

Social and Emotional Distance Learning Webinar Series

Maintaining Strong Relationships and
Connections

Session 2: Teachers



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

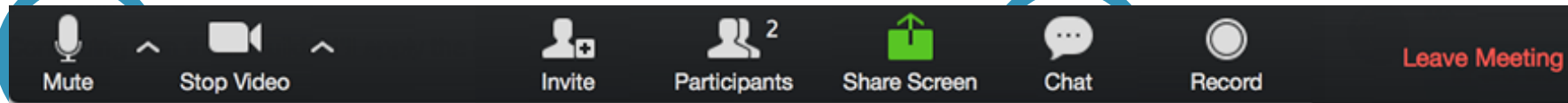
Housekeeping: Using **zoom**

Please keep your microphone muted unless otherwise directed.

Chat option 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.

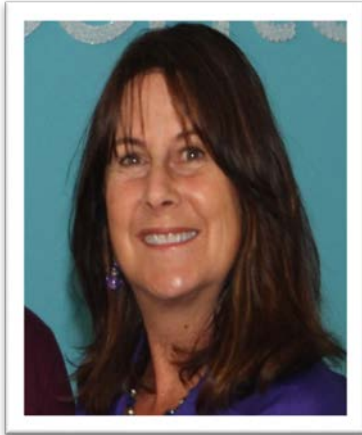
Post questions here and the speaker will address them when possible.



Welcome



Introductions



Wendy Baron



Ed De La Vega



Erika St. Andre



Sarah Smith



Diane Crum



Agenda

- Welcoming Ritual
- Self-Care Activity
- Signature Social and Emotional Learning (SEL) Practice 1: Welcoming Ritual
- 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 three Signature SEL Practices
- Practice with and reflect on each practice



How Are You Doing?

Write down thoughts and feelings that are distressing you on a piece of paper; crumple the page up, rip it up and throw it out as a way to rid yourself of those thoughts and feelings.



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*
- *SEL in California: A Guide to Resources*

Recommendations are being carried out by the 2020 SEL State Team.



Welcoming Rituals



Signature Practice 1: 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 with Wendy Baron

Check In, Check Up, Check Out



Caring Relationships Foster Resilience

Resilience: Flexibility and Adaptability

“Protective factors, or characteristics that enable individuals to transform adversity and develop resilience include caring relationships that convey compassion, understanding, respect, and interest, are grounded in listening, and establish safety and basic trust.”

-Bonnie Bernard



Good News: SUPPORTIVE RELATIONSHIPS ARE A PROTECTIVE FACTOR

Increases:

- Resilience
- Inspiration
- Intention to Remain in Teaching
- Overall Health and Well-being

Reduces:

- Emotional Exhaustion
- Burnout

-Yale Center for Emotional Intelligence
- New Teacher Center, *Emotions Matter in Educators*



Seven Ways to Foster Relationships

1. **Have 1:1 Interactions:** Connect with each student as often as possible.
2. **Use SEL Signature Practice #1:** Start each day with a connecting activity, morning meeting, community circle, reflective write, or some other type of check-in.
3. **Promote Peer Interactions:** Try snail mail, pen pals, phone pals, and virtual turn and talk; create virtual tables with diverse groupings.
4. **Celebrate Successes and Growth:** Include self-assessments, goal setting, and reflection.



Seven Ways to Foster Relationships (continued)

5. **Get kids to name and process their emotions:** Model and teach effective stress reduction and emotion regulation strategies.
6. **Elicit and respond to student voice:** Ask students what's working, what they want and need—all points of view shared and heard.
7. **Double-down on family communication and involvement:** Check in with families often; invite parents to contribute during class time.



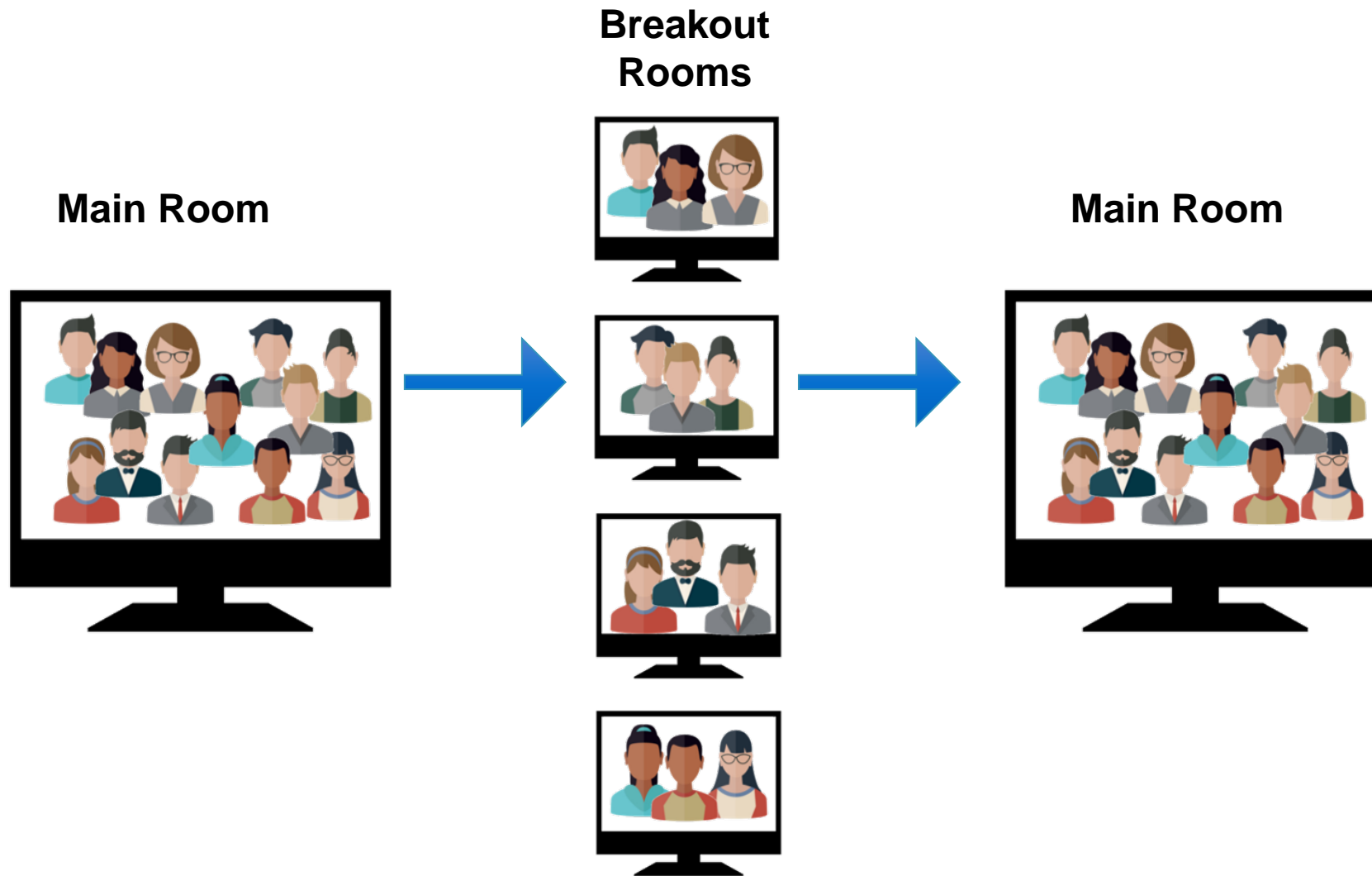
Breakout Groups

- Introduce yourselves.
- Share ways in which you build healthy relationships with your students.
- Record ideas on your group's Jamboard (use your group's number).

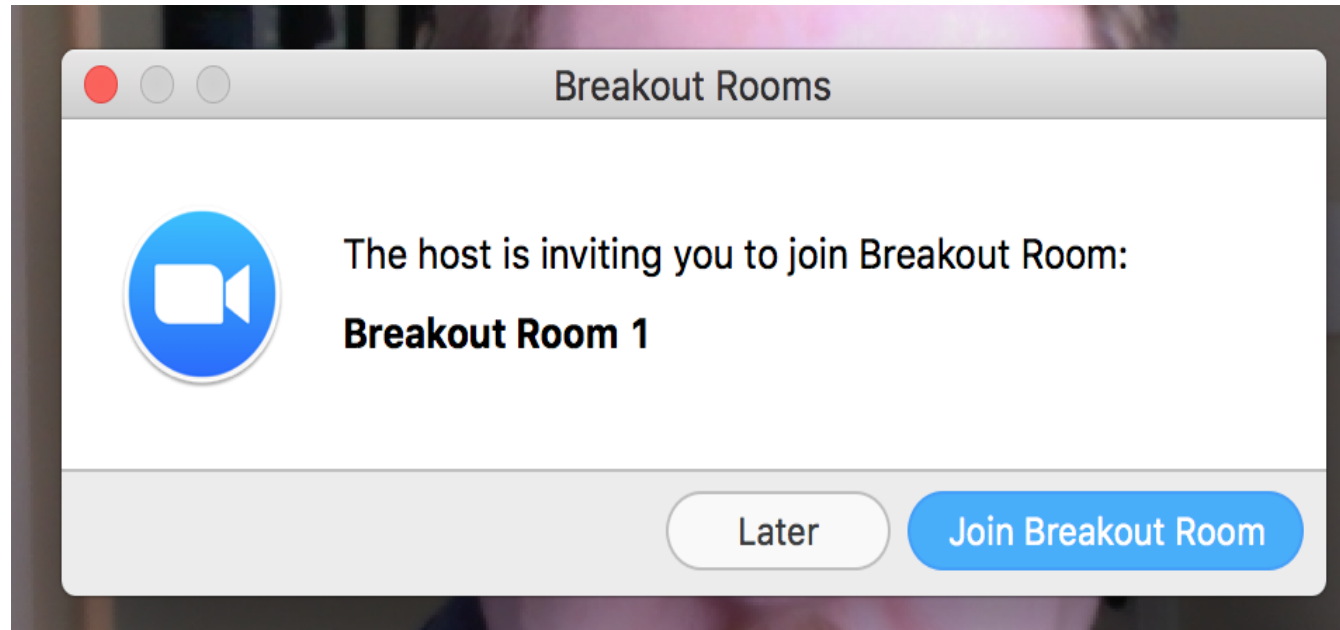
(10 min. total)



Breakout Activity: Interaction Flow



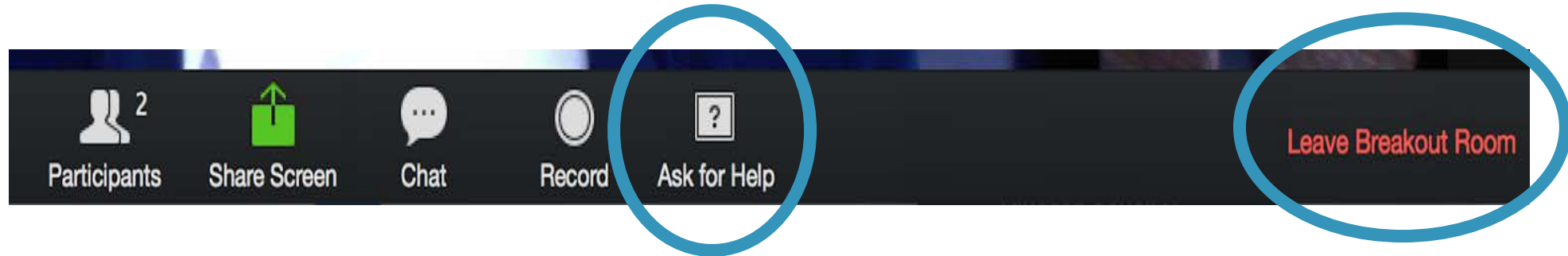
Breakout Room Assignment



Select the invitation to join your Breakout Room



Breakout Room Navigation



Whole Group Share

- What do you want to keep in mind regarding building community and fostering relationships?



Health Benefits RELATIONSHIPS

- Healthy social connections are associated with:
 - Greater psychological well-being
 - Better physical health
 - Immunity
 - Faster recovery from disease
 - Longevity (50% increased chance)
- We are wired to connect with other people.
- We are interconnected in ways we cannot see.
- Our mirror neurons, resonate, mirror what is happening for others.
- We are affected by the emotional and physiological states of those around us.

- Emma Seppala, PhD



Neuroscience Nugget

“Every behavioral intervention is a biological intervention.”

- Dr. Richard Davidson, University of Wisconsin

- Repeated experiences in school can be a powerful influence for the rewiring of the neural pathways necessary for habits to be built and sustained.
- Having routines and rituals in our classrooms and school communities help develop group harmony, collaboration, and interdependence.
- They also serve to reduce stress and develop trust.



Engaging Practice



Signature Practice 2: Engaging Practices

Can foster:

- Relationships
- Cultural humility and responsiveness
- Empowerment
- Collaboration



Interview with Ed De La Vega

- Crisis Management at the beginning of the COVID-19 crisis
- Supporting SEL work through two lenses
- Calm in the storm



Optimistic Closure



Signature Practice 3: Optimistic Closure Reflections and Looking Forward

- End the meeting by having your class reflect on, and then name, something that helps them leave on an optimistic note.
- This provides positive closure and reinforces the topic.
- Also 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.

Use the chat, Padlet, Google Jamboard, breakout rooms, and polls or surveys for distance learning.

-Adapted from the Oakland Unified School District



Optimistic Closure

Gratitude

- Who is someone or what is something from our session for which you are grateful?
- Share out or add to chat box



Why Gratitude?

- Feeling grateful for the good things in your life triggers release of healthy hormones.
- Expressing your gratitude to people in your life creates an emotional bond. Emotional bonding is one of the key traits of truly happy people.
- Adopting a new behavior as a result of interacting with those who have helped you leads to showing more empathy, less judgment, and greater appreciation for life itself.

- Jeffrey Froh, William Sefick, Robert Emmons: *Count blessings in early adolescents: An experimental study of gratitude and subjective well-being*



Questions and Answers



Resources



Social and Emotional Distance Learning Web Page

www.cde.ca.gov/ci/se/seldistance.asp

- Resources for teachers, school leaders, parents, and students



Upcoming Webinars

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



Educator Excellence and Equity Division Communications

CDE SEL Web Page

www.cde.ca.gov/ci/se/index.asp

SEL Listserv

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Thank You For Joining Us!

