

Teaching Teachers SEL: A Ripple Effect of Kindness

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Check-In

How are you feeling right now?

Purple- Movie or TV Show

Green- Food or Dish

Gold- Song

Goals of 'Check-Ins'

- Help the students to know one another
- Help the class to come together and connect
- Provide the opportunity for each voice to be heard at least once in the lesson and early
- Invite reflection and self-awareness
- Provide information to the teacher and other students

From Amy McConnell Rankin, Ph.D. *Chaos to Change*



Teacher Preparation and Certification Program

TPCP Mission: To develop innovative, caring and knowledgeable educators who use an interdisciplinary approach to meet the needs of diverse learners

Vision: An innovative and caring educator in every classroom

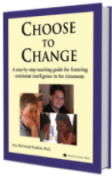
TPCP is a Post-baccalaureate Program that offers Alternative Certification in: Early Childhood Education, Secondary Education in specific content areas, and Dance K-12 Education

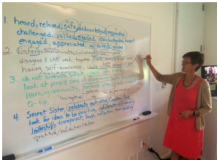
On average 200 students are enrolled in TPCP courses, half post-baccalaureate students and half are Tulane undergraduates

160 completers since 2005




Amy McConnell Franklin





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.



What's the Research Say?

Purple, Green, Gold Groups



North- Needs

You feel like you need more information about this quote.

East- Excites

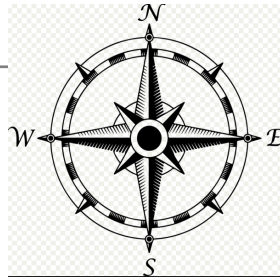
This quote excites you.

South- Stance

You have a strong stance about this quote.

West- Worries

You have a worry about this quote.



“Initially, the thought of this course didn't really interest me but after the lesson last Thursday I had a complete change of mind. SEL IS important. School to me is about preparing kids for what life has to offer, and teaching them life skills that they can take into their own lives. Teachers have a job to educate kids but also be a positive role model and encourage especially for the children with a tough upbringing; good study habits, positive attitude, compassion, have fun, regularly exercise, be kind to everyone, accept differences etc..”

-Kayla M.



"I'm not a big fan of this SEL stuff you speak of, but I will admit it is changing me for the better. I am more comfortable sharing with my fellow classmates. I can see/hear how their day is going and know they are in the same situation as I. I also like that you see me as a person and not as just another student sitting in your class."

-Stephen M.

"This morning meeting provides a great way for the class to ease into the routine. It also gives them insight into what to expect for the day. I see how beneficial this approach is with our check-ins every Monday. I could see that the children were engaged and ready to start the day."

-Melissa L.

"...We then do a check in. Depending on how much time we have (or don't have) it could be as quick as "I'm going to give you 30 seconds to think about how you're feeling on a scale of 1-10 (1 is the worst and 10 is the best) and when I say go hold up where you're at on your fingers and look around the circle to see where your classmates are at." OR we will check in with the person next to us or do a hand up/stand up/pair up. Usually there is also another question associated with the 1-10 check in like if you were an animal right now what would you be and why? Or what are you most excited about today, etc. Then we'll share out. Most of the time I ask students to share about their partners and not themselves. I want them to get in the habit of really listening to others share their feelings. Then when we're done, we put our hands in the middle of the circle, I could down from 3, and we all say "great day!"

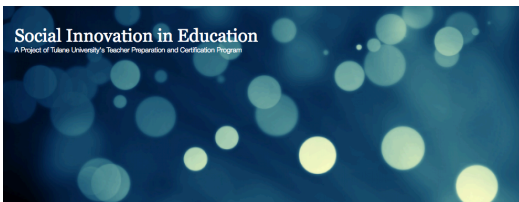
Recently I had a parent tell me her son out of the blues said in the car to her one day "mom, I'm going to check in with you. I'm at a 9 because of... and a 3 because of..." I thought that was amazing! They are thinking about sharing their feelings with people outside of the class! And I also love that many of them aren't just at ONE level but at two or more... They're understanding that feelings are very complex and different circumstances in the day can elicit a different emotion." - Emily F.

Brain Break



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Optimistic Closure