



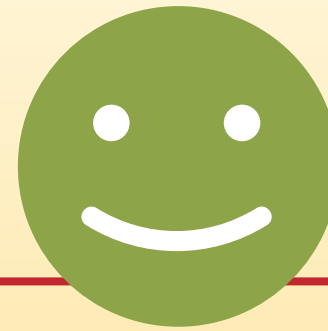
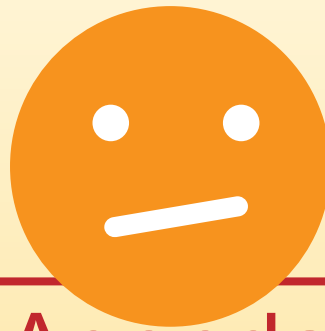
THRIVING HOLISTICALLY

Empowering Students Through Social Emotional Learning



CREATIVE BEING
COUNSELING & CONSULTING

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Agenda

8:30a.m.-11:30a.m.

- *Review of concept of SEL

- *Provide Activities

- *Reflection

Social Emotional Check-Ins

**ON THE WEATHER SCALE, HOW ARE YOU
FEELING RIGHT NOW?**

1



2



3



4



5



6



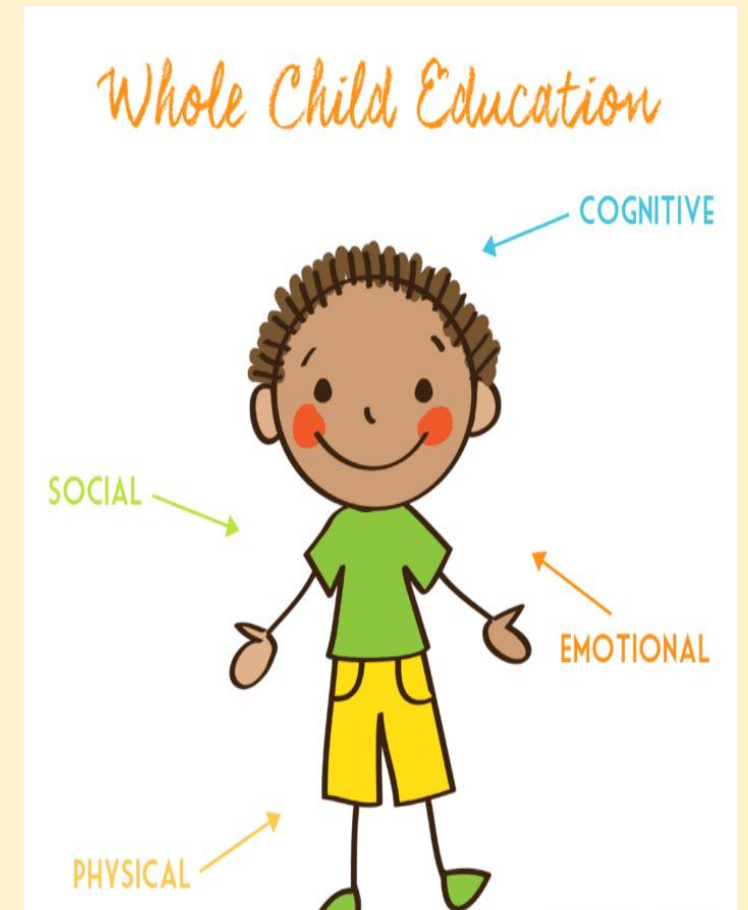


Teambuilding Fun





CASEL 1994 (Collaborative for Academic, Social, and Emotional Learning)
is actually the leading organization that
has shaped and defined **Social Emotional
Learning (SEL)** globally. So when people
talk about SEL, they're usually referring to
CASEL's framework—whether they know
it or not!



5 Core Components of SEL



These components help individuals manage emotions, build healthy relationships, and make responsible decisions.

5 Core Components of SEL

Self Awareness	Self Management	Social Awareness	Relationship Skills	Decision Making
Identifying emotions	Managing emotions	Empathy	Conflict resolution	Identifying problems
Expressing emotions	Resilience	Discovering differences	Active listening	Solving problems
Mindfulness	Stress management	Diversity appreciation	Cooperation	Analyzing situations
Self-confidence	Impulse control	Civic engagement	Teamwork	Goal setting
Recognizing strengths	Self-motivation	Respect for others	Communication	Leadership skills

COVID-19 (2020) massively amplified conversations about SEL


Equity & Community Focus:

The pandemic also shed light on **inequities in education**, and SEL started being discussed not just as a personal tool, but also as a way to build **inclusive, responsive, and supportive school cultures**.

Mental Health Crisis:

Students (and educators) were facing anxiety, isolation, grief, and uncertainty—so SEL became a lifeline for emotional support.

COVID-19 (2020) massively amplified conversations about SEL

 **Remote Learning & Disconnection:**
Educators realized more than ever that **relationships, empathy, and self-regulation** were essential to learning, especially when students were on screens and away from support systems.



What are Your thoughts?

What are your personal thoughts about Social Emotional Learning?

How do you feel students are different today than they were before COVID 19?



**Stand for Your Co
Worker**

SEL Core Components Reflection

Write examples of how you have addressed each area with students and place them on the corresponding section.

**Self-Awareness, Self-Management, Social Awareness, Relationship Skills,
Responsible Decision-Making**

5 Core Components of SEL

Self Awareness	Self Management	Social Awareness	Relationship Skills	Decision Making
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Write examples of how you have addressed each area with students and place them on the corresponding section.

SEL Reflection Debrief

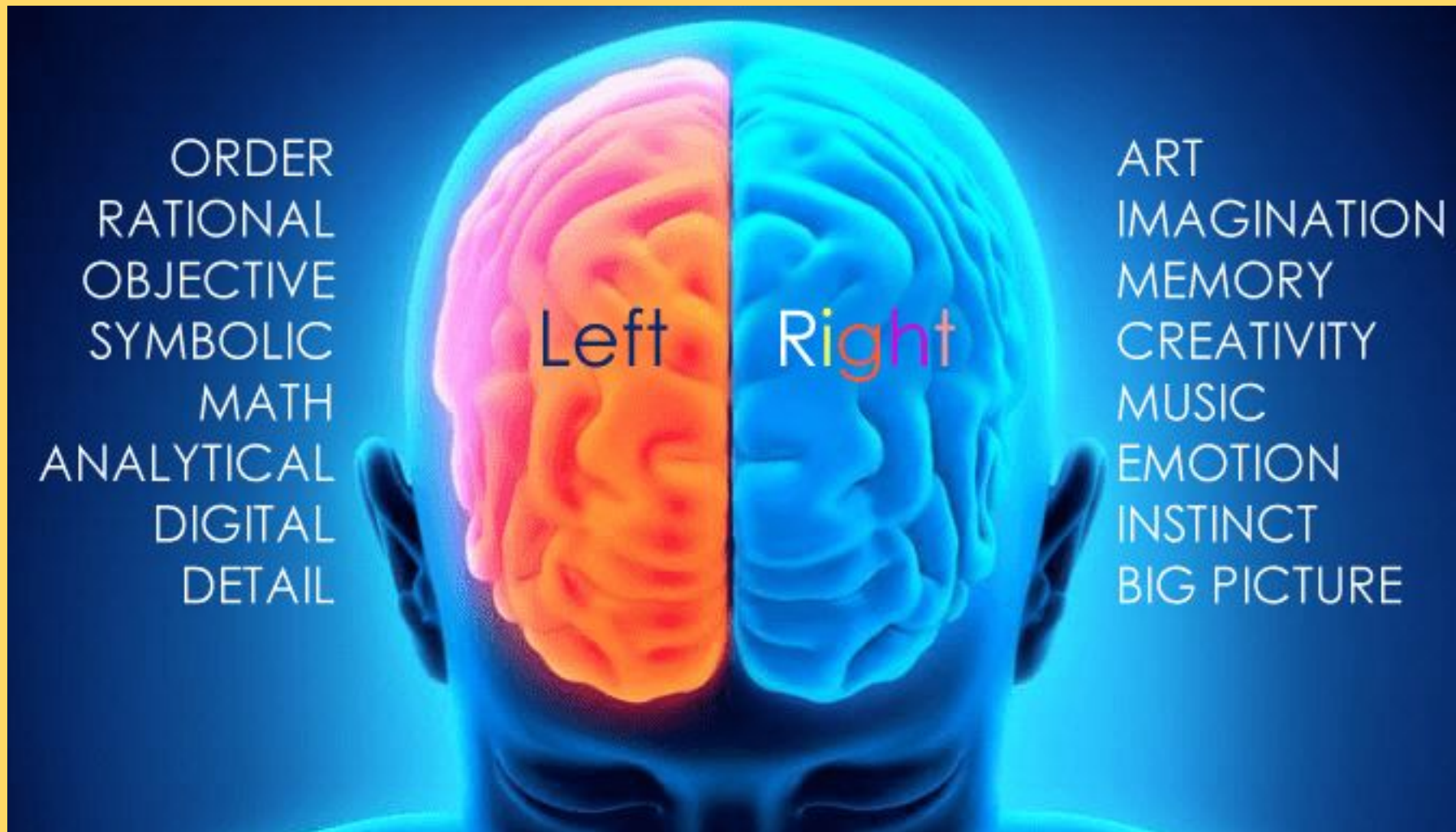
- Which areas are most/least addressed?
- What trends or gaps are you seeing?
- How do you measure the effectiveness of SEL initiatives with your students or do you?
- What are some of the biggest challenges you face in implementing SEL daily, and how do you navigate them?
- What are some ways you build trust with students who are reluctant to open up emotionally?

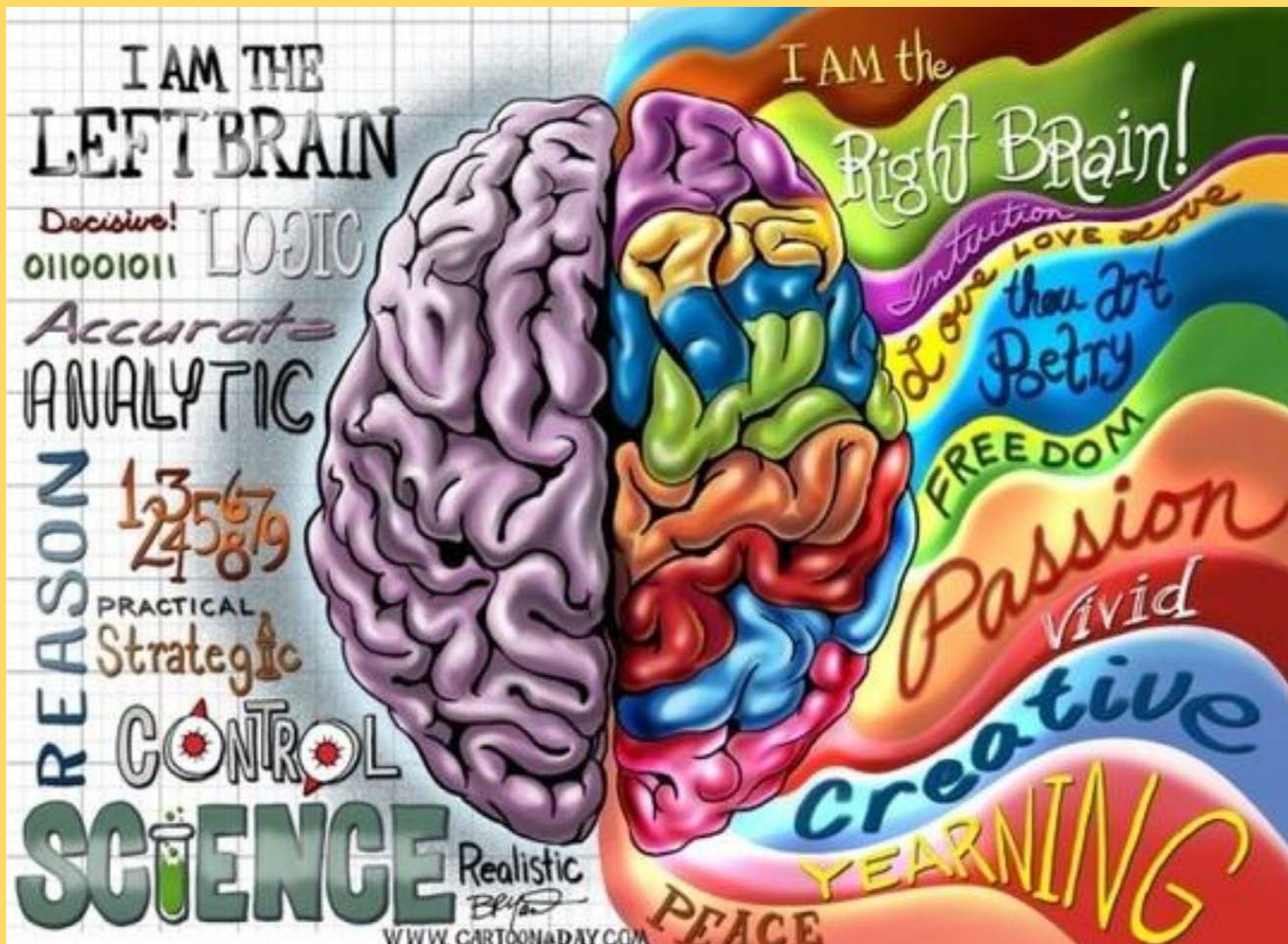
Break





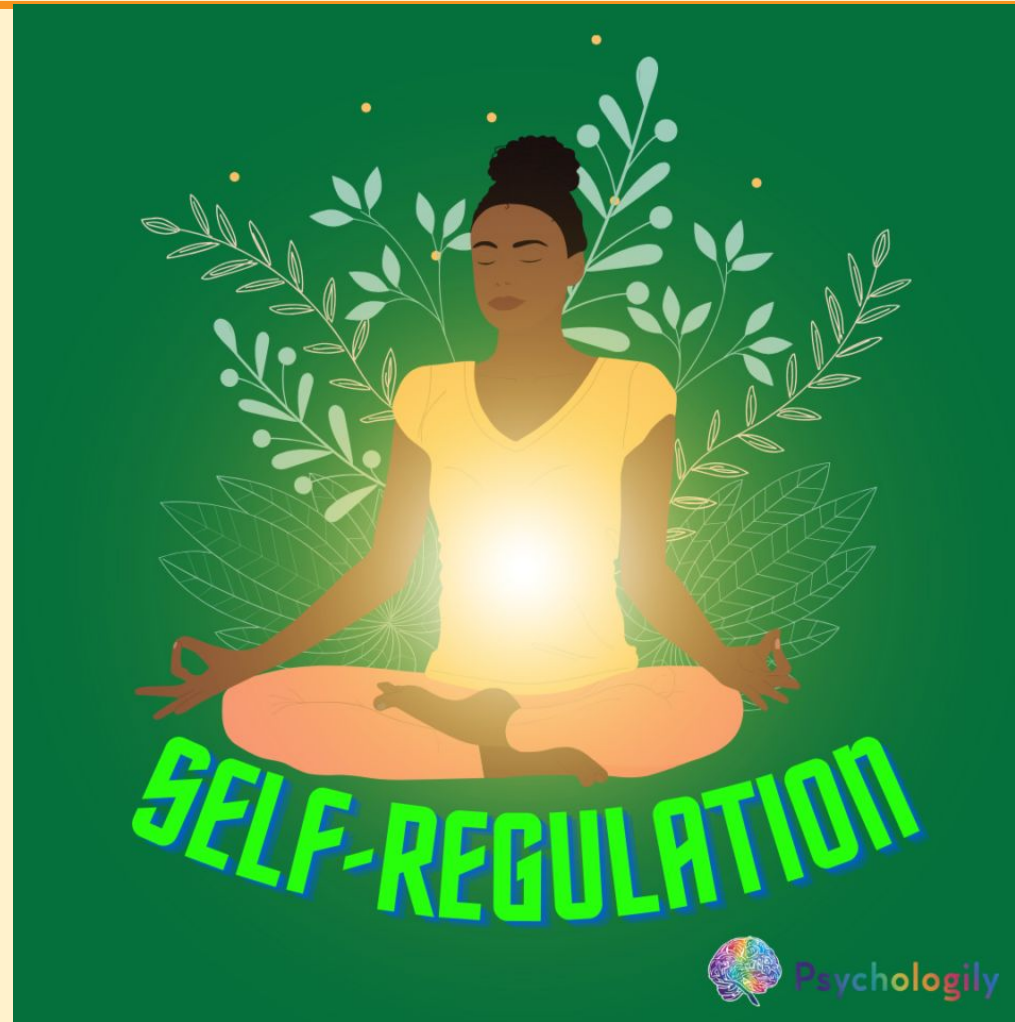
Strategies in Action
ACTIVITIES







Self-Regulation



Self regulation is your ability to manage your emotions, thoughts and behaviors in a way that aligns with your values, especially during moments of stress or emotional overwhelmness.

What's On Your Mind?



Empathetic Listening





A Walk In My Shoes

"You know my name, not my story. You've heard what I've done not what I've been through."



Emotional Freedom Release

**TAPPING CAN HELP
REWIRE THE BRAIN...**



After Tapping, things that used to drive our nervous system into a state of fear or stress no longer do...

**TAPPING REDUCES CORTISOL
(THE STRESS HORMONE) BY 43%!**



This helps us feel more cool, calm, and collected – even in the face of things that used to feel stressful...

TAPPING ALTERS BRAIN ACTIVITY

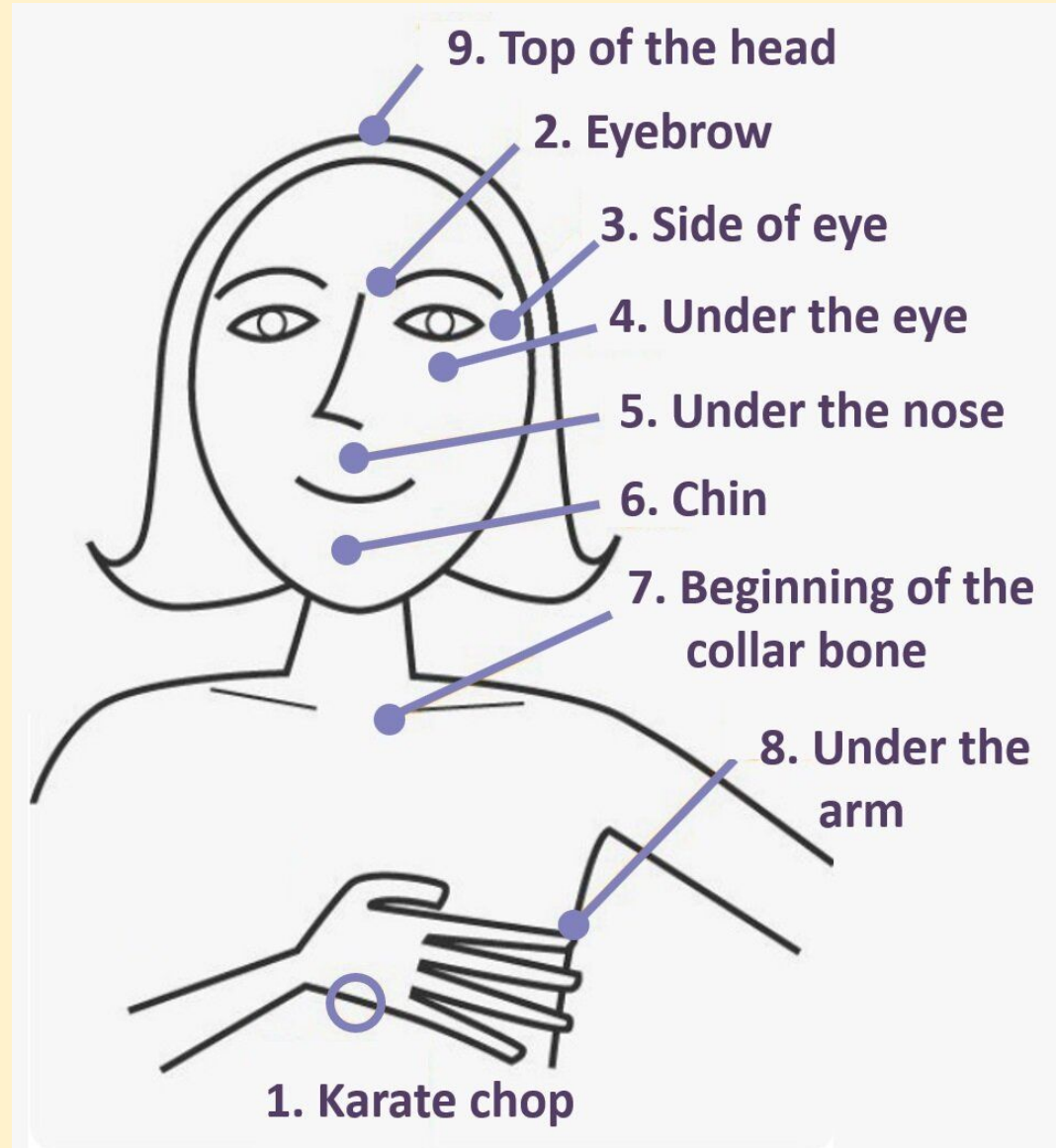
It specifically calms activity in the amygdala.

*The amygdala is our brain's stress center,
controlling our fight-or-flight response*



Emotional Freedom Release

Emotional Freedom Release



Emotional Freedom Release





Container

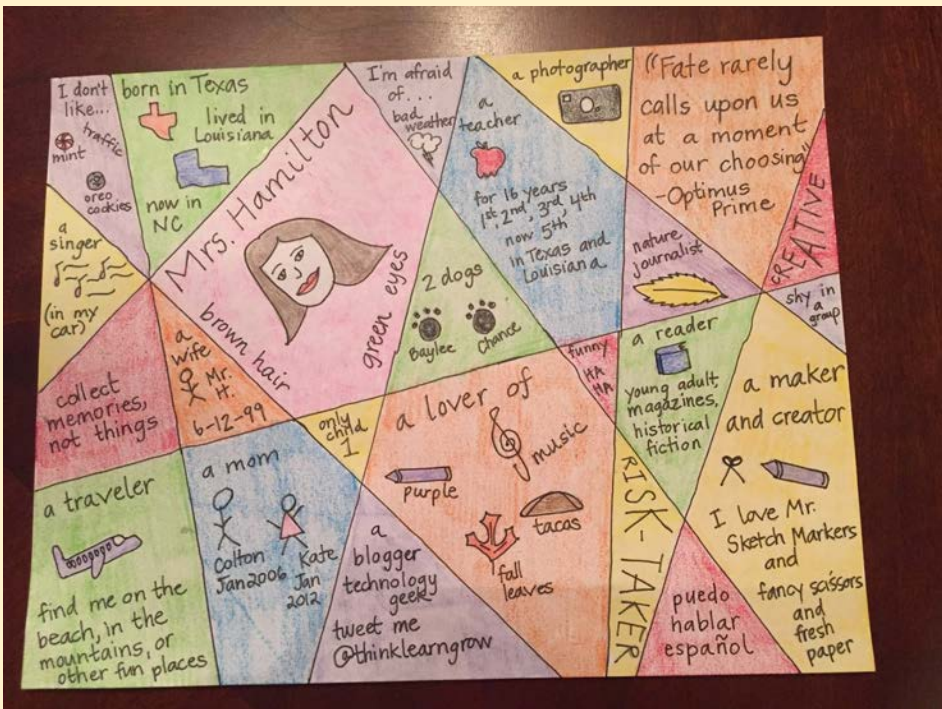
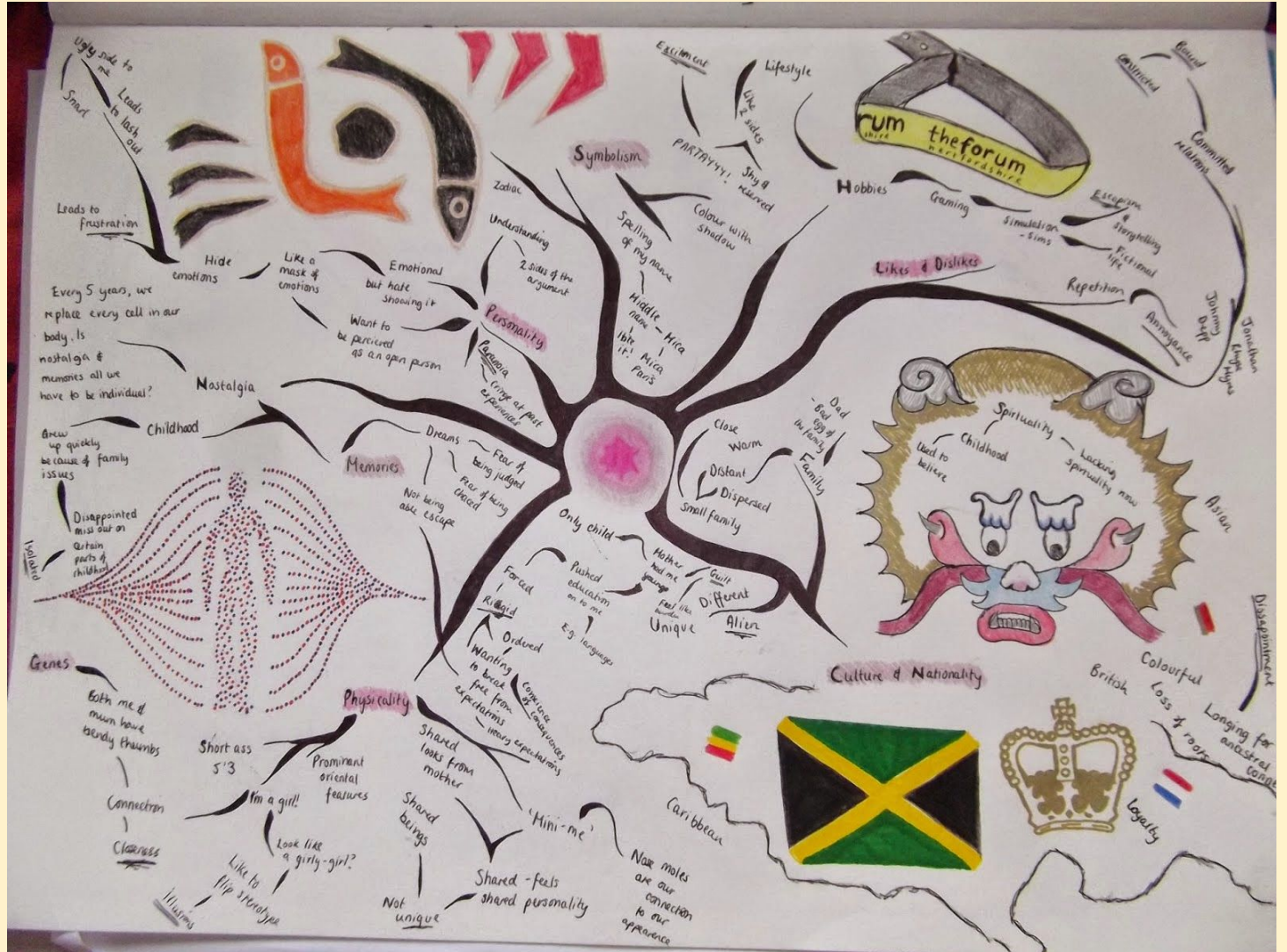
(EMDR)-Eye Movement Desensitization and Reprocessing

Remember the memory – The person thinks about a painful memory or situation.

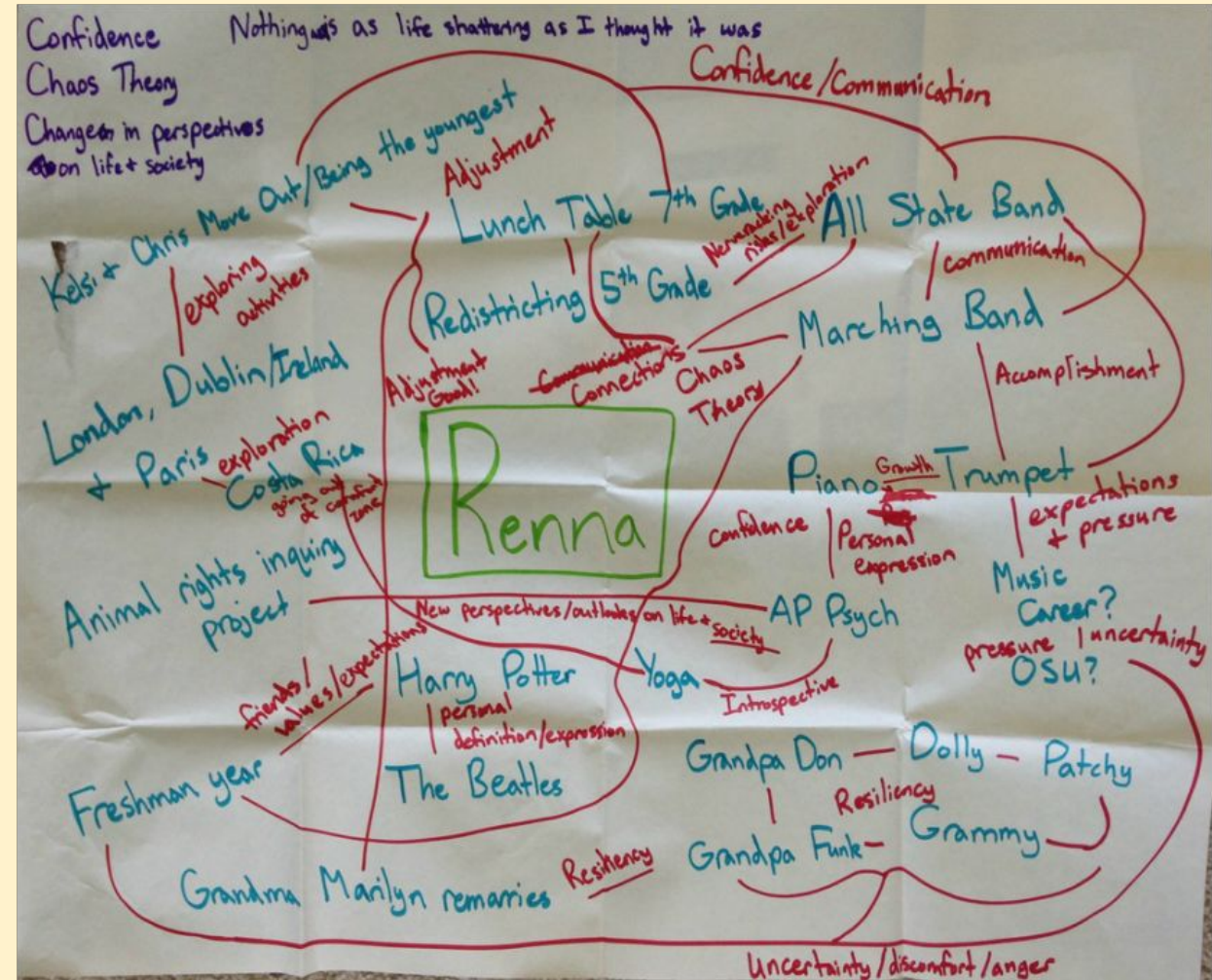
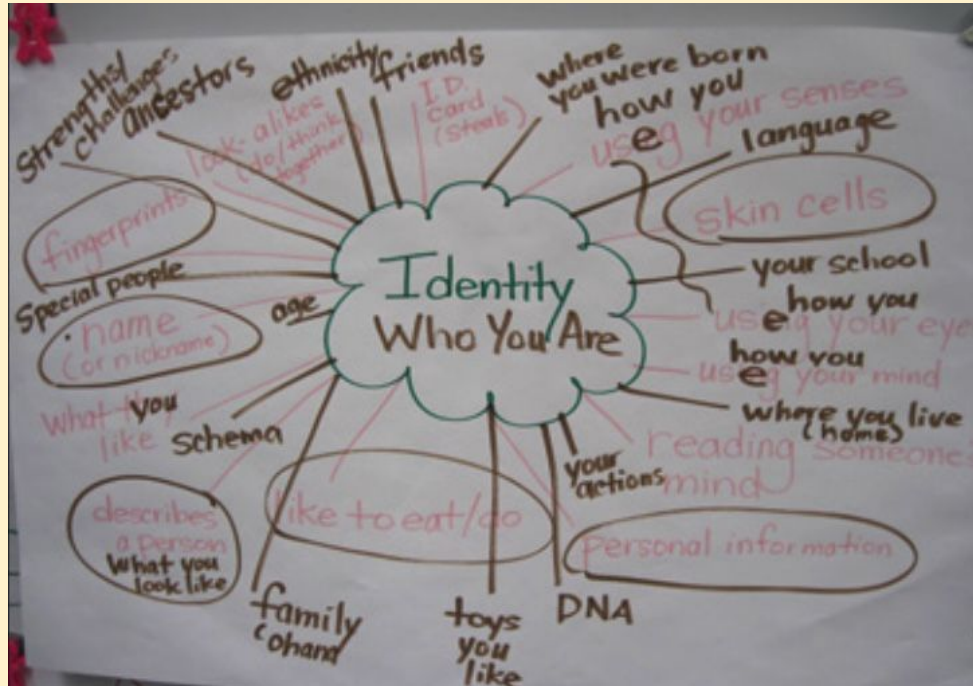
Use eye movements (or tapping/sounds) – While thinking about it, the therapist guides the person to move their eyes back and forth, or uses other forms of gentle stimulation.

Let the brain reprocess it – This helps the brain "digest" the memory properly. Over time, the memory becomes less upsetting and feels more like something in the past.

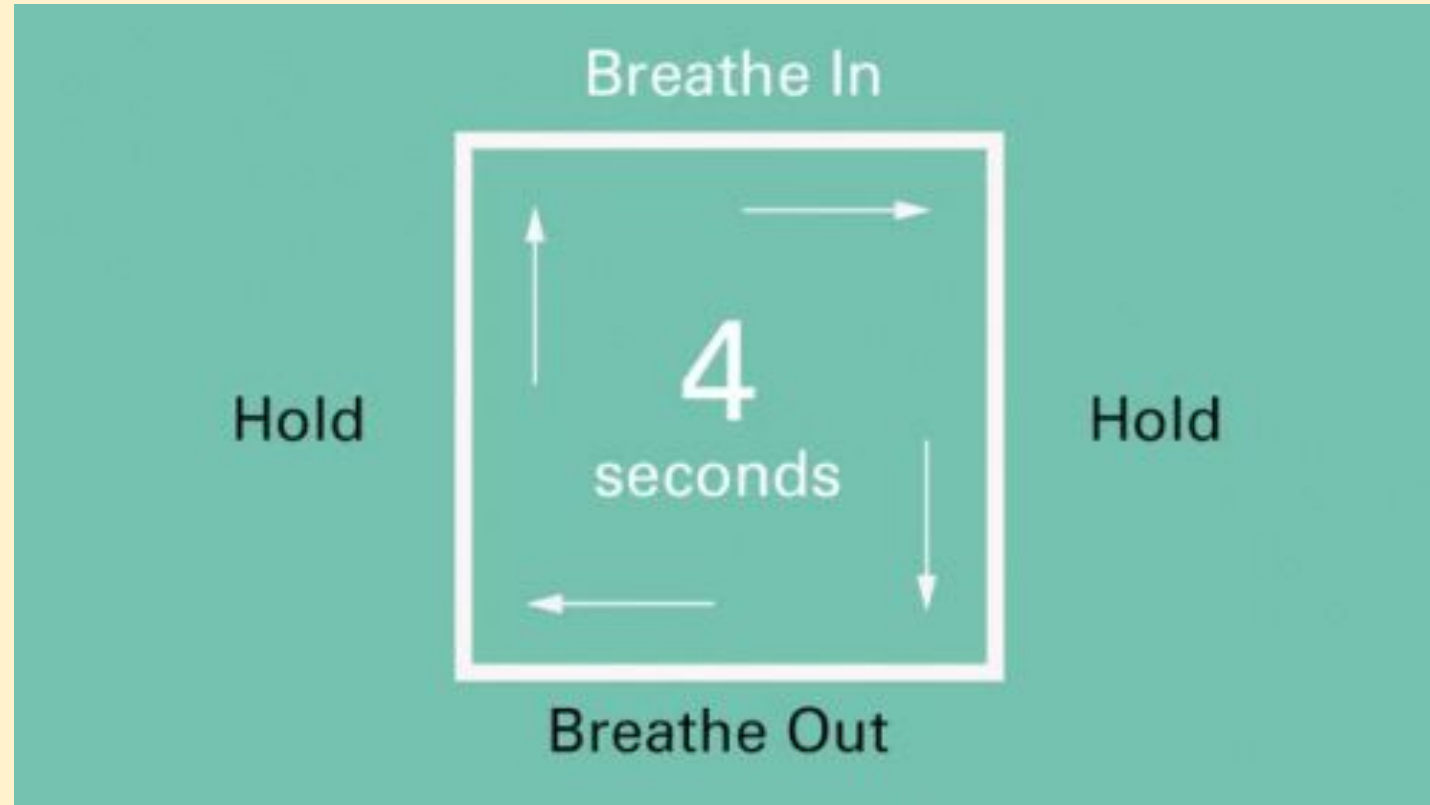
Identity Map (Self Awareness)



Identity Map (Self Awareness)



Square Breathing



Clay-Mindfulness Reflection





Empathy Circles



1. What's something people often misunderstand about you?
2. How do you usually deal with failure and disappointment?
3. Who makes you feel seen and heard in your life right now?
4. How do you know someone is a safe person to talk to?
5. What is something that makes you feel calm or grounded?



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