

# SOCIAL EMOTIONAL LEARNING & SCHOOL COUNSELING AT OLD MILL SCHOOL

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School Counselors**

# INTRODUCTIONS

## **Meredith Mishel:**

OMS: Tuesday & Friday

Kindergarten - 2nd Grades

(\*Also works at Park School)

## **Margaret McClung**

OMS: Wednesday & Thursday

3rd-5th Grades

(\*Also works at Strawberry Pt School)

# INTRODUCTIONS

**IN YOUR HEART, WHAT DO YOU  
WANT MOST FOR YOUR CHILDREN?**

# SOCIAL EMOTIONAL LEARNING (SEL)

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

- The best approach to helping students navigate the challenges of friendship, relationships and growing up, are to equip them with the tools that they can use when they hit the bumps in the road.



# OUR APPROACH

- SEL In-class curriculum
- Connect our lessons to the Learner Profile Attributes
- SEL themed small groups
  - Friendship; Divorce; Anxiety; Communication & Social Skills, Assertiveness & Confidence
- 1:1 Counseling Sessions
- SOS Program (Conflict Managers at Recess)
- Teacher and Parent Consultation and Resources share
- Train Staff/Teachers on best SEL practices
- Mindfulness & Restorative Practices
- Lunch Groups
- Crisis Intervention
- Repair Circles

# IN-CLASSROOM SEL

## In-Classroom SEL Curriculum:

To address a variety of age and developmentally appropriate topics, including difference, friendship, communication, self-regulation, community building, inclusion and exclusion etc.

- Kimochi Characters
- Kimochi Keys to Communication
- Toolbox



# KIMOCHI

**Kimochi (KEY.MO.CHEE) means “feeling” in Japanese.**

- Sometimes kids (and adults) have strong feelings that can fuel challenging behaviors.
- Sometimes it’s hard to know how to communicate when we hit a bump in the road; have “big feelings”; or are in an emotional moment.
- Kimochis are a playful way to help children (and adults) learn how to identify and express feelings.
- When kids can communicate their feelings effectively, they develop positive social skills that lead to lasting friendships and success in all aspects of life.
- Kimochis teach the fourth “R” - reading, writing, arithmetic, and **RELATIONSHIPS**.
- This “R” is the foundation for success in **ALL** areas of life.



# MEET THE CHARACTERS



# KIMOCHI KEYS TO COMMUNICATION

## Kimochis

### Keys to Communication for Early Childhood



GET SOMEONE'S ATTENTION



USE A TALKING VOICE



USE A TALKING FACE AND BODY



CHOOSE HELPING WORDS



REDO HURTFUL MOMENTS

## Kimochis

### Keys to Communication



Call someone's name, wait for eye contact, and give a communication tap, if necessary, before you speak.



Use a talking tone of voice instead of a fighting tone of voice.



Use a talking face and relaxed body language instead of a fighting face and tense body language.



Choose words that help instead of hurt.  
("I feel mad because ..." instead of "I hate it when ...")



Be brave and redo hurtful moments.



Be kind and let people try again.



Assume the best.  
("He probably isn't mad at me,  
maybe he is mad because he lost the game.")

# TOOLBOX: TOOLS FOR LEARNING & LIFE

- The district has just launched a new SEL program for all 5 elementary schools, Toolbox, to work in tandem with Kimochis.
- It is an inside-out approach that highlights children's own ability to manage their emotional, social, and academic success by giving them access to the inner tools that empower them.



**TOOLBOX**  
BY DOVETAIL LEARNING

**The 12 Tools**  
*Tools for Learning • Tools for Life*

	<b>Breathing Tool</b> <i>I calm myself and check-in.</i>	
	<b>Quiet/Safe Place Tool</b> <i>I remember my quiet/safe place.</i>	
	<b>Listening Tool</b> <i>I listen with my ears, eyes, and heart.</i>	
	<b>Empathy Tool</b> <i>I care for others. I care for myself.</i>	
	<b>Personal Space Tool</b> <i>I have a right to my space and so do you.</i>	
	<b>Using Our Words Tool</b> <i>I use the "right" words in the "right" way.</i>	
	<b>Garbage Can Tool</b> <i>I let the little things go.</i>	
	<b>Taking Time Tool</b> <i>I take time-in and time-away.</i>	
	<b>Please &amp; Thank You Tool</b> <i>I treat others with kindness and appreciation.</i>	
	<b>Apology &amp; Forgiveness Tool</b> <i>I admit my mistakes and work to forgive yours.</i>	
	<b>Patience Tool</b> <i>I am strong enough to wait.</i>	
	<b>Courage Tool</b> <i>I have the courage to do the "right" thing.</i>	

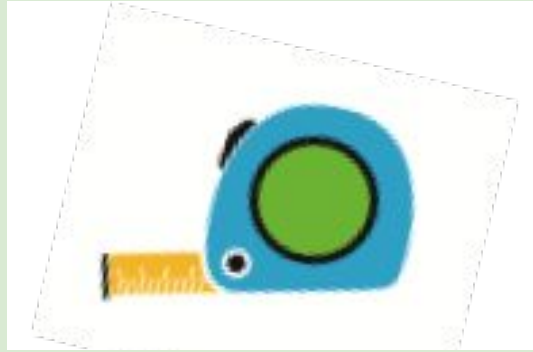
# TOOLBOX: TOOLS FOR LEARNING & LIFE

- TOOLBOX is a research-based, community-tested Kindergarten through sixth grade social and emotional learning (SEL) program that strengthens children's innate capacity for resilience, self-mastery and empathy for others through its curricula, methods, and practices.
  - Toolbox is an SEL program that teaches self-awareness and self-regulation skills.
  - Toolbox provides a common language for practicing emotional intelligence.
  - Toolbox provides formal lessons for learning and practicing each of its 12 tools.
  - Toolbox is very flexible, and can be used as situation arise at home.
  - Toolbox is not just for children. It also for the parents/guardians to use and model.
  - Toolbox helps all of us access our resilient nature.

# TOOLBOX: TOOLS FOR LEARNING & LIFE

- Each tool / lesson includes:
  - A tool/icon
  - A gesture
  - A tagline
  - A book, activity and leave behind.
  - Parent Connection Letters
- A School Wide Approach:
  - Teachers/Staff have Tool lanyards and posters in Calm Down Corner
  - Student Reflections
  - SOS Managers

# BREATHING TOOL



*I calm myself and check-in.*

Hand Gesture: Touch thumbs and index fingers together in front of you as if you are holding a tape measure; slowly pull hands apart while taking a breath. On exhale, bring hands back together.

# QUIET/SAFE PLACE TOOL



*I remember my quiet/safe place.*

Hand gesture: Place hands over ears while bending head slightly forward. Close eyes and “go to” your quiet/safe place... any time.

# LISTENING TOOL

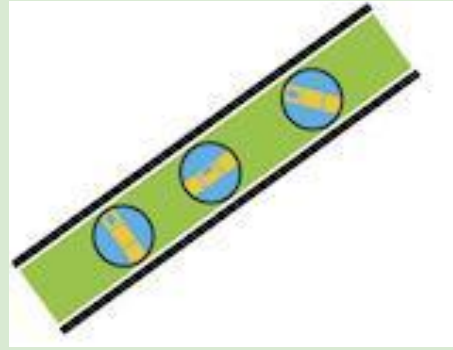


*I listen with my ears, eyes and heart.*

Hand gesture: Emulate a carpenter tapping on the wall and listening for the location of a stud behind the wall. With two fingers, gently tap near your ear reminding yourself to “listen into” what is being said.



# EMPATHY TOOL



*I care for myself. I care others.*

Hand Gesture: Place hands in front of you, palms up, as if holding an imaginary level. Slowly raise the left hand, as your slowly lower the right hand. Reverse the motions repeatedly (like a “see-saw”). This gesture helps us remember to weigh both sides of a situation and to show empathy.

# PERSONAL SPACE TOOL



*I have a right to my space and so do you.*

Hand gesture: Outstretch hands in front of you, with elbows relaxed and palms facing forward. SLOWly move hands apart and together again, delineating a curved boundary around you.

# USING OUR WORDS TOOL



*I use the “right” words in the “right” way.*

Hand Gesture: Hold an imaginary pencil and “write” your initials in the air.

# GARBAGE CAN TOOL



*I let the little things go.*

**Hand Gesture:** Place one hand on your hip creating an open semicircle. With the other hand make a “throwing away” gesture into the open space under the arm.

**Another gesture:** make a “thumbs-up” sign with one hand, then flip down (as if closing the lid on the garbage can).

# TAKING TIME TOOL



*I take time-in and time-away.*

Hand Gesture: Gently tap on your wrist (an imaginary watch) with your index finger.

# PLEASE & THANK YOU TOOL



*I treat others with kindness and appreciation.*

Hand Gesture: Hold a pretend key and turn your wrist as if opening an imaginary lock.

# APOLOGY & FORGIVENESS TOOL



*I admit my mistakes and work to forgive yours.*

Hand Gesture: Clasp hands together as though gluing two sheets of paper together.

# PATIENCE TOOL



*I am strong enough to wait.*

Hand Gesture: Place palms together in front of you, fingers straight. Slowly rub hands together gently, back and forth.



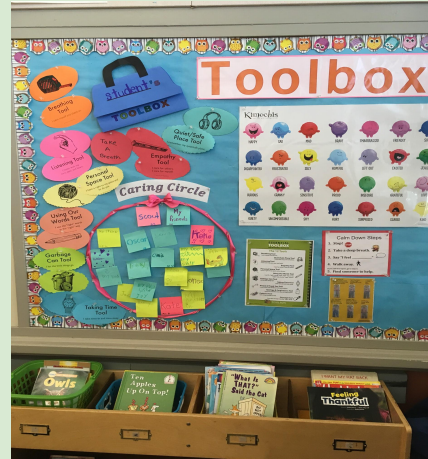
# COURAGE TOOL



*I have the courage to do the "right" thing.*

**Hand Gesture:** Place one hand over your heart. Gently pat your chest while breathing in deeply (internally saying “Be strong heart, Be strong.”).

# TOOLBOX IN ACTION



# CALM DOWN CORNERS (PTA FUNDED)



# HOW TO ACCESS THE SCHOOL COUNSELOR

## Students:

- Teacher referral
- Parent referral (to teacher)
- Mailbox (on the counseling office door or at the front office)



## Parents:

- Ask the teacher to connect you with the counselor
- Make an appt with the counselor



# THANK YOU & QUESTIONS

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