

CARMEL CREEK GUIDANCE

Social and Emotional Learning

Learning Skills

The goal of this unit is for students to build skills necessary for successful participation in learning.

Empathy

The students will develop empathy and show compassion for others by identifying feelings in themselves and others' perspective and choosing to show compassion.

Emotion Management

This unit is to help the students develop the students' ability to identify and manage their own strong feeling before they escalate.

Problem Solving

This unit is to help students develop the ability to be problem solvers. They recognize their feelings and calm down, then they start the problem solving steps.

Carmel Creek uses “Steps” program to increase academic success and decrease problem behavior by promoting social-emotional competences and self-regulation. Everyone at school, students, teachers and staff participate in creating a safe and respectful environment. We want your kids to love school and love to learn!

Second Step consists in 4 units:

1. Skills for Learning
2. Empathy
3. Emotion Management
4. Problem Solving

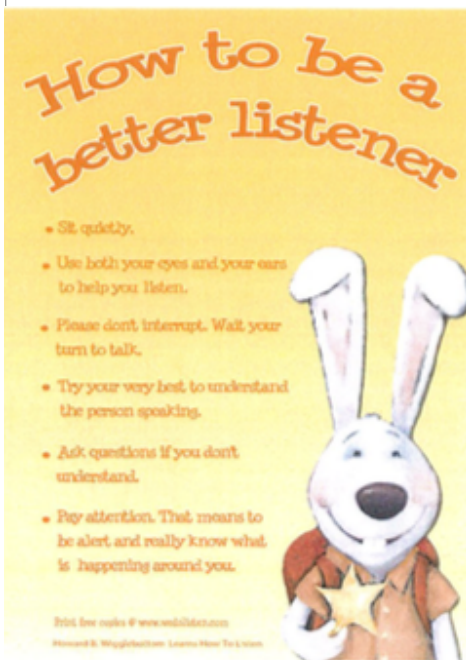


What can you do to help your child develop the skills for learning?

One helpful book and online site is Howard B. Wigglebottom learns to listen by Howard Binkow.

Go to <http://www.wedolisten.org> and listen the book online.

You can play "memory card" games and "Simon Says". Encourage your child to turn on his or her attend-o-scope and to use self talk to remember two or three instructions or directions.



Skills for Learning

Your child will be learning the rules of respectful learner, being a good listener helps children focus their attention and act in a group in a way that everyone can learn.

These rules are:

- ★ Eyes Watching
- ★ Ears Listening.
- ★ Voice Quiet.
- ★ Body Still.

Focus Attention

- Concentrate
- Use eyes, ears, and brain
- Ignore distractions

Be Assertive

- Face the person you're talking to
- Keep your head up and shoulders back
 - Use a calm, firm voice
 - Use respectful words

Listen

- Focus on the speaker
- Wait your turn to speak
- Remember what you hear
 - Think of questions

Say:
"Focus."
"Ignore distractions."
"What do I do next?"
"Calm down."

Use Self-talk