

A Deeper Look

The Partnership for Social Emotional Learning

Knellee Bislam, Prime Time Palm Beach County

Miranda Cook, The Denver Afterschool Alliance

Jessi Hicks, Tulsa Public Schools

Paige Kennedy, The Opportunity Project

Katherine Plog Martinez, The Forum for Youth Investment

May 20, 2021



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About the Forum



Planning and Partnering
for Impact

The Forum is committed to changing the odds that all children and youth are ready for college, work and life.

We connect leaders to ideas, services and networks that can help them make more intentional decisions that are good for young people, even in the face of limited resources.



Strengthening Practices
and Programs

We help leaders who are trying to improve & align policies, plan & partner for impact, and/or strengthen programs & adult practice.



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is the proud home of...



Helps leadership groups build broader partnerships, set bigger goals, use data better and implement bolder strategies.



Builds quality improvement systems to strengthen practices and programs serving young people



CHILDREN'S CABINET NETWORKS

Supports state and local policy leaders.



Mobilizes action by and for young people.



Works to expand economic mobility and close the opportunity gap in America.



Seeks to change the odds for youth through a commitment to upend inequities, embrace science informed strategies, and accelerate progress.



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Warm Welcome

Jessica Hicks, SEL Continuous Improvement Coordinator, Tulsa Public Schools



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Early Lessons From Schools and Out-of-School Time Programs Implementing Social and Emotional Learning

RAND study —largest to date — offers lessons from 38 sites on implementing SEL in school and out-of-school time programs.



Strengthening SEL skills in adults helped foster SEL skills in students

School staff and OST providers benefited from professional development sessions and coaching on SEL skill building



Communities implemented in three ways

Teaching SEL skills explicitly, integrating SEL into in-school and OST activities, and creating an overall positive culture and climate

SEL-focused partnerships developed strategies to overcome barriers

These included committing to SEL, taking time to meet and creating new roles and structures to support collaboration



Creating a shared vision was a vital early step in implementing SEL

Defining success, developing common SEL terminology, and establishing frequent communication protocols were integral to successful SEL implementation



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Question & Answer



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Three Signature Practices

Jessica Hicks, SEL Continuous Improvement Coordinator, Tulsa Public Schools

Miranda Cook, SEAL Manager, Denver Afterschool Alliance



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Signature Practices

WELCOMING RITUALS · *Activities for inclusion*

ENGAGING PRACTICES · *Sense-making, transitions, brain breaks*

OPTIMISTIC CLOSURES · *Reflections and looking forward*

You can start using this strategy immediately! When intentionally selected, effectively facilitated and thoughtfully debriefed, these practices create a solid foundation of safety, consistency and joy in adult learning environments. They create conditions for growth and learning across all **three SEAL competencies** while using culturally responsive strategies. They also build upon and are aligned with the principles of adult learning, Restorative Approaches, Positive Behavior Interventions and Supports, and trauma-informed practices.

The three SEAL competencies: Self Awareness and Self Management, Decision Making, and Social Awareness and Relationship Skills.



Welcoming Ritual

There are many ways to facilitate a Welcoming Ritual based on the needs of your group!

Think about:

- What happened last time
- What happened before the meeting
- Content/goals of the meeting
- The type of group/how well the group knows each other
- Amount of time

A Welcoming Ritual can be:

- Connected to SEL competencies
- A discussion question/group discussion
- Fun!
- Goal Oriented
- Related to content or not



3 Major Types of Welcoming Ritual

Connecting: Used as a way to connect the group, can be great if a group is getting to know each other

Content Driven: Used as a way to reflect on prior knowledge or prepare for the day's content and to build engagement towards the objective

Reset: It's been a crazy day/ week/ month OR things ended on a rough note last time

Engaging Practices

Sensemaking, transitions, brain-breaks

- Shared agreements & expectations – how students/adults wish to be treated and will treat each other
- Build community
- Establish ownership
 - Brain Breaks
 - Movement
 - Sound
 - Group formers & group structures



Optimistic Closures

Reflections and Looking forward...



3 Major Types of Optimistic Closure

Connecting: Leave the meeting on a positive note, participants reflect on how they felt during the experience or what they appreciate about others in the group

Content Driven: Used as a way to reflect on the days meeting and make commitments moving forward

Reset: The meeting didn't go as planned, how do you move forward from here?

Adult SEL Practice in OST

Paige Kennedy, Senior Manager Professional Development, The Opportunity Project

Knellee Bisram, SEL Specialist, Prime Time Palm Beach County



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Adult SEL During a Syndemic and Beyond

Leveraging SEL with Equity during the Syndemic:

How can we use this to be more intentional and explicit about SEL?

When we provide supports, who is being left behind and who is burdened the most?

SEL Mantra:

The work of SEL now is to take care of ourselves and to take care of each other

Walking the talk:

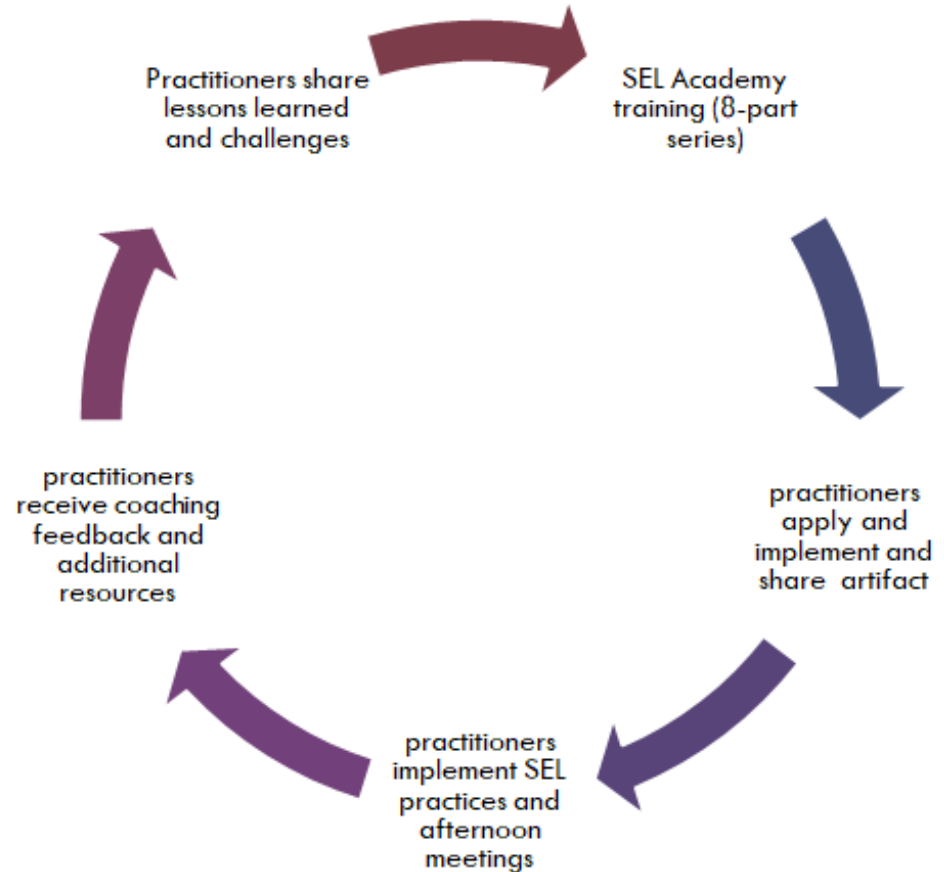
- Trauma-informed mind body sessions within Prime Time
- Staff well-being and mental health resources
- Inner Explorer for home and workplace mindfulness practice

Support to OST and Community with inclusion in mind:

- Seven-day self-care challenge and tools for entire community
- Increased focus on staff practices for self-care, resiliency, and empathy in PD and coaching
- Emphasize SEL youth practices for healing and promoting diversity, equity and inclusion
- Inner Explorer tools for habit formation of staff and youth mindfulness practice

SEL Professional Learning Pathway

- Adult SE Skills
- Evidence based
- Trauma Sensitive
- Culturally Responsive
- Interactive and equitable
- Brain breaks
- Lesson planning built-in
- Virtual trainings with phone access
- Virtual and socially distanced interactive lessons and tools
- Stipends to all participants



Adult SEL Learning: Innovating for Sustainability



**Leadership
Development**



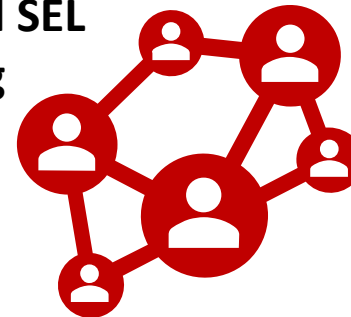
**Ongoing Virtual SEL
Onboarding**



High Quality SEL PL



**Virtual self-
paced PL**



**Customized
Micro PL**

Adult Practice Resources

FACEBOOK LIVE EVENT

SEL SKILLS TO PROMOTE YOUR MENTAL HEALTH

Prime Time's SEL Specialist, Knellee Bizam, will offer tips for mindfulness and highlight how practicing social-emotional skills can regularly promote and sustain mental health.

May 21, 2020 19:00 a.m.



Inluse Adult SEL Practices at a Meeting/Group Session

- When in-person: use circle seating without tables, be clear on who plays the role of "circle keeper" or facilitator. Talking piece optional. Decide format of participation (around the circle, partner, popcorn, etc.) for a particular round / segment or the entire meeting. Allow individuals to "pass" but check-in periodically to make sure everyone has a voice.
- Establish group norms by consensus (judgment free, deep listening, present, trust, lean speech, acceptance of non-closure, etc) and keep them visible or refer to them at each gathering.
- Start with welcoming ritual (mindful breathing moment, brief practice or check-in, positive intentions for the meeting)

Build Adult SEL Practices into Office Culture

- Allow for quiet time / spaces.
- Take technology breaks.
- Pause 3 seconds before responding or hitting "send" to an email.
- Take the long way to the restroom and greet / compliment a colleague en route.
- Give a colleague a random positive note/text when you catch them doing something right.
- Take a moment to recognize someone's contribution.

MINDFUL PARENTING IN CHALLENGING TIMES

TODAY
→ 4:00 p.m.

Facebook LIVE

Knellee Bizam, MA
Social and Emotional Learning Specialist and Certified Mindfulness Teacher
Prime Time Palm Beach County, Inc.

Paula Triana, EdD, LDM
Manager - Wellness Promotion
District's Wellness Promotion Task Force
The School District of Palm Beach County

prime time
PALM BEACH COUNTY
Enhancing the Quality of Out-of-School Time

Seven-Day Self-Care Challenge

Session 5 - Mindful Eating



Webinar Calendar

- Local & National webinars with times and registration links all in one place
- Updated and sent out on a weekly basis through December 2020.
- Still Updated regularly, but link is sent out in the PD Discovery Newsletter each month.
- Link stays the same so always available to check for newly added webinars.

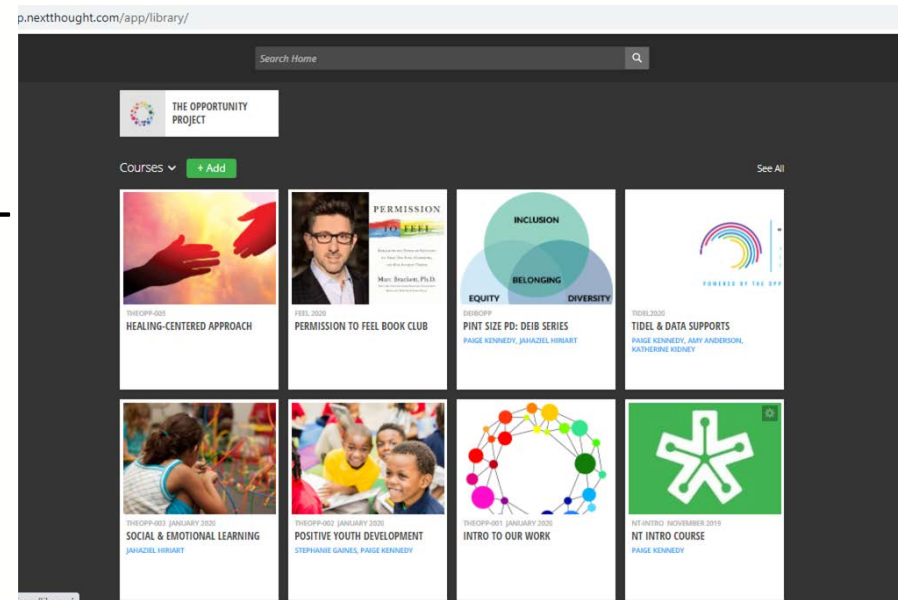
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
<p><i>Education Week</i> 1 - 2pm Equity, Care, & Connection : New SEL Tools and Practices to Support Students & Adults</p> <hr/> <p>edWeb 1 - 2pm High Reliability Schools: A Framework for Sustainable School Improvement</p>	<p>Y4Y 12 - 2pm Developing Strategic Partnerships Part 1</p> <hr/> <p>Second Step 1 - 2pm Second Step Middle School: Empowered with Skills for Life</p> <hr/> <p>GLR Learning Tuesdays 2 - 3:30pm Parents Speak: Ready for Bold Change in K12 Education</p>	<p>Afterschool Alliance 12 - 1pm America After 3pm: A Game-Changing Summer</p> <hr/> <p>Second Step 1 - 2pm Making Educator Wellness a Priority</p> <hr/> <p>NSLA: Voices of Summer Series 1 - 2pm Summer Youth Employment Best Practices</p> <hr/> <p>edWeb 2 - 3pm More than Just a Buzzword: Embedding "Equity-Mindedness" for Concrete Change</p> <hr/> <p>Great Lakes Equity 2:30 - 3:30pm EquiLearn Virtual Roundtable: LGBTQ Youth of Color in Schools & Communities</p>	<p>Y4Y 12 - 2pm Developing Strategic Partnerships Part 2</p> <hr/> <p>Oji Life Lab 1 - 2pm Trust & Emotions at Work</p> <hr/> <p>Second Step 1 - 2pm A Foundation for Life with Second Step Elementary</p> <hr/> <p>edWeb 3 - 4pm AASA: Leading for Equity: Why Leadership Matters for Ensuring All Children have Choice, Opportunity, & Access</p>	<p>CASEL: Building Connections Series 10 - 11am American Rescue Plan Act: Funding Social-Emotional Learning</p>





The Opp Online

- Online Learning Management Platform
- Accessible at no cost to all OST & IST
- Platform for ALL professional learning this summer
- Course Reports & Individual Learner Reports





Pint Size PD

Adult SEL Focused

- Mindful Mondays
- Wind-up Wednesdays
- Read & Reflect Fridays



THE OPPORTUNITY PROJECT PRESENTS:

PINT SIZED PERSONAL & PROFESSIONAL LEARNING

Engage in personal & professional development, **one scoop at a time!**

Join The Opp for one session, one series, or as many as you want! With three separate series & sessions that last 20, 30, or 45 minutes, everyone will find something to wet their appetite. Find session materials, resources & community discussions 24/7 at [The Opp Online](#), so you can grab your spoon and dig in when it is most convenient for you!

Mindful Mondays - 30 minute sessions
Begin your week with a moment of mindfulness. Learn and practice mindful strategies to develop resilience and manage emotions. Join The Opp at 9am on the 1st & 3rd Mondays of each month. [REGISTER HERE!](#)

Wind-Up Wednesdays - 20 minute sessions
Increase your energy during mid-week by engaging in simple & fun movement. Join The Opp at 9am on the 1st & 3rd Wednesdays of each month. [REGISTER HERE!](#)

Read & Reflect Fridays - 45 minute sessions
Engage in reflection and discussion with colleagues over short articles, podcasts, & videos relevant to our work. Participants will have voice in selecting topics. Discussion materials will be posted on The Opp Online Monday of the discussion week. Join The Opp at 9am on the 2nd & 4th Fridays of each month. [REGISTER HERE!](#)





Pint Size PD

SEL Skills, Practices & Tools

- CASEL - 3 Signature Practices, 5 Competencies
- RULER - Emotions Matter Mindset, Anchor Tools & Core Routines
- DEIB - PSELI Racial & Social Justice Toolkit
- Second Step - Second Step OST overview, alignment with IST





PD Discovery Newsletter



- Announcements
- What We're Reading
- Podcasts
- Upcoming Events & Training Opportunities
- Webinar Schedule





Self Care - Staff Sanctuary



Optimistic Closure

Jessica Hicks, SEL Continuous Improvement Coordinator, Tulsa Public Schools
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Time to Practice!

Adult SEL Practices

Three Signature Practices



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Adult SEL Practices

Adult SEL practice

- Name practice and give context
- Practice with inclusion in mind
- Reflect and connect to SEL and identity
- Model and integrate with inclusion in mind



Healing Centered Mindfulness-based practices

- **Mindful movement**
- **Reflect and chat box share (noticing thoughts, emotions sensations)**
- **Mindful Breathing**
- **Reflect, draw/journal and pair share**



Your Turn

What will you apply?

How and when will you use the strategy?

How will you reflect and connect to SEL for belonging?

What will you do to ensure diverse needs are met and all voices are included? (race, gender, culture, ethnicity, language, abilities, learning styles)





3 Signature Practices

- **Warm Welcome**
- **Engaging Pedagogy**
- **Optimistic Closure**

These practices serve as rituals that help to create a safe and positive learning environment and help to foster strong, nurturing relationships between adults and students—and among students.





3 Signature Practices

Providing repetitive and engaging learning opportunities help students build:

- Self-awareness and social awareness - noticing and naming feelings, and finding connections.
- Self-management and relationship building - being aware of and in control of our thoughts, emotions, actions and interactions.
- Routines and Rituals – we are internally soothed by sameness, while paradoxically, our brains need freshness too!





Welcoming Ritual

- Sends a clear message that the day/program time has begun
- The opening, or greeting, ritual also helps make a peaceful transition from whatever they were doing at school to what they will be doing in your program by creating a clear boundary
 - Smile & greet each person by name
 - Whole-group greeting activities
 - Breathing exercises
 - Sharing
 - High/Lows





Engaging Pedagogy

- Shared agreements & expectations – how students wish to be treated and will treat each other
- Build community
- Establish ownership
 - Brain Breaks
 - Movement
 - Sound
 - Group formers & group structures





Optimistic Closure

- Time to wrap up the day/program time/activity and help students organize information and experiences in a meaningful context in their minds
- Better understand what they have learned and provides a way in which they can apply it to the world around them
- Better retain information beyond the immediate learning environment
- Engage students in a quick discussion about what they learned and what it means to them now
- Become reflective

- Reflection
- Guiding Questions
- Journaling
- Snowstorm

Experience
Optimism



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- What activities do you currently do that fall into these three practices?
- In what spaces do you your implement these practices?
- How can you be more intentional in incorporating these practices?





Plan your Practices

- Think of a meeting, program activity, or other event you have coming up. Plan at a Warm Welcome, Engaging Activity, & Optimistic Closure.
- How are the practices you chose related to the content of your meeting or activity?



Stay Connected

- Presentation materials will be posted online at <https://readyby21nm.vfairs.com/>
- Tweet about your session! #rb21
- Find resources and tools on our website at forumfyi.org!
- Sign up for our newsletters to stay informed and connected: <https://forumfyi.org/about-us/newsletters/>.



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