

# PYP, Social Emotional Learning, 3rd and 5th Grades

Sponsored by the Peirce PAC

## CENTRAL IDEA:

Social emotional support at home will engage students in their academics.

*1. How is social emotional learning taught in the classroom*

*2. What is Second Step*

*3. How a community supports students in strengthening their ability to have empathy and manage emotions*

# WHAT IS EMPATHY AND MANAGING EMOTIONS?

Growing up, who taught you to manage your emotions?

What kinds of experiences did you have that taught you how to manage your emotions?

How did you learn to be empathetic?

# What is Second Step?

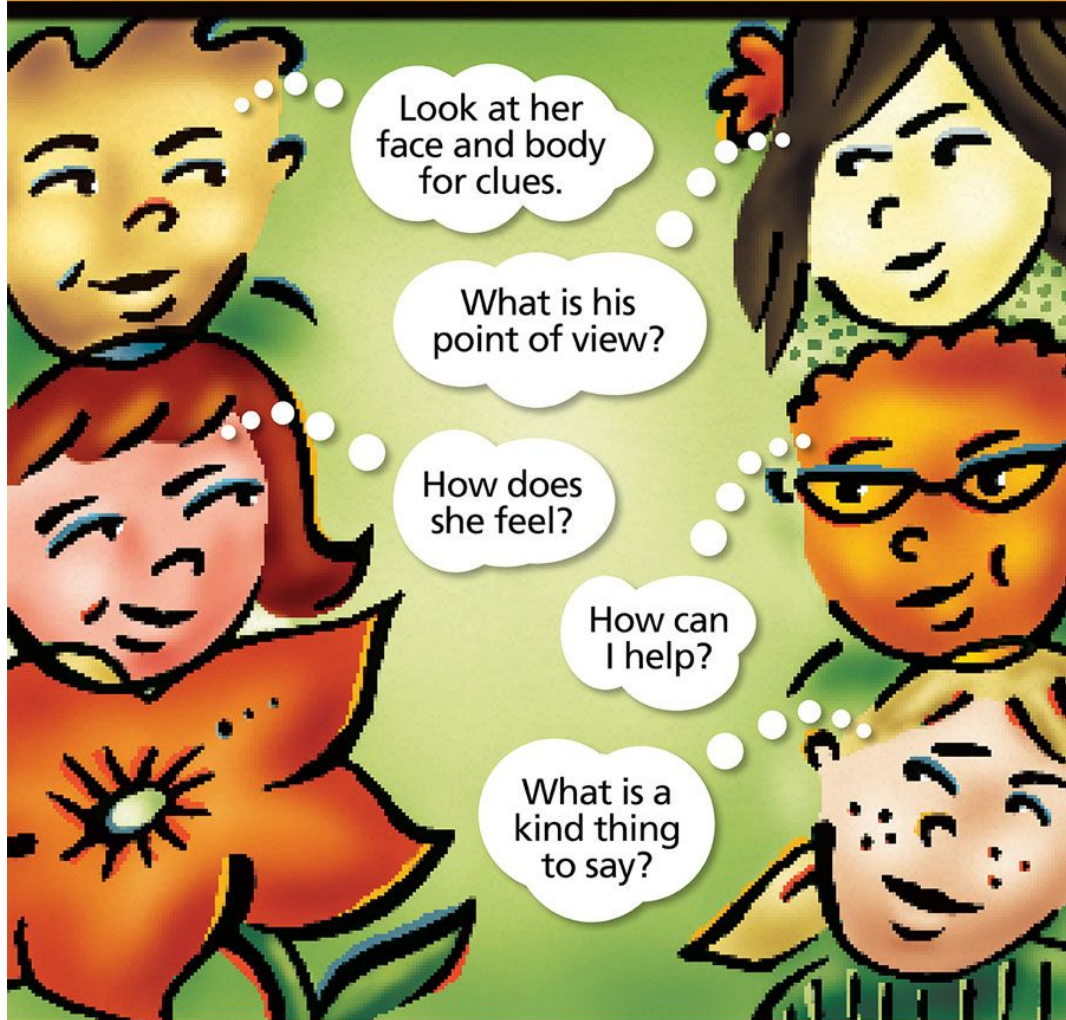
Program designed to teach skills for social and academic success.

Teaches students the skills to strengthen their ability to:

- Learn
  - self-regulation skills to participate and benefit from classroom instruction
- Have empathy
  - identify emotions, perspective taking, understanding others feelings
- Manage emotions
  - recognize emotions, coping skills, proactive strategies
- Solve Problems
  - problem solving steps, making choices

# Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!

# How to Calm Down



**Stop—**  
use your  
signal

**Name**  
your  
**feeling**

**Calm**  
**down:**  
breathe  
count  
use positive self-talk

# PROTOCOL FOR CLASSROOMS

**Just Observe – Please do not talk to the students or teachers**

**Please do not judge the students or teachers**

**Please do not take pictures or video**

# Supporting Second Step at Home

\*\*Go to [www.secondstep.org](http://www.secondstep.org) -

3rd Grade - Activation Key - SSP3 FAMI LY73

5th Grade - Activation Key - SSP5 FAMILY75

\*\*Home Link - Comes home on a weekly basis - some classes require it to be returned signed

\*\*Join "Committee for Children" online community - [www.cfchildren.org/community](http://www.cfchildren.org/community) - free downloads; inspiring blog

# School Supports for Social Emotional Learning

## **Behavioral Health Team - for Tier 2 & Tier 3 SEL Supports**

- Admin, Counselor, Social Worker, Case Manager
- weekly meetings to review referrals
- social-emotional development, behavior interferes with academics

## **Restorative Approaches to Discipline**

- Restorative vs. Punitive Approaches
- Restorative conversations, reflection sheets, peace circles