**2021-2022 Strategies & Resources for**

Social-Emotional Wellness for our students and families



**Services school counselors provide for students in reference to SEL**

1. Whole class guidance lessons on various SEL topics (TPES uses SecondStep lessons provided by the Counselor, PBES classrooms use SecondStep and Counselors provide alternative lessons)
   1. Lessons are weekly for Kindergarten and monthly for 1st/2nd grade (and monthly for PBES students)
2. Small group counseling on topics as needed (anger management, making friends, changes in family structure, etc…)
   1. Groups are between 3-8 students and run for several weeks
   2. Students can be referred by teachers and parents
3. Individual counseling as needed
   1. Can be as simple as a 2-minute check-in first thing in the morning or right before dismissal or more complex
4. Crisis response
5. Consultation with teachers on classroom management, behavior challenges for individual students, supplementary lessons on specific topics if needed.
6. Case management of 504 plans for students with identified disabilities.
7. Liaison for families needing various social supports.

**Services school counselors can provide to parents who have children who may need more support**

**Tier 2 differs from Tier 1**

**Tier 2** offers more support for a targeted group of students or a targeted student. These students have not been successful with the Tier 1 supports and need additional support that is more specific and has direct supervision and more skill set designed for the student.

Referrals to outside agencies may be grief, anger management, anxiety, establishing and making friends .

Groups - for 6 to 8 sessions based on social skill, anger management, study skills.

Sometimes some schools run groups from outside agencies within the school building. Ex. Good Grief Group

Check In / Check out - students will check in with the counselor at the beginning of the day- Check out with the counselor at the end of the day.

Weekly check-ins with the same student - this may be a teacher referral or a parent request to address behaviors in the classroom.

Behavioral Intervention Plans - team develops a plan for the student -implement strategies to improve the student’s behavior in the classroom / overall school setting.

Mentors/ monitoring groups for the student. - having the student assigned to a staff member in the building to assist the student with support for social emotional needs.

Trying to control the behaviors we can control.

**Tier 3 -** Functional Behavior Assessment : tried Tier 1 and Tier 2 interventions - FBA - needs are not being met by Tier 2 intervention. Team - parent, teacher, counselor, administrator, and school psychologist or behavioral specialist.

Plan is for 6 weeks, the team examines: what happens before the behavior, during the behavior and the after behavior. Team develops a plan to address the student’s behaviors and to provide additional support that is needed for the student to be successful in the classroom. / school setting.

**Some steps parents can take to support SEL at home**

**Take care of *yourself***

>care for the whole you...mind, body, spirit

\*small acts of self-care are the entry point to broader wellness

>modeling how to handle stress

>know and demonstrate it's okay to not be okay all of the time

>problem-solving in real time

>do you have tap-out options? or at least "pause then proceed" protocols?

*Mrs. Coco-Content’s personal favorite wellness resources (some!):*

[*Yoga with Adriene*](https://www.youtube.com/user/yogawithadriene) *Free online yoga videos tailored to support various physical or mental needs*

[*Zenhabits.net*](https://zenhabits.net/) *Minimalist blog focused on simplicity and mindfulness in daily life (use search bar and archives!)*

[*Greatist.com*](https://greatist.com/) *Light-hearted health & fitness content*

**Partner with your child in strategies**

>taking walks together

>sitting and coloring a mindfulness coloring sheet together

>mindful breathing practice together

>yoga together

>reading books together that also teach skills <https://inspired-motherhood.com/social-emotional-books-for-kids/>

**Have a toolbox of strategies that, with trial/error, are reliably effective for your child & family**

**Strategies to try out! (Also, check out last year's list - scroll down)**

-**The simple act of listening**: dedicated time where your only "job" is to hear what your child is feeling/thinking, withholding judgment/solutions, etc.

-**Have "safe zones" in the house**: spots that can be used as calm-down corners, where if in use, a passer-by knows that spot's sacred purpose is in need aka Do Not Disturb

-**Asking about what worked**: We often breeze past convos about things going right. Ask your child *how* they were able to get that good grade, still make it to school when tired/not in mood, be brave when they were nervous about a storm, etc… Then you can call on this info when things aren't going as smooth

-**Goal-setting, intention-setting**: What are we hoping to accomplish most today? (Goal) What is our hope/plan for how we want to feel? (Intention)

-**Check-in, check-out**: Opportunity at beginning and end of day to provide framing and debrief before and after day (can be SHORT)

-”**Note-passing”**: When things get hectic, leave sticky-note messages in places your child will see (lunch, bathroom mirror, on pillow) with affirmations, compliments, things to look forward to, silly drawing, etc.

-**Feelings thermometer or similar visual**: Google & find MANY options. Helpful if identifying/verbalizing feelings at home can be hard

-**Emphasizing internal locus of control (ourselves)**: Thread this through convos, instill as principle. Child needs to feel agency that, though many things are outside of our control, we can work on ourselves/our actions/attitude

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**Strategies for parents in supporting social-emotional development at home:**

- Try to create and adhere to a daily routine (during the school/work week at least). Children thrive when they know what to expect.

- If you can, create a space for your student to do online learning that isn’t their bedroom or in the same space you do leisure activities as a family (living/TV room). Like adults having to work from home through the pandemic, the boundaries between your work life and your personal life are easily blurred and we all need to hold those boundaries.

- Keep the lines of communication open with your children’s teachers. They can help, or direct you.

**Strategies for strengthening coping skills during the pandemic:**

ACTIVITIES

-create a **“Worry Jar”** (decorate for added fun!), write worries on small pieces of paper, crumple, put in jar (preferably with a lid, so they don’t get out ;D )

-**Nighttime/Anytime affirmations**, stating “I am…” followed by the way you WANT to feel e.g. “I am brave.”, “I am kind.”

-**Vacation Station**: have a bucket, basket, container, etc. that has inside several things that make you HAPPY! Favorite toy, photo of a loved one, stuffed animal, well-loved book

-**Dance detox**: get those good brain chemicals going by having a dance party to wiggle the worries away. Music changes minds! For extra silliness, record and watch it back!

-**Mind Movie**: visualizing how we want to feel doing something we’re nervous about, or in anticipation of the next day…thoughts become things so make them how you want.

-**In-House Pen Pal**: have your child choose an in-house pen pal (parent, sibling, etc.) and write letters back and forth (more fun if hidden where the other person will find them!). Can be silly or serious content, depending on the need.

-**Role Play a pretend YouTube advice talk show**: parent/guardian come up with problems (that child can relate to) for child to act as the advice talk show host (record it as if they were the host of a YouTube channel!) and provide solutions to you. The role reversal can help to put distance and perspective in between them and the problem. Watching it back can be informative and enjoyable!

-**make a Self-Care Fortune Teller** - write strategies instead of fortunes! <https://www.youtube.com/watch?v=TZauQZzXXc4>

**Helpful resources:**

- [www.mindyeti.com](http://www.mindyeti.com)

Basic mindfulness skills in a format created specifically for K-5 students

- <https://www.counselorkeri.com/2019/04/02/help-kids-manage-worry/>

-<https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine>

VIDEOS (movement)

Yoga PE - Mind | Yoga With Adriene

<https://www.youtube.com/watch?v=ZK2XBduF84I>

Yoga PE - Heart | Yoga With Adriene

<https://www.youtube.com/watch?v=H0ZqRJWd_sg>

Yoga PE - Body | Yoga With Adriene

<https://www.youtube.com/watch?v=47Se2HWSv9k>

Collaborative for Academic, Social, and Emotional Learning (CASEL)

<https://casel.org/>

