Social Emotional Learning Through Restorative Practices: Building Socially Responsible Relationships in an Out-of-School Time Setting

ACPS

Alexandria City Public Schools

EVERY STUDENT SUCCEEDS

Welcome and Introductions

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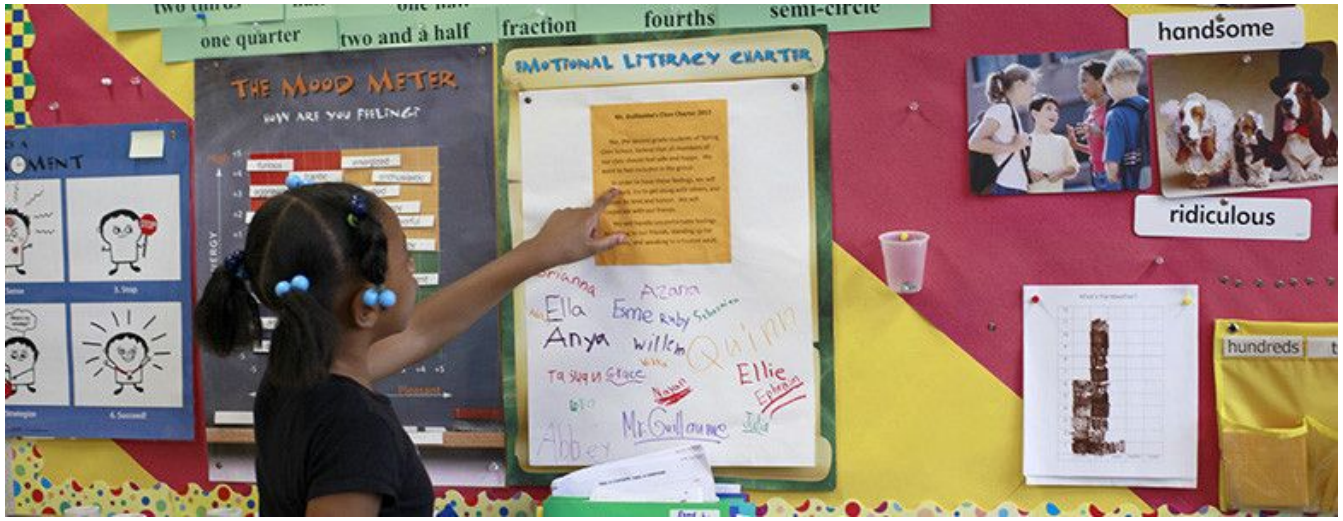
Objectives

- Define Social Emotional Learning (SEL)
- Define Restorative Practices (RP)
- Understand how RP and SEL are complementary and what a fully integrated implementation looks like in an OST setting



What is SEL?

SEL is the process through which children and adults understand and manage emotions and acquire positive relationship and decision making skills.

-Collaborative for Academic, Social, and Emotional Learning (CASEL)

SEL in the OST Setting

What are Restorative Practices?

(Virtual) Community Circle

Circle Guidelines

- Speak from the heart - your truth
- Listen from the heart - let go of stories that may make it hard to listen to someone's truth
- Trust you will know what to say
- Share the air
- Everything stays in the circle

Mute Stop Video Invite Manage Participants 1 Share Screen Chat Record More End Meeting

Circle Topic: 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

Contemplation

5 4 3 2 1

SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE

4 List 4 things you can FEEL

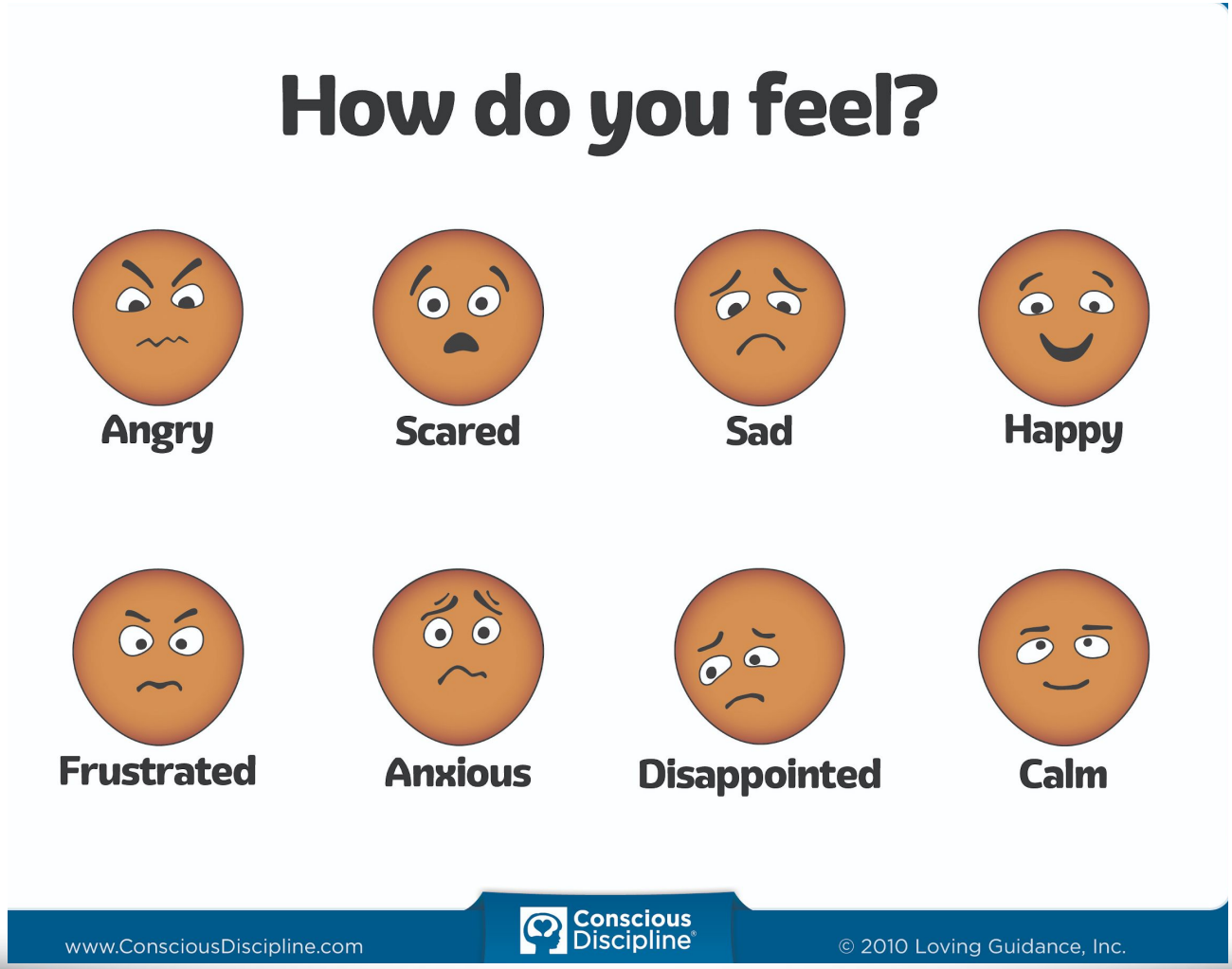
3 List 3 things you can HEAR

2 List 2 things you can SMELL

1 List something you like to TASTE

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

Check-In


How do you feel?
Angry
Scared
Sad
Happy
Frustrated
Anxious
Disappointed
Calm
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Connection

Content

Think of a time recently when you made a mistake. How did you feel? What did you do?

If you could go back to that moment, would you do anything differently?

Closing

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
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SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

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

RELATIONSHIP SKILLS

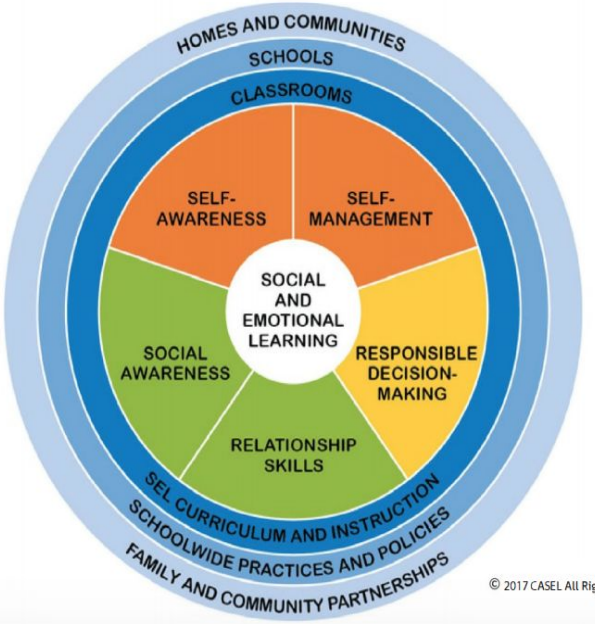
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship building
- Teamwork

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 well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility



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Questions?