

# **The Whole Child**

**Examples from Gower West and Gower Middle**

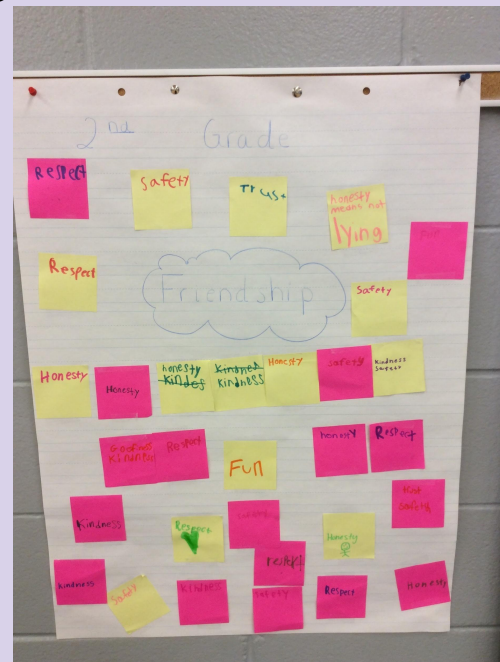
Research shows that in order for students to develop the knowledge, attitudes, and skills described in **SEL**, students need to be competent, or have abilities, in **five** areas:  
self-awareness, self-management, social awareness, relationship skills, and responsible decision making.



**SEL in kindergarten through second grade with Mrs. Urgo our school social worker during Physical Education Classes once a month with Mr. Mohiuddin and Mrs. Spaulding:**

**Currently we have focused on relationship skills of friendship and family.**

**Here is an anchor chart that the second grade classes created during one of these lessons based on friendship, after watching a video on “Friendship Soup.” They discussed positive characteristics to look for in a friend. Then the students developed their own recipe for friendship soup.**



**SEL in third and fourth grade with Ms. Ward our school counselor, Mr. Mohiuddin and Mrs. Spaulding.**

## Why it is important to learn coping skills and when it is a good time to use these skills

We use tools at school when we are having trouble being ready to learn.

We may be feeling angry, or sad, or nervous.

These tools will help us calm our bodies and focus our brains. The tools were yoga, music, breathing, coloring, and fidget tools.

Different coping skills work best for different kids, so the students tried out different skills at the four stations to explore what worked best for them.



Empathy, Empathy, Respect, Gratitude, Self Esteem, Conflict Resolution, and other topics aligned to CASEL Standards.

# ***Mindfulness***

**A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.**

Teaching Resource for Students

Activities for School



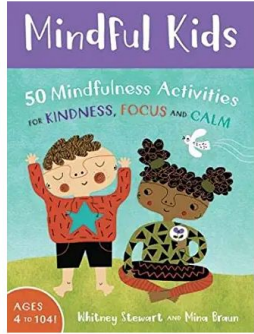


1. Mini Eagle
2. Mini Tree
3. Mini warrior



Movement Breaks in the hallway by  
Mrs. Holland's Art Room





## Mindful Kids: 50 Mindfulness Activities for Kindness , Focus and Calm

by Mindful Kids: 50 Mindfulness Activities for Kindness , Focus and Calm | Oct 1, 2017

★★★★★ ~ 141

**Pamphlet**

**\$13<sup>31</sup>** ~~\$14.99~~

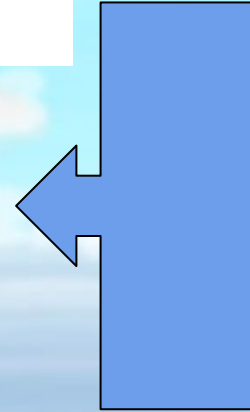
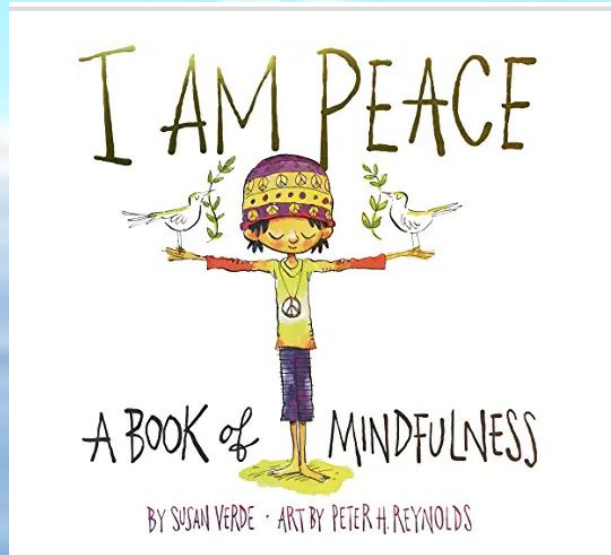
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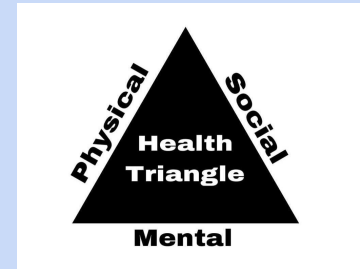
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# Gower Middle

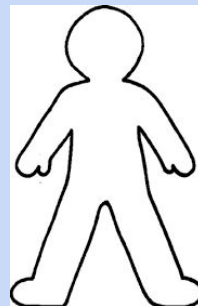
- Staff inservice on response to trauma - sexual and domestic abuse and homeless
- Students
  - Health lessons
    - Every other week for all students
    - Co-planned and co-taught by Kyle, Jen, Tammy and Kelsey
    - Focus on the health triangle
    - Based upon the identified needs of students
  - Advisory
    - B days are based on social emotional learning
      - Mindfulness, relationship building, emotional control, organizational strategies



# Gower Middle

## Health Lessons

- Lesson 1: Goal setting and trait identification
  - How others see them, how they want to be seen
  - Setting a personal goal that we review monthly
- Lesson 2: Assessment
  - 32% of our students reported they are struggling with feelings of stress or anxiety
  - 51% of our students said they would like help at school with learning how to manage their stress and anxiety



QUESTIONS RESPONSES 346

Section 1 of 7

### Gower Middle Student SEL Survey

Ms. Ward and Mrs. Lange want to understand what you feel you need help with here at school, so that we can better support you. Please read each question and mark the most appropriate answer choice for you.

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After section 1 Continue to next section

# Gower Middle

From the needs assessment data building lessons and supports to meet the needs that were identified

- Lesson 3 and 4 focusing on stress and anxiety
  - What is stress and anxiety
  - What it does to all parts of the health triangle
  - Coping skills
- Starting a Mindful Morning once a week beginning 2nd quarter
- Identifying students for executive functioning and anxiety groups that will run weekly for 6 to 8 weeks
- Investigating an after school program for anxiety management

**Q & A:**

THANK YOU FOR BEING HERE!