



## SOCIAL EMOTIONAL LEARNING

# CREATING A HEALTHY CULTURE IN THE CLASSROOM



According to the Collaborative for Academic, Social, and Emotional Learning, social and emotional learning (SEL) involves the processes through which adults and children develop social and emotional competencies in five areas:

### SELF-AWARENESS

The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations, and possessing a well-grounded sense of confidence and optimism.

### SELF-MANAGEMENT

The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

### RESPONSIBLE DECISION-MAKING

The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, and social norms, the realistic evaluation of various actions, and the well-being of self and others.

### SOCIAL AWARENESS

The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

### RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.



# FOCUSED BREATH

## ON THE SPOT 3-PART BREATHING

USE THIS AS A SCRIPT FOR YOURSELF AND STUDENTS

Begin by observing your natural breath. If you find yourself distracted by the activity in your mind, bring your attention back to the inhales and the exhales.



### BELLY BREATH

On each inhale, fill the belly up with your breath. Expand the belly with air like a balloon.

On each exhale, release all the air out from the belly through your nose. Draw your navel back towards your spine to make sure that the belly is empty of air.



### EXPANSION OF RIB CAGE

On the next inhale, fill the belly up with air again. Then when the belly is full, draw in a little more breath and let that air expand into the rib cage causing the ribs to widen apart.

On the exhale, let the air go first from the rib cage, letting the ribs slide closer together, and then from the belly, drawing the navel back towards the spine.



### EXPANSION OF HEART CENTER

On the next inhale, fill the belly and rib cage up with air again. Then sip in just a little more air and let it fill the upper chest, all the way up to the collarbone, causing the area around the heart, expand and rise.

On the exhale, let the breath go first from the upper chest, allowing the heart center sink back down, then from the rib cage, letting the ribs slide closer together. Finally, let the air go from the belly, drawing the navel back towards the spine.

## WANT TO GET AHEAD OF THE STRESS?

Set aside a moment each day. You may find that it's easier to stick with your practice if it's done in the morning, before other tasks and responsibilities get in the way.