



Social Emotional Learning at a Distance

Voices of Summer Webinar Series



Welcome!

- Your phone line is muted.
- The webinar is being recorded.
- A link to the recording and slides will be made available.



Welcome!



Leslie Gabay-Swanston
Director of Program and Systems Quality
National Summer Learning Association



Webinar Overview

- About NSLA
- Panel
 - CASEL
 - kid-grit
 - MENTOR
- Audience Questions
- Announcements & Follow-up

About NSLA

NSLA is a national, non-profit organization focused on the powerful impact of one achievable goal: investing in summer learning to help close the achievement gap. NSLA uses the power of research, advocacy, training, and policy to transform America's neighborhoods and communities, one child at a time.

Our work is based on the simple idea that summer—a time that is easily overlooked yet critical to educational development—is bursting with possibility, and instrumental in closing the achievement gap between privileged children and our most vulnerable children.



Why Summers Matter



Summer is the time of greatest inequity for young people. When schools are closed, many low income young people lack access to meals, books and other learning resources, and physical activity.

55

Panelists



Sherrie Raven
*Director of PSELI
Implementation*
CASEL

Welcoming Inclusion Activity

- How are you using your own social and emotional skills to support adults and young people in your work right now?



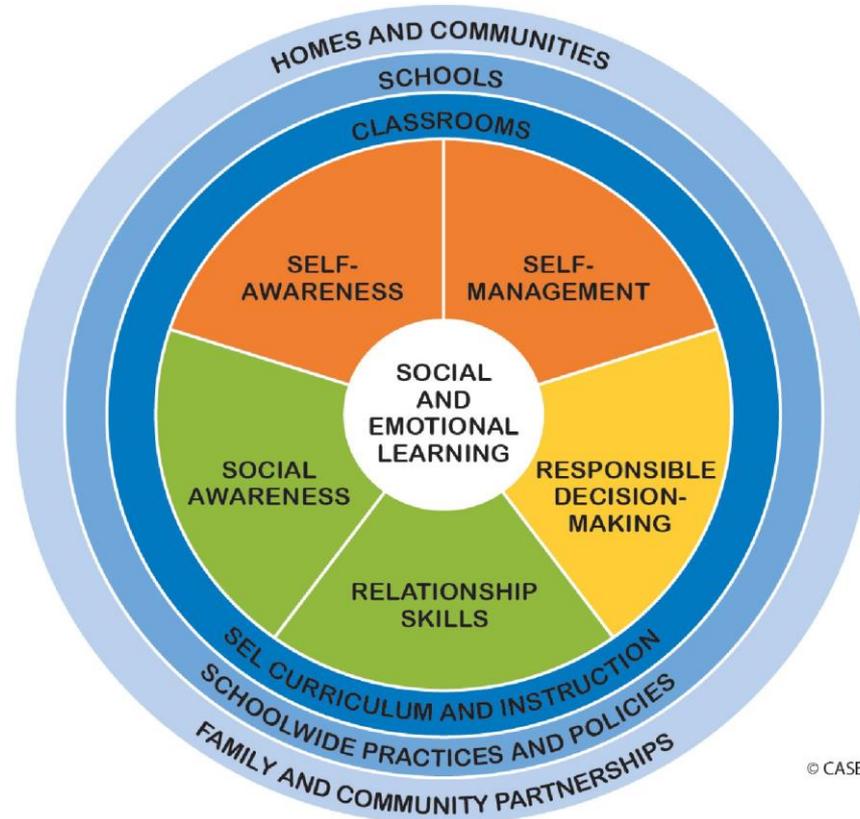
What is Social and Emotional Learning?

SEL involves **processes** through which **children and adults** develop fundamental emotional and social **competencies** to

- **understand and manage emotions**
- **set and achieve positive goals**
- **feel and show empathy for others**
- **establish and maintain positive relationships**
- **make responsible decisions.**



CASEL SEL Competencies



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CASEL Guide to Schoolwide SEL

The CASEL Guide to Schoolwide Social and Emotional Learning

Schoolwide SEL helps students excel academically, build stronger relationships, and lead happier, healthier, more fulfilling lives.

How it Works

Scroll for more



What is Schoolwide SEL?

Out-of-School Time Resources

[How it Works](#)[Schoolwide SEL Process](#) ▾[Track Progress](#)[Resources](#)[Login](#)

Out-of-School Time Tools

Partnering to build SEL within and beyond the school day

The power of SEL is magnified when it extends beyond the school and into other settings where young people learn, play, and live. The resources below have been adapted from the CASEL Guide to Schoolwide SEL in order to harness the power that all educators – in addition to those formally employed by schools – have to promote aligned, systemic social and emotional learning.

The resources below supplement the content throughout the CASEL School Guide main pages. These tools mirror the original CASEL School Guide versions, but have been reworked with a broader lens to include other stakeholders beyond traditional school teams, particularly out-of-school time (OST) providers and community partners.

We recommend you begin by reviewing the [definition and indicators of sitewide SEL](#) to reflect on your current work and target your exploration of these tools.

TRACK PROGRESS

- [Indicators of Sitewide SEL Walkthrough Protocol \(OST\)](#)
- [Download Blank Rubric \(OST\)](#)

FOCUS AREA 1A – Build Foundational Support

SEL Team

- [Assembling an SEL Team \(OST\)](#)
- [Key Responsibilities of a Site-Based SEL Team Lead \(OST\)](#)
- [Key Responsibilities of a Site-Based SEL Team Member \(OST\)](#)
- [Key Responsibilities of a Site-Based Data Lead \(OST\)](#)



<https://casel.org/resources-covid/>

Guidelines for Educators, Parents, and Caregivers

Below we share guidance for keeping SEL at the forefront during the COVID-19 pandemic following the four core focus areas of CASEL's guides for schoolwide SEL and districtwide SEL.

First, create a foundation for social and emotional learning



Second, attend to well-being and mutual support among adults



Third, promote social and emotional learning for young people



Fourth, reflect on how things are going and adjust as you learn



SEL Resources

Distance Learning



SEL at Home



Self-Care Strategies



Supporting Staff and Virtual Teams



Talking to Children about COVID-19



Additional Resources for Schools/Districts



Additional Resources for States



Need for belonging and routine

• CASEL SEL 3 Signature Practices



- Welcoming Inclusion Activities



- Engaging Activities



- Optimistic Closure

Resources from partner districts Dallas, Texas



SEL Dallas Specialists have created a series of remote learning opportunities that youth and families can access from home. Activities highlight SEL Signature Practices and are designed for students and their families to renew their sense of community with their friends.

All of these activities and more are available through [Dallas City of Learning](#) Digital Explorations.

Let's Read! SEL Dallas Book Club - Mondays at 9am and 1pm

Start with Heart - Tuesdays and Thursdays at 10am

Brain Break - Tuesdays at 12pm

End with Friends - Tuesdays and Thursdays at 4pm

Be Kind to Your Mind - Thursdays at 12pm

BIG on Self-Care - Wednesdays at 10am

SEL Dallas Creates - Wednesdays at 3pm

News Stories

Social and Emotional Learning:
Why We Must Act Now
[May 8, 2020](#)

A Trauma-Informed Approach to
Teaching Through Coronavirus
[May 8, 2020](#)

Yes, You Can Do Trauma-
Informed Teaching Remotely (and
You Really, Really Should)
[May 6, 2020](#)

SEL Dallas Remote Learning
Opportunities
[April 30, 2020](#)

The COVID-19 Conversation with
your Kids
[April 6, 2020](#)

At This Time of School Closures
and Remote Learning, How to
Keep Students Engaged and
Tend to Their Social-Emotional
Health
[March 31, 2020](#)



Resources from partner districts Palm Beach County, Florida



SEL Resources

Seven-Day Self-Care Challenge

[Click here](#) to start.

Feeling anxious or worried? Feeling a loss of control amid COVID-19? Prime Time is offering tools to bring you back to center.

The Seven-Day Self-Care Challenge is a virtual on-demand offering designed to provide basic practice tools that can help us cultivate awareness, self-care and resilience, particularly during challenging times.



Social and Emotional Learning Morning to Night

[Click here](#) to print/view in English, Creole and Spanish.



Resources from partner districts Austin, Texas

SEL At-Home

Home  

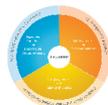
SEL At-Home

#InThisTogether

While we are spatially distant, it's important to stay socially connected! Now, more than ever, we need to lean on our social and emotional skills to manage the disruptions and stress and continue to relate to and support one another.

In an effort to ensure that our students are healthy and safe, the district has instituted an extended closure with guidance from our local, leading health agencies. In connection with Austin ISD's Learning At-Home website, complete with online courses and recommended learning resources for all grade levels, this SEL At-Home site is intended to provide parents/caregivers and students access to SEL-related enrichment activities, resources, self-care and mindful practices and more. We've also included SEL-based practices for leaders, staff, and educators who are transitioning to a virtual work environment.

En un esfuerzo para asegurar que nuestros estudiantes estén sanos y seguros, el distrito ha instituido un cierre prolongado con base en el asesoramiento de las principales agencias de salud locales. En conexión con la página web de aprendizaje en el hogar del Austin ISD, que cuenta con cursos en línea y recursos de aprendizaje recomendados para todos los grados, esta página web de SEL en el hogar pretende proporcionar a los padres de familia/tutores legales y a los estudiantes acceso a actividades de enriquecimiento, recursos, principios de cuidado personal y prácticas de conciencia plena relacionadas con el SEL y mucho más. También hemos incluido los principios basados en SEL para los líderes, el personal y los maestros que están en transición a un entorno de trabajo virtual.



SEL core competencies
competencias básicas de SEL
SEL core competencies
competencias básicas de SEL

Understanding SEL / Entendiendo el SEL

Start the conversation about our social and emotional skills, by using the current health crisis as an opportunity to [practice and reinforce the SEL core competencies](#).



SEL Enrichment Activities/ Actividades de enriquecimiento de SEL

Access resources dedicated to supporting children and youth in their SEL enrichment within the home environment.



Panelists



Julia Gabor
Mindful Founder
kid-grit

HELLO NSLA!!!

kid-grit

*A holistic approach to developing the next generation
of mindful leaders.*



kid-grit, Mindful Founder

Julia Gabor

WHAT IS KID-GRIT?



We are an innovative soul-driven personal & professional training company.

We exist to equip educators & students to connect with themselves & others through mindfulness and social emotional resources.

We see a tribe of educators who are connected to the WHY serving communities of engaged students who let their voices be heard.

WHAT'S WORKING?



Virtual Trainings

- Interactive Distance Learning SEL
- How to use Google Hangouts and Zoom Platforms for youth
- Staff Wellness/ SEL for Staff

The FREE SEL Knowledge is Power Guide www.kid-grit.com

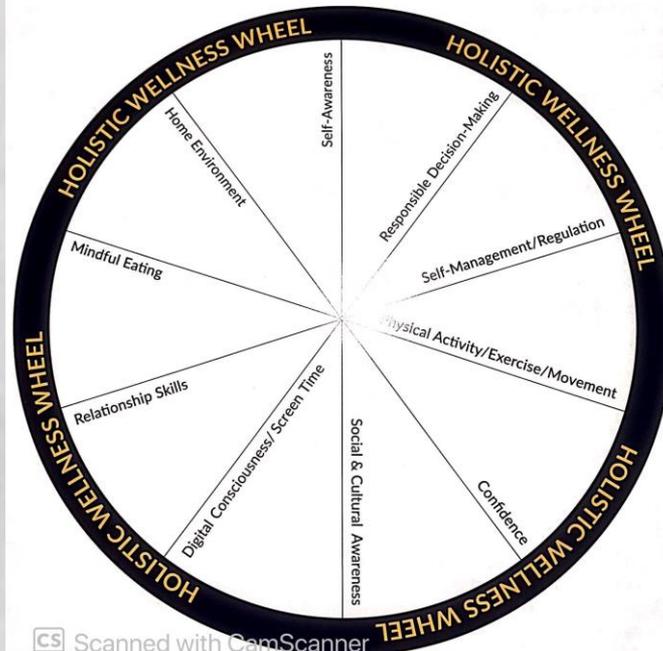
Free Youth SEL Sessions

Sample Activity



kid-grit

Holistic Wellness Wheel



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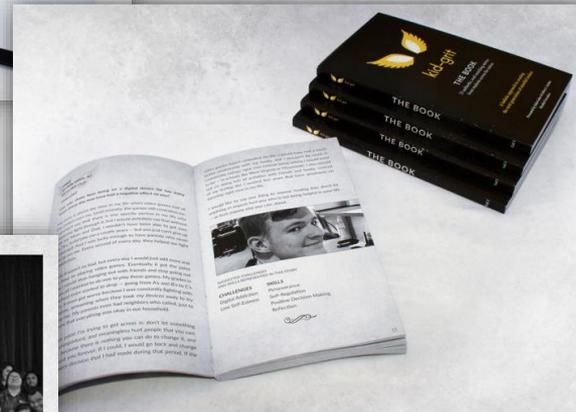
www.kid-grit.com



Curriculum



www.kid-grit.com



The Book



Professional Development

Panelists



Dudley Sylla
Program Director
MENTOR



Dudney Sylla
Program Director

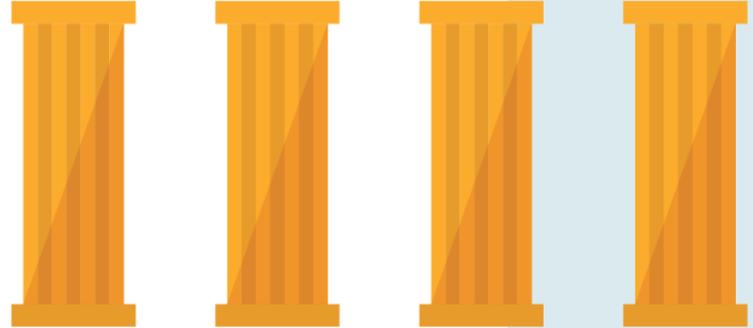
MENTOR's Work: Four Levers to Close the Mentoring Gap

 **Prioritizing Quality**

 **Ensuring Local Field Leadership**

 **Expanding the Movement**

 **Influencing Systems**



SOCIAL AND EMOTIONAL DEVELOPMENT IN EARLY ADOLESCENCE: Tapping into the Power of Relationships and Mentoring



RECOMMENDATIONS FOR PRACTITIONERS

The following recommendations summarize some of the key insights from this research as they relate to the daily practice of professionals across school, after-school and community based settings:

- Get to know your students and their specific needs and assets.
- When developing programs, use models that harness the power of groups and peer identity for this developmental stage.
- Develop a program focused on leadership development.
- Develop programming that builds sense of belonging for students who may be vulnerable to isolation in school settings.
- Pair students with mentors or peer groups whose identities affirm their own, to help normalize and validate students' cultural experiences and provide relatable role models.
- Provide tailored programming that affirms LGBTQI-GNC students.
- Support adult mental health, cultural competence, and ethnic identity in mentors, so they can adequately support youth.
- Provide mentors with specific coaching on how to offer unconditional positive regard, encouragement, consistent positive interactions, meaningful feedbackⁱⁱ, and fostering trustⁱⁱⁱ.
- Provide opportunities for small group interaction, and offer activities that foster understanding, belonging and connectedness.
- Partner with local corporations and employers to build your school, district or program's capacity in these areas.

Feedback from Respondents: what are the major challenges you are facing?

- "Our community is underserved and low-income based so the biggest challenge is how families can keep food on the table and keep their children engaged during this time of social isolation."
- "Biggest challenges: many of the youth and families we serve do not have access to technology at home: laptops, chromebooks, routers, internet which will be needed once their schools begin online learning. 1 in 5 of our families is also struggling with job/income loss. Several of our families are undocumented and are fearful of asking for government assistance."
- "Mentors are not sure if they are doing enough to help their mentee, how best to ask questions to ensure they have the resources in time of need. From the students end, its a very stressful and overwhelming time with having to deal with distance learning and find time to meet with their mentors."
- "The biggest challenges our organization is facing internally as a result of COVID-19 is keeping the momentum. Everyone is scared, stressed and concerned. Our organization is volunteer- based, so volunteers are adjusting to work- life changes and you can feel the stress of our volunteers."
- "The mentors not able to meet with their mentees. Staff is not operating at full number of hours because of not enough work available. No outside mentor/mentee events. Not able to go out to do fundraising or promote the program through visiting businesses, churches, etc. and hanging up posters. No appointments."
- "Mentors are worried about their students not getting the supports they need at home related to e-learning as well as emotional and basic needs. Families are having issues with student motivation and connectivity/ability to learn with a lack of device and connectivity (the community is working on a response to mitigate those barriers to e-learning). Finances are a big challenge as many parents work in the food/beverage/service industry."

Young People

- Physical separation from friends and peers – finding new ways to connect via social media, phone, etc.
- Disconnection from school, and the caring adults they find there – adjusting to distance learning
- Disconnection from extracurricular activities, sports and mentoring programming – spending more time indoors
- More togetherness with family or immediate household – shifts in family dynamics
- Parents' stress
- Cancelled social events or milestones (graduations, etc.)

Tech Solution Preferences

- **Safe and monitored one-on-one communication** and also offer **content/activities**
- Ensure **privacy** for mentor/mentee
- **User friendly** and **easy to learn** for all ages

MENTOR COVID-19 Website



- CEO's Message
- Mentoring Tips
- Text-Based Messaging
- E-Mentoring Resources
- Advocacy & Policy Response
- Survey Results
- FAQs
- Curated Resource List
- @MENTORnational

www.mentoring.org/coronavirus-resources

Email: info@mentoring.org

Virtual Mentoring Portals

www.mentoring.org/vmp



**Virtual
MENTORING
PORTAL**

For ages 12 and under



**Virtual
MENTORING
PORTAL**

For ages 13 and up

Apply for Technical Assistance



NATIONAL
MENTORING
RESOURCE CENTER
A Program of **OJJDP**

What is Technical Assistance?

The National Mentoring Resource Center provides free technical assistance to mentoring programs around their individual needs and the improved implementation of specific mentoring practices.

Requests are now submitted through OJJDP's centralized technical assistance site, TTA360.

Wondering whether technical assistance might improve your mentoring program?

- Are you a **new mentoring organization** in need of program support for mentor recruitment and retention?
- Does your program want to learn mentoring **best practices** for managing mentoring relationships or monitoring matches?

Click here to submit a request for no-cost help for your mentoring program.



New to TTA360?
Download the User Guide for Requestors.

Apply for no-cost technical assistance
www.nationalmentoringresourcecenter.org

Questions



Voices of Summer Webinar Series



Voices of Summer WEBINAR SERIES

www.summerlearning.org/webinars



National Summer Learning Week



National Summer Learning Week is a national advocacy day aimed at elevating the importance of keeping kids learning, safe and healthy every summer – all so students return to school ready to soar!

www.summerlearning.org/summer-learning-week



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#summerlearning



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@SmarterSummers



@SmarterSummers



@SummerLearning



Thank you!

www.summerlearning.org

