

## **Social Emotional Learning**

This year many of our Social Emotional lessons will be taught to our student's in Circles. Circles are a keyway that adults at school can support students in building positive relationships and having a successful year. It is a great way to combine Responsive Classroom and Restorative Practices at Broad Brook School. The circle prompts have been created by Matthew Borkowski and Tamera Hoang who are the districts Trainer of Trainers for Restorative Practice. They worked along with Don Casella our District Safe School Coordinator to weave in the Social and Emotional Competencies.

During the Month of September students worked on Self-Awareness.

**September – 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

Essential Questions:

- How do I recognize and describe my emotions?
- How do I recognize the relationships between my emotions and my behavior?
- How do I know what is important to me?
- How do I know what I am good at in order to improve?

Grade Level Second Step Lessons will focus on:

Kindergarten: Focusing Attention

Grade 1 : Focusing Attention

Grade 2: Feeling Confident

Grade 3: Conflicting Feelings

Grade 4: Managing Anxiety