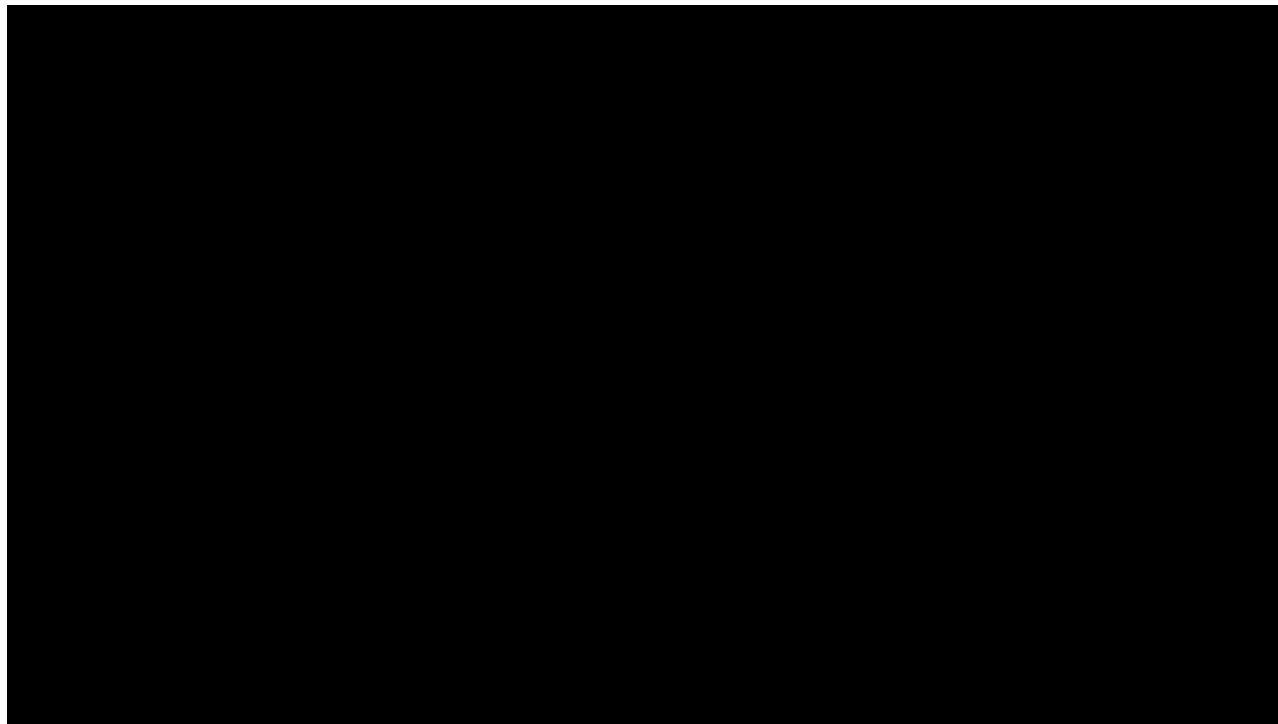


# SEL Presentation

Kendall Coleman

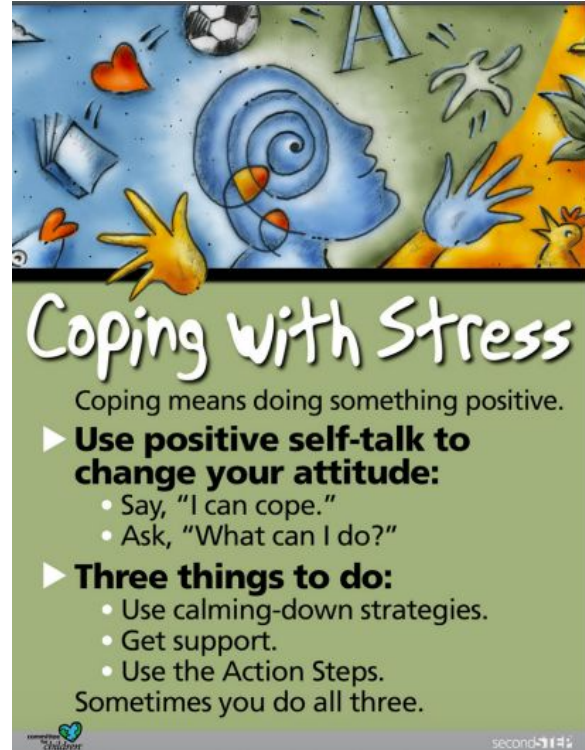
# Music Bingo



# 5th Grade SEL Class – Second Step

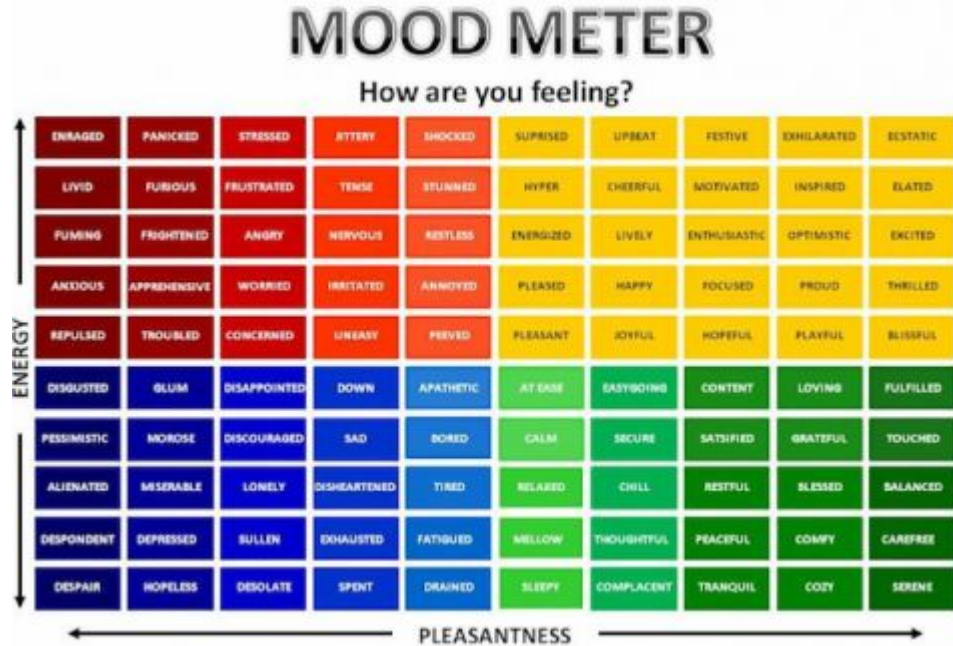
## Mr. Soprano

- Taking Others' Perspectives
- Accepting Differences
- Managing Anxiety
- Problem Solving
- Being Assertive
- Managing Frustration
- Handling Put-Downs
- Seeking Help (How and Who to Ask)
- Respectful Disagreement



# 5th Grade SEL Class

- Yale Ruler
- Being Your Best Self
- Triggers and Strategies
- How Music Affects Emotions
- Empathy vs. Sympathy
- Class Charter
- Mood Meter
- The Meta-Moment



# Class Charter

## SEL 5-5 Charter

In class, we want to feel...

- Happy/Excited
- Relaxed
- Safe/Secure
- Proud
- Focused
- Motivated

Therefore, we promise to...

1. Respect each other's space and belongings.
2. Actively listen, make eye contact with the speaker, and have an open mind.
3. Treat others the way that THEY want to be treated.
4. Be positive!!!

## Mindfulness



**mind full**

I am thinking about eating lunch, because I am so hungry. I also want to just lie down, because I want to sleep late.

**mindful**

What it looks like... It looks like a classroom

What it smells like... Cleanliness

What it feels like... It feels very warm in this classroom.

Other feelings... I feel a little warmer than usual because I just came back from gym

Observations?? Smart board Teachers Classmates

THROUGHOUT THE DAY, OUR MINDS CAN BECOME FULL OF THINGS, PEOPLE, EVENTS, PROBLEMS, AND FEELINGS THAT CAN CLOUD OUR THINKING AND STOP US FROM BEING PRESENT. FILL THE CLOUD WITH THINGS THAT ARE ON YOUR MIND TODAY! (PICTURES, WORDS, PHRASES, ETC.)

BEING MINDFUL MEANS FOCUSING OUR ATTENTION ON THE PRESENT MOMENT AND EXPERIENCING OUR SURROUNDINGS (WHAT IT LOOKS LIKE, FEELS LIKE, SMELLS LIKE, ETC.) FILL IN THIS CLOUD BY REPLACING THE TOPICS WITH YOUR OWN FEELINGS ABOUT THE PRESENT MOMENT AND MINDFUL THOUGHTS YOU MIGHT HAVE! MINDFULNESS HELPS US REGULATE OUR MOOD AND FEELINGS. IT ALSO REDUCES ANXIETY AND STRESS AND IMPROVES YOUR SENSE OF WELLBEING!

## Identifying Emotions



## MY DAY ON THE MOOD METER

TIME OF DAY	WHAT'S HAPPENING?	HOW ARE YOU FEELING?	MOOD METER COLOR
Before School	I'm getting ready for school	I'm feeling mellow	green
Commute to School	By the bus	I feel happy	green
In School - Morning	Working	I feel relaxed	green
In School - Afternoon	Working and lunch	I feel excited	yellow
After School Until Dinner	Homework and playing or watching shows/dinner	I feel content	green
After Dinner Until Bedtime	Watching shows and getting ready for bed	I feel tired	blue



# Lunch Bunch!







# Counselor Lessons

- Naviance - Career and College Exploration
- Social Media - Safe/Unsafe Posts & Digital Footprint
- Escape the Room- Growth Mindset





# Counselor Lessons

Thank you to Deputy Meury and the Putnam County Sheriff's Department!



# Counselor Lessons

