



Professional Development

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How we got here

CORE SEL COMPETENCIES	EXAMPLE SOCIAL AND EMOTIONAL SKILLS
SELF-AWARENESS	<p>The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."</p> <p>Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy</p>
SELF-MANAGEMENT	<p>The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.</p> <p>Impulse control Stress management Self-discipline Self-motivation Goal-setting Organizational skills</p>
SOCIAL AWARENESS	<p>The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.</p> <p>Perspective-taking Empathy Appreciating diversity Respect for others</p>
RELATIONSHIP SKILLS	<p>The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.</p> <p>Communication Social engagement Relationship-building Teamwork</p>
RESPONSIBLE DECISION-MAKING	<p>The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.</p> <p>Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility</p>



Where we hope to get

SOCIAL AND EMOTIONAL COMPETENCIES	EMPLOYEE SOCIAL AND EMOTIONAL SKILLS (in demand skills from employers)	
SELF-AWARENESS	<ul style="list-style-type: none"> • Positive attitude • Flexibility • Ability to apply skills to real-life settings • Openness to developing/ learning new skills • Sense of self-worth 	<ul style="list-style-type: none"> • Ability to Innovate • Confident • Creativity • Commitment • Shows flexibility
SELF-MANAGEMENT	<ul style="list-style-type: none"> • Initiative • Works well under pressure (e.g., manages emotions) • Punctuality • Ability to work independently • Detail-oriented • Strategic planning (e.g., setting and achieving goals) 	<ul style="list-style-type: none"> • Strong work ethic • Time management • Entrepreneurial thinking • Reliability • Organizational skills • Adaptability • Budgeting • Self-discipline
SOCIAL AWARENESS	<ul style="list-style-type: none"> • Cross-cultural sensitivity • Ability to work with people of different backgrounds/cultures 	<ul style="list-style-type: none"> • Supervision of others • Respects individual differences
RELATIONSHIP SKILLS	<ul style="list-style-type: none"> • Written and oral communication skills • Listening skills • Conflict resolution • Teamwork and works well with others 	<ul style="list-style-type: none"> • Effective communication • Ability to collaborate • Management skills • Responds to customer needs
RESPONSIBLE DECISION-MAKING	<ul style="list-style-type: none"> • Integrity • Honesty • Analyze and solve complex problems • Ability to evaluate information from multiple sources 	<ul style="list-style-type: none"> • Critical thinking • Reasoning • Civic participation and engagement • Ethical and sound decision-making • Observes carefully



Theme: Dealing with Big Emotions



www.youtube.com/watch?v=y28GH2Golyc

What are Teachers getting!

Teacher resource sheet
Sesame Street Toolkits



Teacher Resource Sheet

- Video resources
- Digital games
- Classroom activities
- Suggested books

Emotions

Videos Resources

[Song and dance: Baile \(Sesame Street\)](#)

[Who Doesn't Like Glitter \(Pinkalicious & Peterrific\)](#)

[Alma on Ice \(Almas Way\)](#)

[Elmo and Abby Cooperate \(Sesame Street\)](#)

[Almas Movie Night \(Almas Way\)](#)

Digital Games to share with families

[Sesame Street: Elmo's School Friends](#)

[Daniel Tigers Neighborhood: Birthday Buddy](#)

Resources for Classroom Use

Feelings Game

Using the attached Feeling Faces place them face up on the ground. Have the class take turns tossing a bean bag (or something similar) to land on a face. Identify that feeling and ask questions like, what does your face look like when you feel that way? How can you tell when someone else feels that way? Ask the child to tell of a time they felt that way.

Books to share with families

- Have You Filled a Bucket Today? By McCloud and Messing
- Chrysanthemum by Kevin Henkes
- How Kind! By Marty Murphy
- Daniel Chooses to Be Kind by Rachel Kalban
- Hug by Jez Alborough



Parent Event

- ◆ **Caregiver letter**
- ◆ **PBS Materials including Bingo**
- ◆ **Playdough**
- ◆ **Craft Stick**

- ◆ **Live Webinar with families**



PBS: We have what you are looking for!!



Bring the World to Your Classroom

WQED and PBS have curated FREE, standards-aligned videos, interactives, lesson plans, and more for teachers like you.

Search classroom resources...



- Find at www.pbslearningmedia.org
- Searchable by subject, grade or topic
- Accounts are free and material can be saved





- Can be found in PBS Learning Media
 - Can also be found [sesameworkshop.org/](https://www.sesameworkshop.org/)

Art	Foster Care	Moving Our Bodies
Asthma	Grief	Offering Comfort
Autism	Handling Tantrums	Parental Addiction
Caring for Kids	Health Emergencies	Racial Justice
Caring & Sharing	Health & Hygiene	Displacement & Resettlement
Community Service	Homelessness	Resilience
Daily Routines	Incarceration	School Readiness
Divorce	Language	Science
Eating Well	Learning Through Play	Self-Care
Emergencies	Literacy	Traumatic Experiences
Exploring Emotions	Math	Veterans & Changes
Family Bonding	Milestones	Violence
Family Caregiving		
Financial Education		



Keep in touch



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Newsletter**

