Welcome!

As you enter:
1. Stop
2. Silently name your feeling
3. Write it down & put it in the jar
Health Education is Where Social & Emotional Learning Happens!
RISE Initiative

RISE initiative focuses on increasing student and staff resilience through implementation of evidence-based policy, system, and environmental improvements.

https://www.healthiergeneration.org/take-action/schools/wellness-topics/social-emotional-health/resilience
Training Intentions

- Learn about the SEL Competencies
- Relate SEL competencies to select health education skills
- Infuse SEL skill building strategies to their own lessons
Connecting Mind & Body to Support the Whole Child

Eat Healthy

- Positive Sense of Self
- Be Active
- Build Connections
- Sleep Well
What is Social Emotional Learning (SEL)?
Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.
Benefits of SEL for students?
SEL In Action: 3 Pillars

Supportive classroom climate
Fostering connections and sense of belonging

Integrating SEL into All Instruction
Promoting growth mindset, decision making, problem solving

Explicit Instruction
Actively teaching, modeling and reinforcing SEL competencies

https://schoolguide.casel.org/focus-area-3/classroom/
Feelings Ruler

1. Think about your:
   1. Energy level
   2. Feeling
2. Find the corner of the room that matches
3. Find a partner and chat about it
Teaching SEL in Health Education

SEL Competencies

• Self Awareness
• Self-Management
• Social Awareness
• Relationship Skills
• Responsible Decision-Making

NATIONAL HEALTH EDUCATION STANDARDS

1 HEALTH CONCEPTS related to health promotion and disease prevention to enhance health.

2 ANALYZING INFLUENCES of family, peers, culture, media, technology, and other factors on health behaviors.

3 ACCESSING INFORMATION products, and services to enhance health.

4 COMMUNICATION skills to enhance health and avoid or reduce health risks.

5 DECISION-MAKING skills to enhance health.

6 GOAL-SETTING skills to enhance health.

7 SELF-MANAGEMENT practice health-enhancing behaviors to maintain or improve health.

8 ADVOCACY for personal, family, and community health.
Self-Management

Stress

1. Identify the Need
2. Identify Concepts, Skills, and Resources
3. What is Your Personal Responsibility?
4. Reflect and Adjust as Needed
5. Set Your Intention and Make the Change
6. Practice the Needed Skills

Health Skill Models: www.rmc.org/healthskills
Personal Responsibility Organizer

Step 1: Brainstorm needs.

Choose one of the responsibilities you would like to make a habit and write it below.

Step 2: Identify the concepts, skills, and resources needed to make the behavior change.

What skills and resources do I need?

<table>
<thead>
<tr>
<th>Skills</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

Step 3: Practice the needed skills.

Identify the behaviors/situation and skills/strategies to be used. Practice using the skills/strategies and describe the result.

<table>
<thead>
<tr>
<th>Behavior/Situation</th>
<th>Skill/Strategy</th>
<th>Result of Using the Skill/Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>
**Step 4: Set your intention and make the change**

Set an intention from the results of your practice. Intentions are statements or plans about your personal behavior change.

It is my intention to:

__________________________

**Step 5: Reflect and adjust as needed to form a habit.**

**Questions to Consider**

1. How can I remember to continue to do this habit?
2. If I was not able to make the change, what will I do differently to help create the change?
3. What was the hardest part of making the change?

__________________________

**Other Reflection Questions to Consider**

1. Which skill/strategy was the most effective?
2. Why was this need important to me?
3. How will I remember my intention?
4. How does this new skill relate to my personal responsibility?
5. What changes did I have to make to maintain or improve my health?
6. What did I learn about myself?
7. Who can help me maintain my behavior change?
I Pledge to Practice Self-Management

I, ____________________________, pledge to do my health a favor by taking personal responsibility for ____________________________.

Right now I ____________________________.

I pledge to ____________________________.

In order to work on my pledge, I need to learn how to ____________________________.

Here are at least three resources I can go to for information or help

__________________________________________

__________________________________________

This is how I’m going to practice what I’ve learned. ____________________________.

Follow through with your pledge.

Reflect
1. Why did I choose this pledge?
2. How will I remember to follow through with my pledge?
3. How does this self-management technique relate to my personal responsibility?
4. Will I be able to maintain this change?
5. What did I learn about myself?

__________________________________________

(My Signature)

________________________

(Date)
Health Skills – Self Management

Self-management promotes the acceptance of personal responsibility for health, encourages practices of behaviors to maintain or improve personal health. There are two core components to mastering the skill of self-management. The first core component focuses on the demonstration of distinct skills, techniques, strategies, and actions needed to enhance health. These can include skills like stress management techniques, and first aid. The other core component focuses on taking personal responsibility for one's own health and includes being able to identify, self-monitor, reflect, and transfer health skills, techniques, and strategies into all situations. Many of these strategies can be practiced across a wide range of school settings and contexts and may lend themselves to using a school wide approach to implementing the skills. For example, a school wide approach to teach bully prevention skills, or stress management could be used in all classrooms across a school.

View all skills models by grade level

SELF MANAGEMENT BY GRADE

Grades PK – 2
Integrating SEL in Classroom Instruction

Self Awareness

Check-in with students
Use books that talk about feelings
Make age appropriate face to describe feelings
Integrating SEL in Classroom Instruction

• Social Awareness

• Same feelings/different feelings
• Etiquette—places of worship, school, hanging out
• Facial expressions and feelings/thoughts
Integrating SEL in Classroom Instruction

• Relationship Skills
  • Teach how to show gratitude
  • Resolve conflicts peacefully
  • Work with students to develop community service activities

Teaching activities to Support the Core Competencies of SEL
casel.org
Connecting Mind & Body to Support the Whole Adult

Eat Healthy

Positive Sense of Self

Be Active

Build Connections

Sleep Well
“Staff need the opportunity to not only learn how to teach SEL skills, but to understand how they can advance their own social and emotional development.”
Employee Wellness Resources
Avoiding ‘foreboding joy’

— that’s why we’re afraid to let ourselves feel it. Don’t squander joyful moments by waiting for the other shoe to drop. Lean in and practice gratitude.

Brene Brown
### Action Calendar: Altruistic August 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Wherever there is a human being, there is an opportunity for kindness&quot; ~ Seneca</td>
<td>Decide to be kind to others (and yourself) all this month</td>
<td>Leave a positive note for someone else to find</td>
<td>Treat everyone you interact with as though they are a friend</td>
<td>Make a thoughtful gift as a surprise for someone</td>
<td>Take time to forgive someone who hurt you in the past</td>
<td>Ask someone how they are and really listen to their reply</td>
</tr>
<tr>
<td>5 Water some flowers or plants in a public park or outdoor space</td>
<td>6 Contact a friend to let them know you’re thinking of them</td>
<td>7 Offer your seat, give way or hold the door open for others</td>
<td>8 Spend time wishing for other people to be free from suffering</td>
<td>9 Be thankful for your food and the people who made it possible</td>
<td>10 Take time to forgive someone who hurt you in the past</td>
<td>11 Make a thoughtful gift as a surprise for someone</td>
</tr>
<tr>
<td>12 Give your unused clothes away to support a charity</td>
<td>13 Notice when someone is down and try to brighten their day</td>
<td>14 Show support for a cause that doesn’t affect you directly</td>
<td>15 Today do something to make life easier for someone else</td>
<td>16 Tell a young person something you wish you’d heard at their age</td>
<td>17 Take a friend on a spontaneous adventure</td>
<td>18 No plans day! Be kind to yourself so you can be kinder to others</td>
</tr>
<tr>
<td>19 If someone annoys you, imagine how it feels to be them</td>
<td>20 When you buy one and get one free, give the extra item away</td>
<td>21 Try to bring a smile to as many people as possible today</td>
<td>22 Donate your change to support a good cause</td>
<td>23 Pay sincere compliments to people you meet today</td>
<td>24 Give your time and energy to help someone in difficulty</td>
<td>25 Cook your favourite food for someone who will appreciate it</td>
</tr>
<tr>
<td>26 Turn your phone off and give people your full attention</td>
<td>27 Look for the good side in everyone you meet today</td>
<td>28 Give away a book that you found inspiring or helpful</td>
<td>29 Sign up to become an organ donor or give blood</td>
<td>30 Start friendly conversations with people you don’t know</td>
<td>31 Plan a street party, picnic or gathering for your community</td>
<td></td>
</tr>
</tbody>
</table>

**Action for Happiness**

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys
THANK YOU

Questions?