

# Social and Emotional Distance Learning Webinar Series

Supporting Social Emotional Learning  
Throughout Your System

Session 1: Educational Leaders



CALIFORNIA DEPARTMENT OF EDUCATION  
Tony Thurmond, State Superintendent of Public Instruction

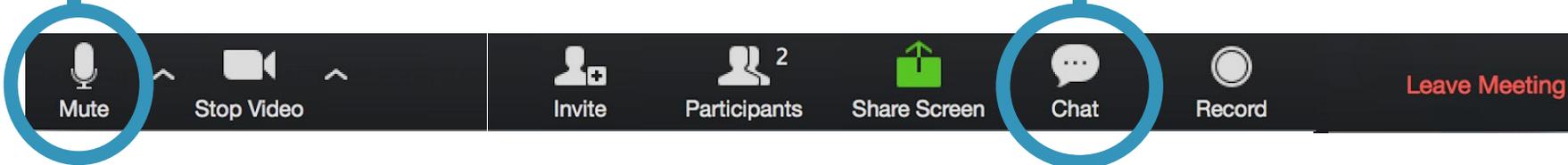
# Housekeeping: Using **zoom**

Please keep your microphone muted unless otherwise directed.

This icon will open a chat window on the right side of the screen.

Select the ^ next to the microphone icon to start or change your audio connection.

Post questions here and the speaker will address them when possible.



# Introductions



Dr. Lucy Vezzuto



Wendy Baron



Michelle Kurta



Judee Fernandez



Erika St. Andre



Sarah Smith



Diane Crum



# Agenda

- Welcoming Ritual
- Self-Care Activity
- Signature social and emotional learning (SEL)  
Practice 1 Welcoming Ritual
- Interview with Dr. Lucy Vezzuto
- Signature SEL Practice 2 Engaging Practice
- Signature SEL Practice 3 Optimistic Closure
- Questions and Answers
- Upcoming Webinars
- Closing



# Today's Outcomes

Today, we will:

- Introduce the 3 signature SEL practices.
- Practice with and reflect on the 3 signature SEL practices.



# How Are You Doing?



**RED** - Imminent overload. Main priorities only. Help and reprioritization needed to change status.



**ORANGE** - Very busy juggling many priorities. Difficult to add course corrections, new thinking, or additions.



**YELLOW** - Busy, lots of things to do. Keep an eye out for signs of orange.



**GREEN** - Good balance of work. Feeling positive and productive. Have room to review and innovate.



**BLUE** - Bored. Feeling unproductive and wishing for either more to do or more interesting work.



**GREY** - Listless and unfulfilled. Even if busy, your time does not feel positive or rewarding.



**Self-Care is a Priority, Not a Luxury**





# Meaning Makers Collective

**Our mission is to expand the capacity of people to make meaning of their lives and cultivate cultures of healing and justice.**

We work with  
Schools - Organizations - Communities

Professional  
Development  
& Training

Coaching for  
Individuals &  
Teams

Organizational  
Consulting

Events,  
Retreats  
& Meaningful  
Gatherings



# Resourcing Our Well-being

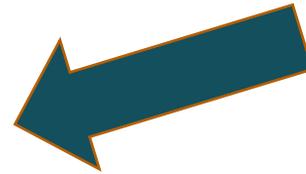
Resourcing is a way to help stabilize and balance a mind and body that may be experiencing distress.

Resourcing helps us...

- Establish a sense of emotional safety
- Expand our capacity to be a resource for others
- Generate a sense of power in the present moment when systemic conditions make certain resources unavailable



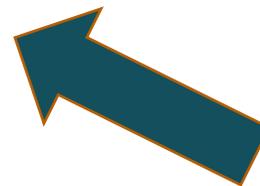
# The Self-Care Torta



**Self Check- In:** How am I doing? How can I tell? Thoughts? Emotions? Sensations?



**Resource:** Identify and nourish with a resource, strategy, or tool.



**Check Back In:** How am I doing now? Has anything shifted? Thoughts? Emotions? Sensations?



# Resource: Mindful Breathing

The goal is to connect to a breath that is comfortable.

You might...

- Notice that you're breathing.
- Inhale/exhale through nose.
- Let exhale be twice as long as inhale.
- Vary the depth of the breath.

Notice if anything shifts in mind, body, or emotions.



# Connect and Reflect

What was the breathing practice like for you?

Did you notice any shifts in your mind, body, or emotions?



# Social and Emotional Learning State Team Contributions

In 2016 the California Department of Education (CDE) launched the first SEL State Team. Outcomes included:

- *SEL Guiding Principles*

[www.cde.ca.gov/eo/in/documents/selguidingprincipleswb.pdf](http://www.cde.ca.gov/eo/in/documents/selguidingprincipleswb.pdf)

- *SEL in California: A Guide to Resources*

[www.cde.ca.gov/eo/in/documents/selresourcesguide.pdf](http://www.cde.ca.gov/eo/in/documents/selresourcesguide.pdf)

- Recommendations to further SEL in California
- State SEL Team



# SEL Signature Practice 1: Welcoming Rituals



# Welcoming Ritual

Ritual openings:

- Establish safety and predictability
- Support contribution by all voices
- Set norms for respectful listening
- Allow staff to connect with one another
- Create a sense of belonging



# To Be Successful

Ritual openings should be.....

- Carefully chosen
- Connected to the work of the day
- Engagingly facilitated
- Thoughtfully debriefed



# Signature Practice 1 Examples

- Build community by posing a question, asking staff to share with a partner, and then share out a few answers.
- Check-in
- Sentence starters

-adapted from the Oakland Unified School District



# Welcoming Ritual Chat

- Please share in the chat other welcoming ritual ideas you have seen or used.
- What elements do you think made them particularly effective?



# How Can Leaders Support Adult SEL?

Interview With Dr. Lucy Vezzuto



# Interview With Dr. Lucy Vezzuto

1. What are some top ways educational leaders can support teaching staff in this time of uncertainty?
2. What are things educational leaders should be looking for in order to gauge the social and emotional well-being of their staff? What are areas of particular concern?
3. Does the modeling of routines and procedures around SEL practices translate into classroom instruction? If so, how?
4. How can LEAs who have Positive Behavioral Intervention Systems (PBIS) in place leverage that work in supporting SEL at their respective sites?
5. Is there anything else you'd like to add for our educational leaders as they prepare for a very different opening of schools?



# Signature SEL Practice 2: Engaging Practices



# Engaging Practices Sense-Making and “Brain Breaks”

- Engaging practices are brain compatible strategies that can foster: relationships, cultural humility and responsiveness, empowerment, and collaboration.
- They intentionally build adult SEL skills.
- These practices can also be opportunities for brain breaks that provide a space for integrating new information into long-term memory. (Otherwise it is soon forgotten.)

Adapted from the work of Ann McKay Bryson, CASEL Consultant



# Signature Practice 2 Examples (1)

- Brainstorming, Sharing Ideas: Think Time of 30–90 seconds before sharing in the chat box.
- Pair Share: Dialogue about a posed question to bring summary back to the group in Zoom breakout rooms or partner phone calls.
- Think-Ink-Pair-Share: Generate ideas and deepen understanding. Add a link to the chat box so everyone can participate through Google Jamboard or Padlet.

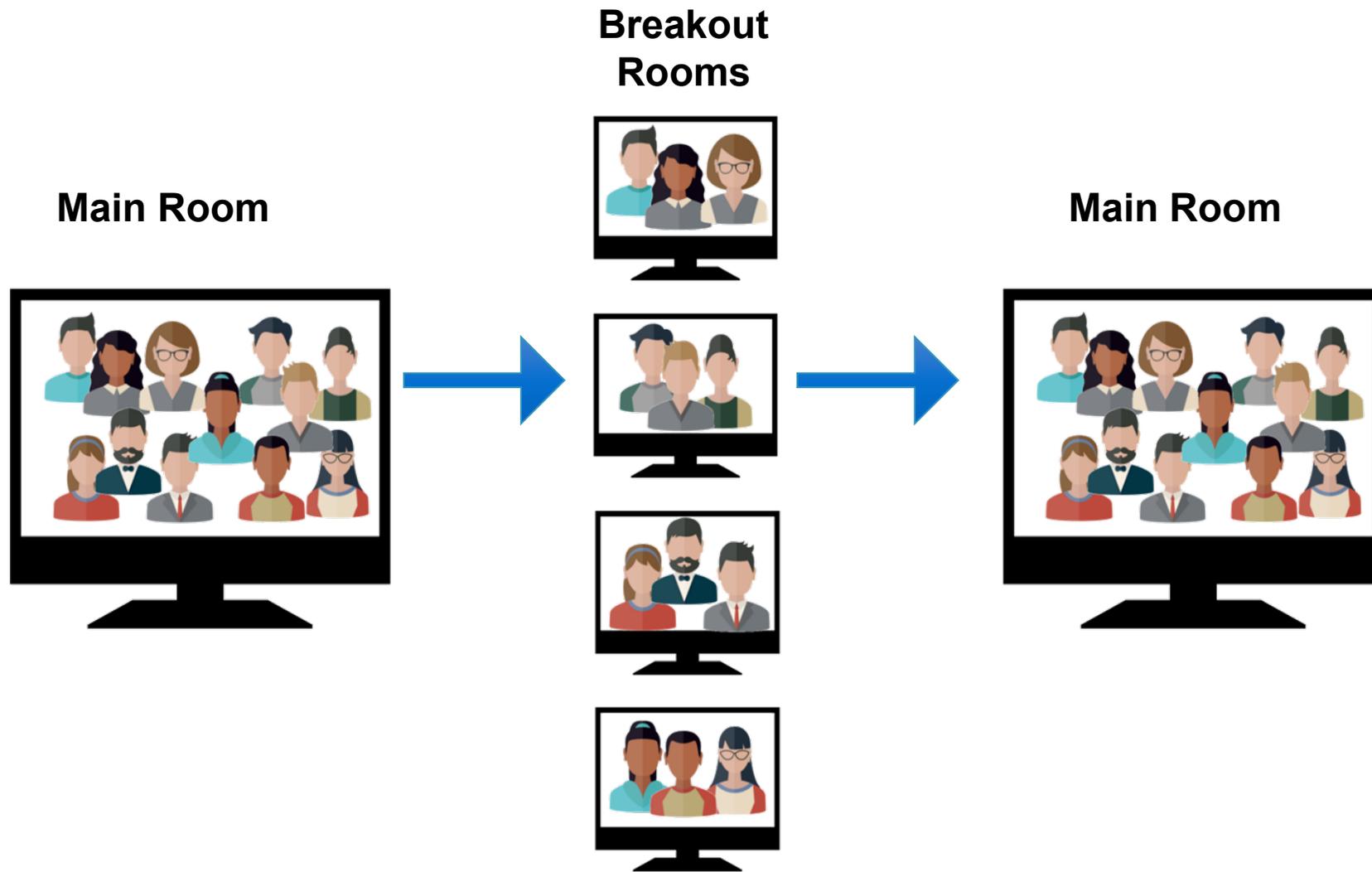


# Signature Practice 2 Examples (2)

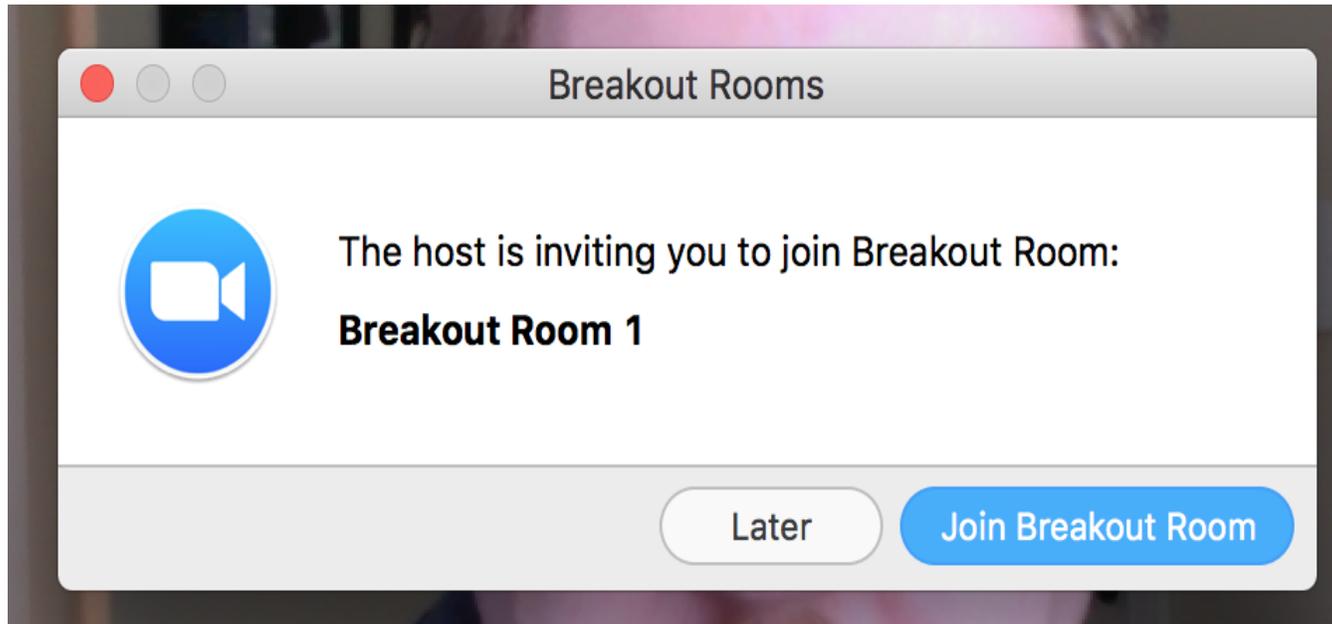
- Fishbone or Criteria Matrix: Post it visually and edit in real time through shared screen or Google Drawing.
- Jigsaw: Assign prior to the meeting and each person or each group has a portion to share through Flip Grid or Google Jamboard.
- Opportunities for Interaction: Cultivate practices that involve interactions in partnerships, triads, small groups and as a whole group.



# Breakout Activity: Interaction Flow



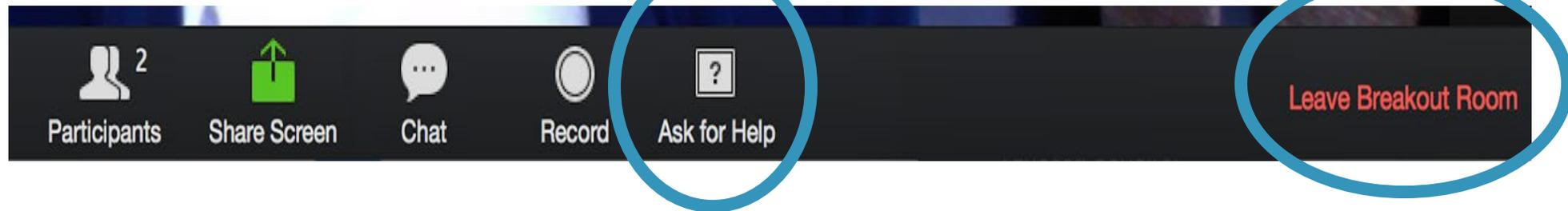
# Breakout Room Assignment



Click on the invitation to join your Breakout Room



# Breakout Room Navigation



# Breakout Reflection Activity

- Introduce yourself to the group.
- What ideas have you heard so far that have really resonated with you?
- What ideas have you heard that you might want to learn more about?



# Debrief



# Signature Practice 3: Optimistic Closure



# Optimistic Closure Reflections and Looking Forward

- End the meeting by having staff reflect on, and then name something that helps them leave on an optimistic note.
- This provides positive closure and reinforces the topic.
- Creates momentum towards taking action.



Adapted from the work of the Oakland Unified School District

# Signature Practice 3 Examples

Reflect and share....

- What are my next steps?
- Who do I want to connect with on this topic?
- A word or phrase that reflects how I feel about moving forward with this.
- Offer appreciation for someone in the room.



-Adapted from the Oakland Unified School District

# Final Thoughts (1)

- Establishing these three practices is beneficial for every adult participant, and is absolutely essential for some.
- Adults who come to our meetings after a day, a week or a lifetime of difficult situations need calming, centering and focusing routines in order to participate fully.



-Adapted from the Oakland Unified School District

## Final Thoughts (2)

- Humans are internally soothed by sameness—while paradoxically our brains need freshness too. It's balancing novelty within routines and rituals that allows us to move with confidence through our workdays while navigating multiple competing demands on time, energy, and attention. These routines provide a solid foundation for our most overextended participants to be engaged as learners and contributors.

-Adapted from the Oakland Unified School District



# Final Thoughts (3)

- In order for the learning to be purposeful and applicable, adults need direct, concrete experiences to use what they have learned, and they need structures that promote self-direction.
- Productivity and creative thinking result only when our basic human needs have been met and our neocortex is engaged and available.



-Adapted from the Oakland Unified School District

# Questions and Answers



# Resources



# Webinar Resources

[www.bit.ly/2Xs0cg7](http://www.bit.ly/2Xs0cg7)

[www.cde.ca.gov/ci/se/seldistance.asp](http://www.cde.ca.gov/ci/se/seldistance.asp)

[www.meaningmakerscollective.com/](http://www.meaningmakerscollective.com/)



# Before you go...

Reflect and share on [Padlet](#):

- What three key ideas are you taking with you?
- What two ideas do you want to apply?



# Upcoming Webinars

- Maintaining Strong Relationships
- Supporting Social and Emotional Development Outside of School
- Engaging Youth and Building Life Skills



# Educator Excellence and Equity Communications

## CDE SEL Web Page

[www.cde.ca.gov/ci/se/index.asp](http://www.cde.ca.gov/ci/se/index.asp)

## SEL Listserv

To join, send a blank email message to  
[join-sel-planning@mlist.cde.ca.gov](mailto:join-sel-planning@mlist.cde.ca.gov).

**SEL Twitter**  
**@CDE\_SEL**



# Thank You For Joining Us!

