



Dear Families,

We know that the events of this year have been difficult to navigate. To support our students' social emotional needs and mental health, we are using a video-based social emotional learning (SEL) curriculum from Move This World. I'm excited to share that you'll be able to access this helpful curriculum at home, too!

Social emotional learning is how students learn to process and manage emotions as well as important social skills. It includes everything from goal setting to stress management, and it provides both children and adults with tools they can use to express themselves authentically and safely. SEL helps students build healthy relationships, communicate effectively, and live a meaningful life.

Below, you'll find log in instructions:

Visit: sel.movethisworld.com

Username: delransel@delranschools.org

Password: [gobears!](#)

Practicing social emotional learning at home can help your students:

- Process the events of this year.
- Build critical social skills.
- Connect with themselves and others.
- Navigate challenges they may be experiencing.
- Adjust to the new school year.

Move This World is a social emotional learning program delivered through an extensive online library of PreK-12 videos and resources rooted in creative expression that help students, teachers and staff develop a common language to improve communication and build trust. We're so glad that you'll be able to access Move This World videos and resources at home, and hope they are helpful for your student and family.

Learn more about [How It Works here](#).

Please let us know if you have any additional questions!

Kimberly Hickson, DIS Principal

Jennifer Lowe, Millbridge Principal

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WHAT IS SOCIAL EMOTIONAL LEARNING?

Social 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 goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.

For more information on SEL visit the CASEL Website.

THE FIVE CORE SEL COMPETENCIES

1

SELF-AWARENESS

Self-awareness is our capacity to recognize our individual feelings and emotions as well as the ability to express them accurately and productively. For example, if we have a strong self-awareness we will easily be able to differentiate how we feel when we're stressed versus when we're angry.

2

SELF-MANAGEMENT

Self-management is our capacity to successfully manage and regulate our emotions, particularly difficult ones. For example, when we are stressed, do we use a particular set of management strategies or coping techniques? Do these strategies and techniques help to calm us down so that we can continue on with our days, or do we allow our stress to derail us?

3

SOCIAL AWARENESS

Social awareness is our capacity to appreciate the thoughts, feelings and perspectives of others. It's our ability to put ourselves "in someone else's shoes" and truly empathize with them. Social awareness also involves understanding and respecting social and ethical norms. When we build our ability to achieve these things we're able to form stronger connections with our communities.

4

RELATIONSHIP SKILLS

Relationship skills involve our capability to form and maintain relationships with others. This involves our ability to communicate, mediate disagreements, and work successfully in teams. It's important to keep in mind that these skills should lead to healthy, meaningful relationships rather than destructive ones.

5

RESPONSIBLE DECISION MAKING

Responsible decision making is our ability to make positive choices. When making choices you should be thinking about the consequences that your choices can have on both your personal life and on others. Responsible decisions require that you think about your personal beliefs as well as social and ethical norms.



¿QUÉ ES EL APRENDIZAJE SOCIAL Y EMOCIONAL?

El aprendizaje social y emocional (SEL) es el proceso a través del cual los niños y los adultos adquieren y aplican efectivamente el conocimiento, las actitudes y las habilidades necesarias para comprender y manejar las emociones, establecer y alcanzar objetivos, sentir y mostrar empatía por los demás, establecer y mantener relaciones positivas y tomar decisiones responsables

Para obtener más información sobre el SEL, visite el sitio web de CASEL.

LAS CINCO COMPETENCIAS BÁSICAS DEL SEL

1

AUTOCONCIENCIA

La autoconciencia es nuestra capacidad de reconocer nuestros sentimientos y emociones individuales, así como la capacidad de expresarlos de manera precisa y productiva. Por ejemplo, si tenemos una fuerte autoconciencia podremos diferenciar fácilmente cómo nos sentimos cuando estamos estresados y cuando estamos enojados.

2

AUTOMANEJO

La Automanejo es nuestra capacidad para manejar y regular con éxito nuestras emociones, especialmente las difíciles. Por ejemplo, cuando estamos estresados, ¿utilizamos un conjunto particular de estrategias de manejo o técnicas de afrontamiento? ¿Estas estrategias y técnicas ayudan a calmarnos para que podamos continuar con nuestros días, o permitimos que nuestro estrés nos frustre?

3

CONCIENCIA SOCIAL

La conciencia social es nuestra capacidad de apreciar los pensamientos, sentimientos y perspectivas de los demás. Es nuestra capacidad de ponernos "en los zapatos de otra persona" y realmente empatizar con ellos. La conciencia social también implica comprender y respetar las normas sociales y éticas. Cuando desarrollamos nuestra capacidad para lograr estas cosas, podemos formar conexiones más fuertes con los demás.

4

HABILIDADES DE RELACIÓN

Las habilidades de relación implican nuestra capacidad de formar y mantener relaciones con los demás. Esto implica nuestra capacidad de comunicarnos, mediar desacuerdos y trabajar con éxito en equipo. Es importante tener en cuenta que estas habilidades deben conducir a relaciones saludables y significativas en lugar de relaciones destructivas.

5

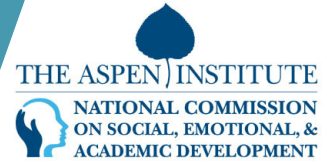
TOMA DE DECISIONES RESPONSABLE

La toma de decisiones responsable es nuestra capacidad de tomar decisiones positivas. Al tomar decisiones, debe pensar en las consecuencias que sus decisiones pueden tener tanto en su vida personal como en otras. Las decisiones responsables requieren que piense en sus creencias personales, así como en las normas sociales y ética.



Social, Emotional, and Academic Development

FAST FACTS



What we know about social, emotional, and academic development.



Nine out of ten

teachers believe social and emotional skills can be taught and that it benefits students.



Four in five

teachers want more support to address students' social and emotional development.

75% of the words

students use to describe how they feel at school are negative. Students most commonly report they are tired, stressed and bored.

stressed happy

tired bored



Integrating social and emotional development improves students' attitudes and engagement



Growth in occupations

that require the mastery of social and emotional skills has outpaced growth of all occupations.



Eight in ten employers say social and emotional skills are the **most important to success**

and yet are also the hardest skills to find.

Social and emotional competency is at least as predictive of academic and career achievement as is IQ.



Supporting students' social and emotional development produces an

11-percentage-point gain

in grades and test scores.



Social and emotional skills help to build cognitive skill. They

help students learn academic content

and apply their knowledge.



After paying for college, the next

biggest concern among parents

is their children's social and emotional well-being.

Attention to social and emotional development is not only valuable in early childhood.

Sustaining a focus on social and emotional growth through adolescence is crucial for improving achievement and outcomes beyond school.



High social and emotional competency...



Increases high school graduation rates, postsecondary enrollment, postsecondary enrollment completion, employment rates, and average wages.

Decreases dropout rates, school and classroom behavior issues, drug use, teen pregnancy, mental health problems, and criminal behavior



CITATIONS

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