

SOCIAL AND EMOTIONAL LEARNING FOR SUCCESSFUL SCHOOLS



Objectives:

- To be able to identify one's feelings.
- To be able to communicate and respect each others' boundaries.
- To be able to practice mindfulness in order to experience the present moment.



2.
Reaching Every
Student's Unique
Learning Teaching
Style



SOCIAL AND EMOTIONAL LEARNING FOR SUCCESSFUL SCHOOLS BARCELONA

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How do you define your emotions?

- Emotions are reactions that people experience in response to events or situations
- The type of emotion a person experiences is determined by the circumstance that causes (triggers) the emotion.
- A person experiences **fear** when they are **threatened**.
- A person experiences **joy** when they receive **good** news



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Self - Awareness :

- Self-awareness is being able to understand and recognize your emotions, what you care about and how you view yourself.
- Self-awareness is the first step in relating to others.



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Self Awareness

- Think and write down 5 positive emotions that comes to mind



- Think and write down 5 negative emotions that comes to mind





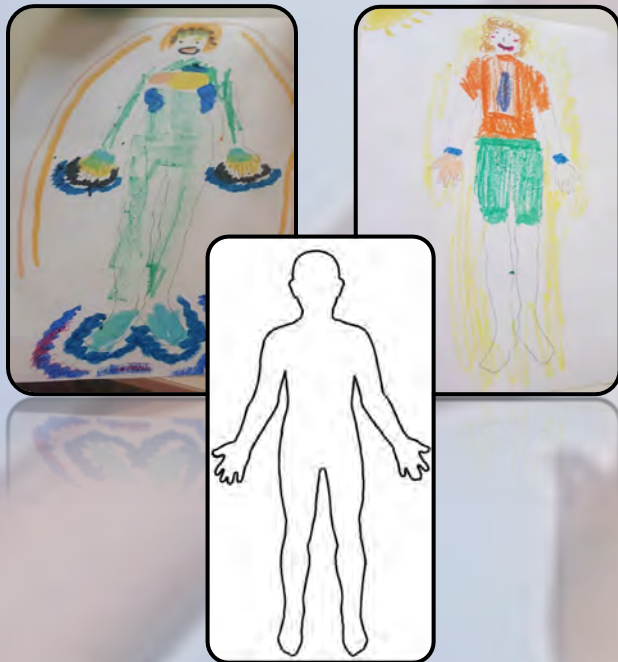
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Activity :

Identifying our feelings:

How are you **feeling** today?



- If you touch your **feeling**, what colour will it be?

- How big is your **feeling**?

- Where do you **feel** this colour in your body?





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Resilience

What is Resilience?

Resilience is the ability to bounce back after going through something tough. As a consequence we will feel

Stressed, bent or pressed



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Analogies of Resilience :

- The seed that despite the hard soil, adverse weather conditions and insects that eats through the seed, still manages to spurt out of the soil and grows into a lovely plant.
- A sailing boat that manages to sail with no wind. One needs to use his own resources to be able to survive.

Resilience

Changing
negative attitudes

with

positive ones

- I give up → • What am I missing?
- This is too hard → • I'll keep trying
- I messed it up → • This may take time and effort
- I will never be smart → • Mistakes help me to learn
- I'm not good at this → • I get smarter each time I try
- It is good enough → • Is it really my best work?





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Communication

Activity:

Dancing Drawing



- Retains more information and be more captivated while engaged in a particular task
- Through our connection to one another, communication will get better.
- Respect each others' boundaries
- Results in Effective Communication



Anger Management

- **Anger** is a common **reaction** for teens when they don't know what to do or how to **solve** a problem.
- Teens can **struggle** with this more than others because they often **lack** experience or coping skills to **cope** with complex emotions.
- They also often lack the **awareness** of how to identify when something is a problem.



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Anger Management Exercise

- S stop for 6 seconds
- T take a breath
- O observe
- P pull back
- P practice and proceed

Buddy Bench



Buddy Bench

- **Buddy Benches also known as friendship benches were created to fight loneliness and bullying in schools.**
- **These benches are provided on school playgrounds as a way for you to signal to others that you are feeling lonely and isolated and need a friend to play with or someone to talk to.**

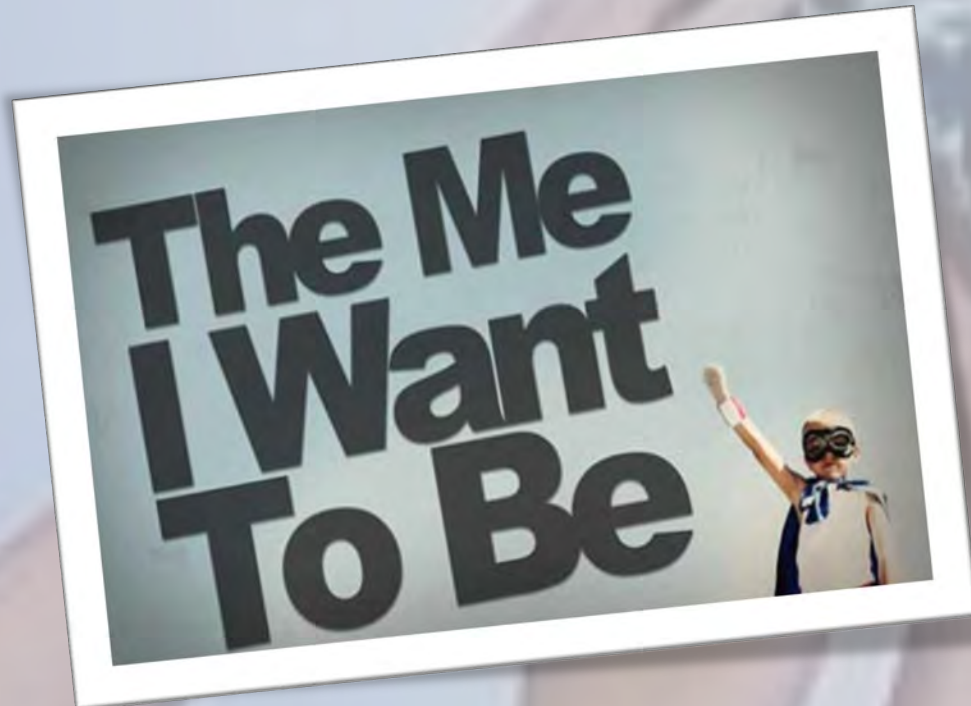


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Activity:

Who do you want to be?



https://youtu.be/s-RbMz_eCZE





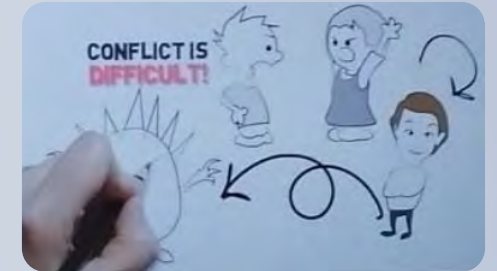
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Conflicts

What are Conflicts ?

- Conflict is **serious disagreement and argument about something important.**
- If two people or groups are in conflict, they have had a serious disagreement or argument and have not yet reached agreement.
- Conflicts often arise because of an unmet need



5 different ways how Conflicts Management can be addressed

Compete

Involves not giving in to others viewpoints or needs

Collaborate

Find a solution that fully satisfies everyone and minimize negative feelings.

Compromise

Partially satisfy people on both sides of the argument.

Avoid

Putting aside the problem until it resolves itself

Accommodate :

Put aside your own priorities and focus on others





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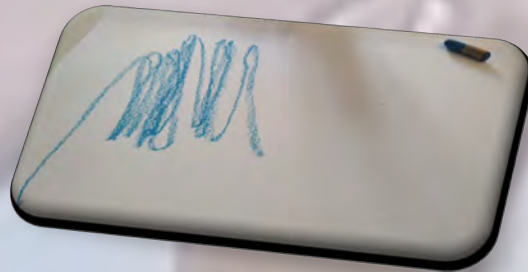
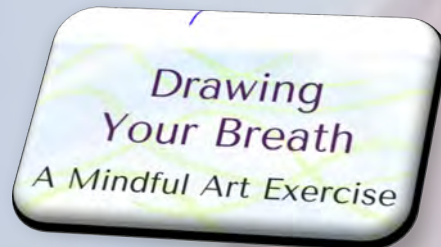
Mindfulness

What does mindfulness mean?

- Mindfulness is all about paying attention to the **present** moment.
- Mindfulness is about freeing yourself from **regrets** about the past and **worries** about the **future**.
- Being **Present, Awareness, Concentration plus Attention, Seeing clearly**.

Mindfulness

Activity: Draw Your Breath



- Place your pencil or crayon on the paper.
- Take a moment to observe your breathing.
- Inhale and exhale deeply.
- Visualize your breath as a wave and draw it on the paper.
- Draw upward waves while inhaling and downward waves while exhaling,
- Leave the pen on the paper while drawing your breathing waves
- Spend a few minutes playing with wave lines as you notice your breath.





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Communication –

What does Active Listening mean?

- Active listening is a way of listening and responding to another person.
- Is important when managing conflicts.



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- Each team is provided with a drawing
- students are instructed to work in pairs.
- Three minutes are allowed for this activity
- One student acts as the artist and the other student will instruct the “artist” to draw the picture without saying what the item is.
- The more detailed the instructions are the better the final result is
- At the end of the activity, all the drawings are revealed.

