



Social-Emotional Learning (SEL) at Putnam Valley Elementary School



PVES Clinical Team

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What Is Social-Emotional Learning?

Social-emotional learning (SEL) helps people:

- Understand and manage their emotions
- Set and achieve positive goals
- Have and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions



The Goal of SEL in Schools

SEL in schools supports whole-child development. When implemented schoolwide, SEL can help create a positive school climate where students and adults can thrive together, improving social-emotional competence and academic achievement.



Research Links Evidence-Based SEL to Positive Outcomes

Student Gains in . . .



- Social-emotional skills
- Improved attitudes about self, others, and school
- Prosocial classroom behavior
- 11 percentile-point gain in overall academic achievement

• **Reduced Risk of . . .**



- Conduct issues
- Emotional distress



Happy Mind. Happy Life

Second Step Elementary

The Second Step® Elementary program has been used for the past three years at PVES and has been implemented by the school counselor, in collaboration with the classroom teachers.

This year the program is digital, allowing for the flexibility of remote learning.

It's research-based and made for elementary students.



Lessons at PVES

Lessons per grade: 12 lessons

Teaching time: 30-40 minutes

Includes: Books, videos, handouts, discussions, role playing, and activities.



Second Step® Skills and Concepts

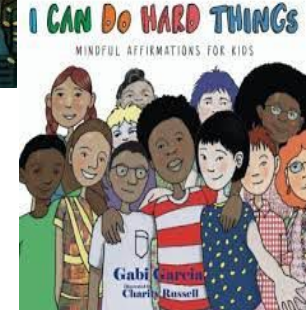
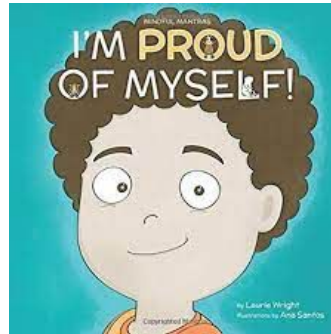
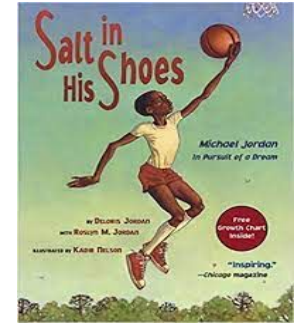
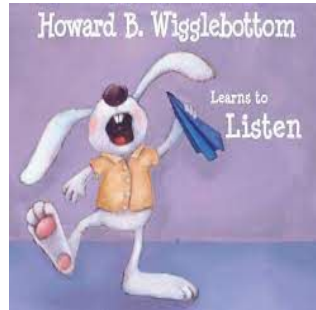
Unit 1	Unit 2	Unit 3	Unit 4
Growth Mindset & Goal-Setting	Emotion Management	Empathy & Kindness	Problem-Solving

Each unit is composed of 5 lessons per grade. Lessons are selected based on the needs of each grade level.

Unit 1: Growth Mindset & Goal-Setting

Students learn how to:

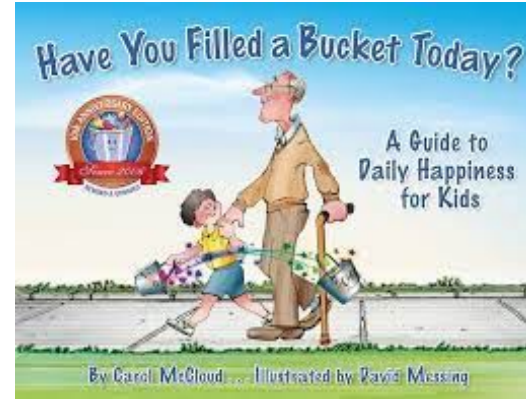
- Pay attention and manage distractions
- Develop a growth mindset
- Apply goal-setting strategies to their social and academic lives



Unit 3: Empathy & Kindness

Students learn how to:

- Recognize kindness and do kind acts for others
- Have empathy for others and take others' perspectives
- Recognize kind acts and empathy as important elements in building and maintaining relationships



Unit 4: Problem-Solving

Students learn how to:

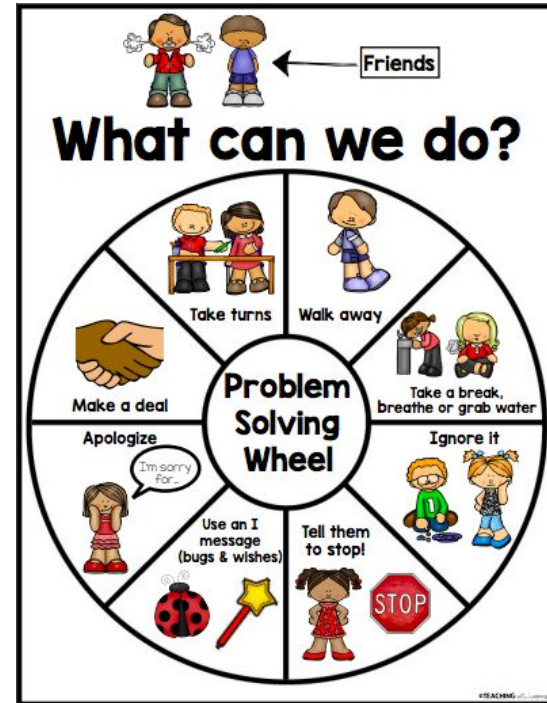
- Identify and state a problem
- Recognize if a problem is an accident
- Use the STEP problem-solving process:

S: Say the problem

T: Think of solutions

E: Explore the outcomes

P: Pick a solution



Bullying Prevention

All students receive a lesson during the month of October to support bullying prevention.

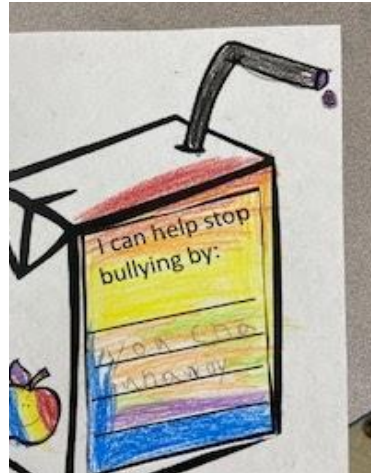
K- Howard B. Wigglebottoms Learns about Bullying

1st- Juice Box Bully

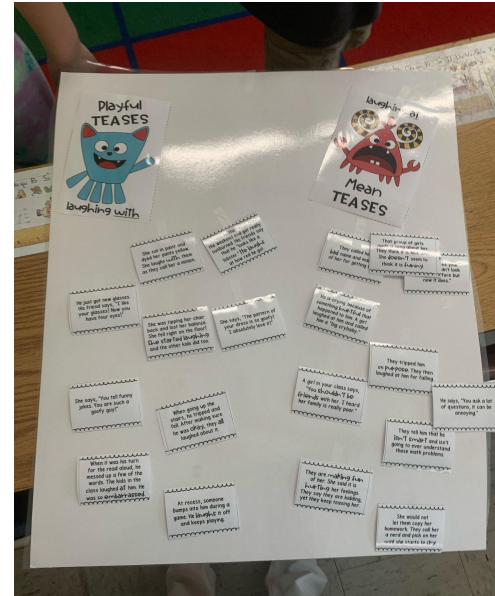
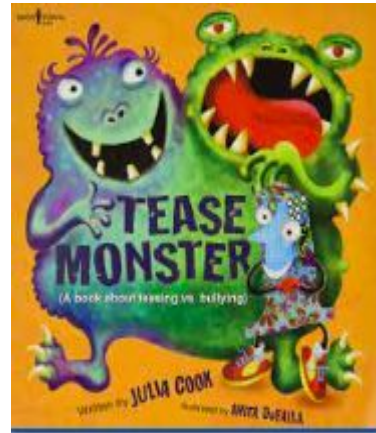
2nd- Bully Beans

3rd- No One Knew What to Do

4th- Ted the Upstander Video



Teasing Lesson in Second Grade



Other Special Topics Covered

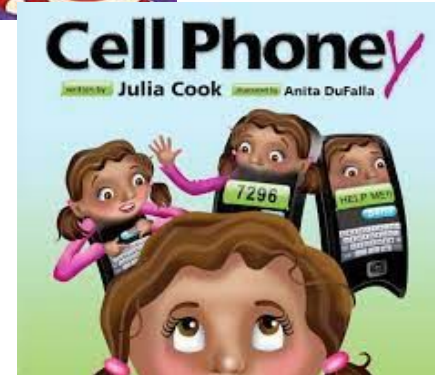
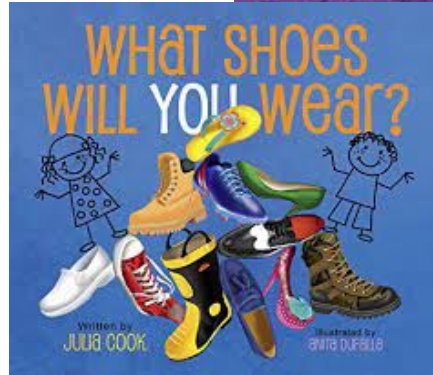
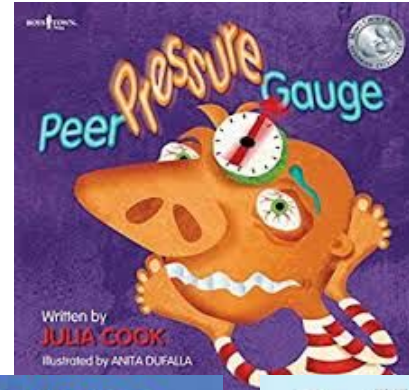
Peer Pressure

Cell Phone/Social Media Safety

Career

Transition to Middle School

**Others as needed



SEL for Small Groups and Individual Students



For students that need additional support, they may be referred to individual or small group counseling through the Rtl process, parent request, and/or administrative request.

Individual and small group counseling targets specific social and emotional interventions as needed (i.e. behavioral needs, self-esteem, friendship skills, self-control, coping skills, emotion management, etc.)

Small groups include students in the same grade, and are provided during iblock time.

Examples of Interventions



	5	I have lost all control and need to go to another room. I need a quiet place to calm down. I need help to calm down
	4	I am starting to lose control and I need help from an adult. I need to take a break. I need help using a coping strategy.
	3	I am getting frustrated, and am feeling stressed. I need a break to use a coping strategy.
	2	I am still happy, but I am having a hard time staying focused. I can use a coping strategy on my own.
	1	I am ready to work! I am happy to be here!

Mindful Morning

5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Examples of Interventions

HOW BIG IS MY PROBLEM?		
5	Emergency Someone's towards, fire, or other danger Someone's hurt Someone's hurting you	I ONLY cry, scream, call for help, feel worried or scared
4	Urgent Fall or bleeding Parents are divorcing Grandparent is very sick Pet passed away	I ONLY cry, tell a teacher, go to the nurse, feel sad, worried or scared
3	Big Someone didn't respect your personal space Feel really sick Someone is destroying your or someone's property	I ONLY tell a teacher, go to the nurse, feel frustrated or disappointed
2	Medium Forgot homework Argued with a friend Someone was mean to you or is bugging you Got detention	I ONLY take a break, use an I-message or a meaningful apology, feel irritated, frustrated or disappointed
1	Small Lost and alone Someone cut in front of you in line Gave up a problem or assignment Working with someone you don't like	I ONLY take a deep breath, take a break, use an I-message, try a different strategy, feel irritated, frustrated or disappointed
	Stuck Can't have a pencil I don't know the answer My substance ran out of juice	I ONLY borrow a pencil, feel disappointed

When I get

Always **STOP**, **B**reath & **C**ount to 10

Notice others feelings

Give or get a **hug**

Relax or walk away when needed

Yes, you can do this, you can do this, you can...

CALMING TECHNIQUES

- Take some deep breaths
- Drink water
- Play with a pet
- Listen to music
- Speak to a friend
- Read a book
- Play sport
- Count to ten
- Draw a picture
- Use a puzzle
- Go on a bike ride
- Go for a walk

I CAN calm my body

- Mountain Pose
- Heads to Heart
- Elbow Pose
- Tree Pose
- Mountain Pose
- Chair Pose
- Downward Dog
- Child's Pose
- Cat Pose
- Up Cow Pose
- Chair's Pose
- Downward Dog
- Mountain Pose
- Triangle Pose
- Mountain Pose
- Mountain & Tree
- Heads to Heart
- Mountain Pose

COPING SKILLS

- Take 10 deep breaths
- Slowly count to 10
- Squeeze hands together
- Imagine a happy place
- Push hands together
- Think of a happy memory
- Pull hands apart

Second Step/SEL at Home

Parents can support their child's social-emotional development at home.

- Follow along throughout the year as each unit progresses. Most lessons include an activity that children can take home to show parents what they are learning.
- Each lesson topic has a home link for parents to be informed and involved in their child's SEL.
- Resources for parents on the [Student Services Website](#)





Thank You!