



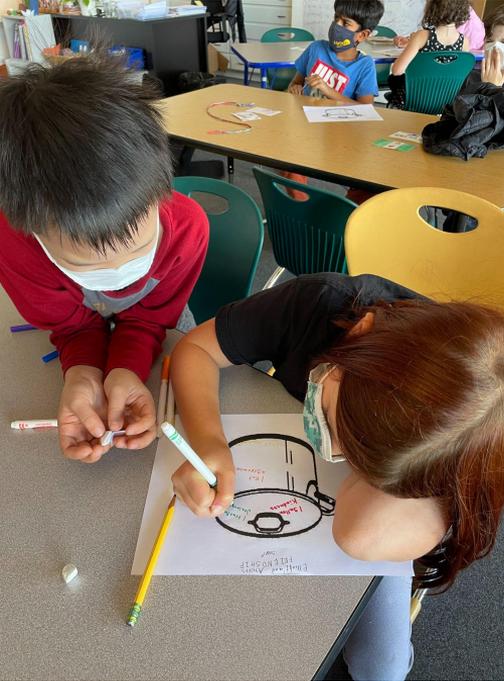
SEL Approach: What to Expect

Lessons are based on the Six Seconds Model of Emotional Intelligence, and may also be responsive to specific classroom needs.

Students should be able to discuss the weekly lesson at home using the language of the SEL focus.

Examples of lessons include:

- impulse control
- personal space
- perspective taking
- using listening skills to make friends
- using kindness to keep friends
- setting healthy boundaries
- risk-taking



SEL Approach: What to Expect

Targeted SEL lesson once per week, usually one hour in length

Lessons typically include:

- a hook
- the core content
- an activity involving role-play, a game or movement
- sometimes include a video, quiz, art piece, read aloud or song
- a time for personal reflection



Growing at Home

- Students should be encouraged to have regular SEL conversations during dinner one night per week to practice talking about SEL topics and how they apply to life outside of school
- Parents can support their child by continuing to use the language of the SEL lessons in their daily life

Essential Skills

Students may enter class with:

- An understanding that SEL is an ongoing, natural development process that continues in grades 3/4 and beyond
- An open mind to learning about ways to strengthen emotional intelligence

How We Prepare Students

By the end of their time in Ravens & Jays SEL, students are ready to:

- Use the learned skills in daily social situations
- Have an available 'toolbox' ready to access in times of need
- Use SEL vocabulary at school and home



Navigation

