsp sugar</td>
<td>72</td>
</tr>
</tbody>
</table>

Total Calories: 1,943 calories

(The vegetables, protein, and grains are in a sushi!)
Don't Forget!

Let’s not throw the baby out with the bath water.
Wrap-Up

• Melanie
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• Mary
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