

## SOCIAL-EMOTIONAL LEARNING TIER 1 LESSONS

### 22-23 School Year



At Penn-Harris-Madison, we want to equip our students with the skills they need for success now and in the future. One way we do this is through Social-Emotional Learning (SEL) lessons. Penn-Harris-Madison has created SEL Curriculum for our students based on Indiana Department of Education SEL standards/learning competencies in order to intentionally teach students vital SEL competencies to equip them for success both now and in the future. SEL is the knowledge and skills essential for wellbeing as well as personal and professional success. It includes teaching, modeling, practicing, and reinforcing these skills (Indiana Department of Education).

In order to explicitly teach SEL skills as well as cover Employability Skills, both of which are needed for college and career success, SEL lessons are taught on a weekly basis (with some expectations due to school schedules) by the teacher in the classroom setting. SEL lessons are geared for all students at the Tier 1 level, which means it is core instruction and for all students. Not only do the lessons explicitly teach the SEL skills, it is also used as a time to build relationships, positive community, and reinforce a sense of belonging, all of which are important for a positive learning environment. At the elementary level, the lessons are taught based on the teacher's schedule. At the middle school level, the lessons are taught one day a week during Advisory, which occurs the first 30 minutes of the day. At the high school level, the lessons are taught on the first Gold Day of the week during the 3rd block, which is slightly longer than the other blocks due to the lunch schedule. The lessons will take anywhere from 20-30 minutes.

The **Indiana Department of Education** has SEL competencies/main skills and standards that were released in January of 2019. We use the IDEO's language to align with what the state has shared for teaching and learning. The way these skills are taught differs across the age levels. Below, please find a list of the seven SEL Competencies from the Indiana Department of Education:

- **Insight:** The ability to know your emotions and how they affect your thoughts and actions (important for self-confidence, self-esteem, empathy, and recognizing one's strengths and areas of growth).
- **Regulation:** The ability to recognize and manage one's emotions (builds self-control, self-discipline, and impulse control).
- **Connection:** The ability to have strong social awareness, giving students the ability to take the perspectives of others and empathize with people of diverse backgrounds and cultures.
- **Collaboration:** The ability to work well with others (builds positive communication and conflict management skills).
- **Critical Thinking:** The ability to make constructive choices and understand metacognitive strategies to enhance learning (builds responsible decision making, analytical and critical inquiry skills, which are necessary to approach learning from an innovative, creative, multicultural, and ethical lens).
- **Sensory-Motor Integration:** When one is aware of their body and sensations in order to manage transitions, change routines, increase alertness for learning and improve regulation.
- **Mindset:** The ability to demonstrate cognitive flexibility and a willingness to learn, which is critical for perseverance, adaptability, self-discovery, resilience and giving/receiving constructive feedback.

Below, please find links to the Google Slide decks that have been prepared for students' view. The tables are organized by school level (For example, you will see the High School information first, followed by the Middle School information, and, finally, the Elementary information).

Please be sure to complete the SEL permission form in Skyward.

HIGH SCHOOL SEL SLIDE DECKS		
Lesson #	TOPIC	High School
#1	<u>Overview of SEL and all competencies</u>	<a href="#">Google Slide Deck Linked Here</a> High School
#2	<u>Take Care of Yourself:</u> Strengths	<a href="#">Google Slide Deck Linked Here</a> High School
#3	<u>Take Care of Yourself:</u> Goals	<a href="#">Google Slide Deck Linked Here</a> High School
#4	<u>Take Care of Yourself:</u> Brain Anatomy & Connection to SEL	<a href="#">Google Slide Deck Linked Here</a> High School
#5	<u>Take Care of Yourself:</u> What are Emotions	<a href="#">Google Slide Deck Linked Here</a> High School
#6	<u>Take Care of Yourself:</u> Identifying Emotions	<a href="#">Google Slide Deck Linked Here</a> High School
#7	<u>Take Care of Yourself:</u> Emotions are normal	<a href="#">Google Slide Deck Linked Here</a> High School
#8	<u>Take Care of Yourself:</u> Neuroanatomy & Stress	<a href="#">Google Slide Deck Linked Here</a> High School
#9	<u>Take Care of Yourself:</u> Gratitude	<a href="#">Google Slide Deck Linked Here</a> High School
#10	<u>Take Care of Yourself:</u> Managing emotions and stress	<a href="#">Google Slide Deck Linked Here</a> High School

#11	<u><a href="#">Take Care of Yourself:</a></u> Joy	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#12	<u><a href="#">Take Care of Yourself:</a></u> Goal Check, Motivation, & Growth Mindset	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#13	<u><a href="#">Take Care of Yourself:</a></u> Perseverance	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#14	<u><a href="#">Take Care of Yourself:</a></u> Self-Efficacy	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#15	<u><a href="#">Take Care of Yourself:</a></u> Metacognition	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#16	<u><a href="#">Take Care of Yourself:</a></u> Ways to Make Good Decisions and Problem Solve	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#17	<u><a href="#">Take Care of Yourself:</a></u> Responsibility	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#18	<u><a href="#">Take Care of Yourself:</a></u> Resilience	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#19	<u><a href="#">Take Care of Yourself:</a></u> Flexible Thinking	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#20	<u><a href="#">Take Care of Yourself:</a></u> Sensory-Motor Integration	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#21	<u><a href="#">Take Care of Yourself:</a></u> Coping Skills	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>

#22	<b><u>Take Care of Each Other:</u></b> Showing Kindness	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#23	<b><u>Take Care of Self and Each Other</u></b> Emotional Intelligence	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#24	<b><u>Take Care of Each Other</u></b> Teamwork	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#25	<b><u>Take Care of Each Other</u></b> Ways to Resolve Conflict	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#26	<b><u>Take Care of Each Other</u></b> I Statements	<a href="#">Google Slide Deck Linked Here</a> <b>High School</b>
#27	<b><u>Take Care of Self, Each Other, and This Place</u></b> Review of SEL and Coping Skills related to Exercise/Movement, Art, and Music	<a href="#">Google Slides linked here</a> <b>High School</b>

MIDDLE SCHOOL SEL SLIDE DECKS		
Lesson #	TOPIC	Middle School
#1	<u>Overview of all competencies</u>	<a href="#">Google Slide Deck Linked Here</a> Middle School
#2	<u>Take Care of Yourself:</u> Strengths	<a href="#">Google Slide Deck Linked Here</a> Middle School
#3	<u>Take Care of Yourself:</u> Goals	<a href="#">Google Slide Deck Linked Here</a> Middle School
#4	<u>Take Care of Yourself:</u> Brain Anatomy & Connection to SEL	<a href="#">Google Slide Deck Linked Here</a> Middle School
#5	<u>Take Care of Yourself:</u> What are Emotions	<a href="#">Google Slide Deck Linked Here</a> Middle School
#6	<u>Take Care of Yourself:</u> Identifying Emotions	<a href="#">Google Slide Deck Linked Here</a> Middle School
#7	<u>Take Care of Yourself:</u> Emotions are normal	<a href="#">Google Slide Deck Linked Here</a> Middle School
#8	<u>Take Care of Yourself:</u> Neuroanatomy & Stress	<a href="#">Google Slide Deck Linked Here</a> Middle School
#9	<u>Take Care of Yourself:</u> Gratitude	<a href="#">Google Slide Deck Linked Here</a> Middle School
#10	<u>Take Care of Yourself:</u> Managing emotions and stress	<a href="#">Google Slide Deck Linked Here</a> Middle School
#11	<u>Take Care of Yourself:</u> Joy	<a href="#">Google Slide Deck Linked Here</a> Middle School

#12	<b><u>Take Care of Yourself:</u></b> Motivation	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#13	<b><u>Take Care of Yourself:</u></b> Growth Mindset & Power of Yet	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#14	<b><u>Take Care of Yourself:</u></b> Perseverance	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#15	<b><u>Take Care of Yourself:</u></b> Self-Efficacy	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#16	<b><u>Take Care of Yourself:</u></b> Metacognition	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#17	<b><u>Take Care of Yourself:</u></b> Ways to Make Good Decisions and Problem Solve	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#18	<b><u>Take Care of Yourself:</u></b> Responsibility	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#19	<b><u>Take Care of Yourself:</u></b> Resilience	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#20	<b><u>Take Care of Yourself:</u></b> Flexible Thinking	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#21	<b><u>Take Care of Yourself:</u></b> Sensory-Motor Integration	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#22	<b><u>Take Care of Yourself:</u></b> Coping Skills	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#23	<b><u>Take Care of Each Other:</u></b> Showing Kindness	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>

#24	<b><u>Take Care of Each Other</u></b> Teamwork	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#25	<b><u>Take Care of Each Other</u></b> Ways to Resolve Conflict	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#26	<b><u>Take Care of Each Other</u></b> I Statements	<a href="#">Google Slide Deck Linked Here</a> <a href="#">Middle School</a>
#27	<b><u>Take Care of Self, Each Other, and This Place</u></b> Review of SEL and Coping Skills related to Exercise/Movement, Art, and Music	<a href="#">Google Slides linked here</a> <a href="#">Middle School</a>

ELEMENTARY				
Lesson #	TOPIC	PK, K, & 1st	2nd & 3rd Grades	4th & 5th Grades
#1	<u><a href="#">Overview of SEL and all competencies</a></u>	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#2	<u><a href="#">Take Care of Yourself:</a></u> Strengths	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#3	<u><a href="#">Take Care of Yourself:</a></u> Goals	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#4	<u><a href="#">Take Care of Yourself:</a></u> Brain Anatomy & Connection to SEL	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#5	<u><a href="#">Take Care of Yourself:</a></u> What are Emotions	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#6	<u><a href="#">Take Care of Yourself:</a></u> Identifying Emotions	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#7	<u><a href="#">Take Care of Yourself:</a></u> Emotions are normal	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades
#8	<u><a href="#">Take Care of Yourself:</a></u> Neuroanatomy & Stress	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> PK, K, & 1st	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 2nd & 3rd Grades	<u><a href="#">Google Slide Deck</a></u> <u><a href="#">Linked Here</a></u> 4th & 5th Grades

#9	<b><u>Take Care of Yourself:</u></b> Gratitude	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#10	<b><u>Take Care of Yourself:</u></b> Managing emotions and stress	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#11	<b><u>Take Care of Yourself:</u></b> Joy	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#12	<b><u>Take Care of Yourself:</u></b> Motivation	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#13	<b><u>Take Care of Yourself:</u></b> Growth Mindset & Power of Yet	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#14	<b><u>Take Care of Yourself:</u></b> Perseverance	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#15	<b><u>Take Care of Yourself:</u></b> Self-Efficacy	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#16	<b><u>Take Care of Yourself:</u></b> Metacognition	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades

#17	<b><u>Take Care of Yourself:</u></b> Ways to Make Good Decisions and Problem Solve	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#18	<b><u>Take Care of Yourself:</u></b> Responsibility	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#19	<b><u>Take Care of Yourself:</u></b> Resilience	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#20	<b><u>Take Care of Yourself:</u></b> Flexible Thinking	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#21	<b><u>Take Care of Yourself:</u></b> Sensory-Motor Integration	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#22	<b><u>Take Care of Yourself:</u></b> Coping Skills	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#23	<b><u>Take Care of Each Other:</u></b> Showing Kindness	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#24	<b><u>Take Care of Self and Each Other</u></b> Emotional Intelligence	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#25	<b><u>Take Care of Each Other</u></b> Teamwork	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades

#26	<b><u>Take Care of Each Other</u></b> Ways to Resolve Conflict	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#27	<b><u>Take Care of Each Other</u></b> I Statements	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slide Deck</a> <a href="#">Linked Here</a> 4th & 5th Grades
#28	<b><u>Take Care of Self, Each Other, and This Place</u></b> Review of SEL and Coping Skills related to Exercise/Movement, Art, and Music	<a href="#">Google Slides Linked Here</a> PK, K, & 1st	<a href="#">Google Slide Linked Here</a> 2nd & 3rd Grades	<a href="#">Google Slides Linked Here</a> 4th & 5th Grades