



SEL Approach

A typical day in middle school SEL will find students engaged in:

- mindfulness
- self check-ins
- community-building games
- intellectually stimulating group discussions

The goal of our activities is to help our students

- develop and practice empathy
- begin to identify and understand their emotions
- nurture and embrace their unique experience and agency
- build a toolkit that will help them begin the journey of creating a world they want to see by becoming the person they want to be.

This is a lifelong process that necessitates continuous growth and self-reflection. Happily for all of us, we are continuing this portion of the journey together, as Heliosians.

SEL Approach: Condors and Ospreys

The 5/6 grade band is being introduced to techniques of

- self check-in
- emotion recognition and differentiation
- the particularities of being gifted

Condors and Ospreys are beginning to look more closely at the Six Seconds pedagogical approach to Social Emotional Learning.

Essential Skills

Developing Mindfulness

Learning tools to still the body and mind to help with focus, awareness, stress, relaxation, et al.

- Breathing exercises.
- Retaining/Regaining focus.
 - Always bringing ourselves back to what we are considering
 - Short 1-2 minute sessions.
- Routine mindfulness “...practice is associated with long-lasting change in the topology of definite brain areas, suggesting that [mindfulness] might be able to induce brain plasticity.”
 - Practice makes progress.

Essential Skills

Understanding Self Check-in

Series of Six Seconds based questions that help our students learn to pause and check-in with themselves and others.

- Questions directed at identifying emotions and feelings by building empathy, compassion and understanding for themselves and others.

Essential Skills

Understanding Self-Awareness and Management

- Students become better self-advocates and more capable of managing their emotions, academic responsibilities, and relationships when they begin to understand the emotions and feelings driving their interaction with the world.

Developing Empathy

- Students begin to learn techniques of active listening, continue practicing their ability to share their feelings with classmates, engage in discussions that examine our biases, and participate in various activities that provide opportunities to walk in the shoes of others.

How We Prepare Students

Understand the basic concepts behind the three pursuits of the Six Seconds curriculum.

- Know Yourself.
- Choose Yourself.
- Give Yourself.

Learn to recognize and understand our emotions.

- Continue to develop a more refined understanding of our emotional patterns.
- The how and why we think, feel, and act:

How We Prepare Students

We often feel a *thing*, say *happiness* or *sadness*. Those are broad categories that beg the question, *why?* Why do I feel happy or why am I sad? Is there an underlying reason or emotion? Is the feeling of happiness brought on by accomplishing a task (*pleased*), watching a loved one smile (*contentment*), or spending time laughing with a friend (*joyful*)? What about sadness? Am I struggling with a concept (*discouraged*), did I lose something I value (*distraught*), or perhaps I didn't get into my first choice for high school (*deflated* or *melancholy*)?

In all of these instances, learning to identify and understand the intricacies of how we feel on the inside can have a major impact on how we behave on the outside.

Our SEL curriculum believes that ***Emotions Drive People and People Drive Performance***. As such, we seek to help our students become aware of their emotions so they can develop intentionality and act with purpose in any situation.

Know Yourself

- ***Enhance Emotional Literacy***
 - Accurately identifying and interpreting both simple and compound feelings.
- ***Recognize Patterns***
 - Acknowledging frequently recurring reactions and behaviors.

Choose Yourself

- ***Consequential Thinking***
 - Evaluating the costs and benefits of your choices.
- ***Navigate Emotions***
 - Assessing, harnessing, and transforming emotions as a strategic resource.
- ***Intrinsic Motivation***
 - Gaining energy from personal values & commitments vs. being driven by external forces.
- ***Practice Optimism***
 - Taking a proactive perspective of hope and possibility.

Give Yourself

- ***Pursue Noble Goals***
 - Recognizing and appropriately responding to others' emotions.
- ***Develop Empathy***
 - Connecting your daily choices with your overarching sense of purpose.

Navigation

