

Professional Development

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How we got here

CORE SEL COMPETENCIES		EXAMPLE SOCIAL AND EMOTIONAL SKILLS
SELF-AWARENESS	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."	Identifying emotions Accurate self-perception Recognizing strengths Self-confidence Self-efficacy
SELF-MANAGEMENT	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.	Impulse control Stress management Self-discipline Self-motivation Goal-setting Organizational skills
SOCIAL AWARENESS	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.	Perspective-taking Empathy Appreciating diversity Respect for others
RELATIONSHIP SKILLS	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.	Communication Social engagement Relationship-building Teamwork
RESPONSIBLE DECISION-MAKING	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.	Identifying problems Analyzing situations Solving problems Evaluating Reflecting Ethical responsibility





Where we hope to get

SOCIAL AND EMOTIONAL COMPETENCIES	EMPLOYEE SOCIAL AND EMOTIONAL SKILLS (in demand skills from employers)		
SELF-AWARENESS	Positive attitude Flexibility Ability to apply skills to real-life settings Openness to developing/ learning new skills Sense of self-worth	Ability to Innovate Confident Creativity Commitment Shows flexibility	
SELF-MANAGEMENT	Initiative Works well under pressure (e.g., manages emotions) Punctuality Ability to work independently Detail-oriented Strategic planning (e.g., setting and achieving goals)	Strong work ethic Time management Entrepreneurial thinking Reliability Organizational skills Adaptability Budgeting Self-discipline	
SOCIAL AWARENESS	Cross-cultural sensitivity Ability to work with people of different backgrounds/cultures	Supervision of others Respects individual differences	
RELATIONSHIP SKILLS	Written and oral communication skills Listening skills Conflict resolution Teamwork and works well with others	Effective communication Ability to collaborate Management skills Responds to customer needs	
RESPONSIBLE DECISION-MAKING	Integrity Honesty Analyze and solve complex problems Ability to evaluate information from multiple sources	Critical thinking Reasoning Civic participation and engagement Ethical and sound decision-making Observes carefully	





Theme: Dealing with Big Emotions





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
- o Chrysanthemum by Kevin Henkes
- How Kind! By Marty Murphy
- o 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

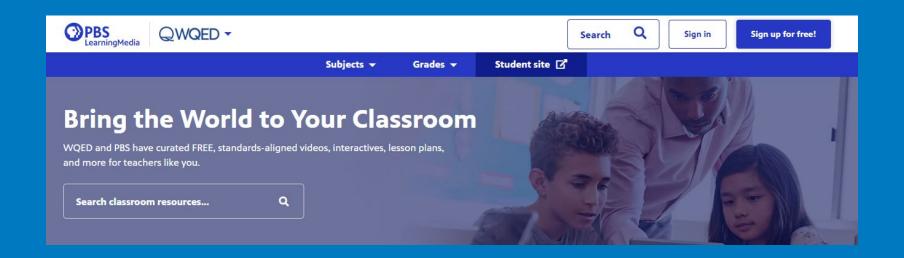


PBS: We have what you are looking for!!









- Find at <u>www.pbslearningmedia.org</u>
- 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/

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



Keep in touch



WQED Educator Corner Newsletter

