



# UNLOCKING OUR SUPERPOWERS: SEL GOES TO SCHOOL



**SEL:** Social & Emotional Learning

## CREDITS

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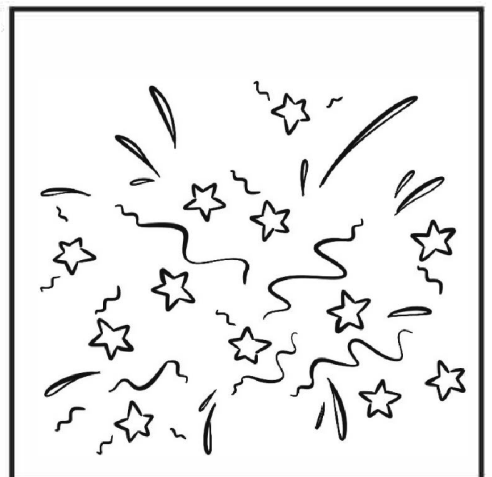
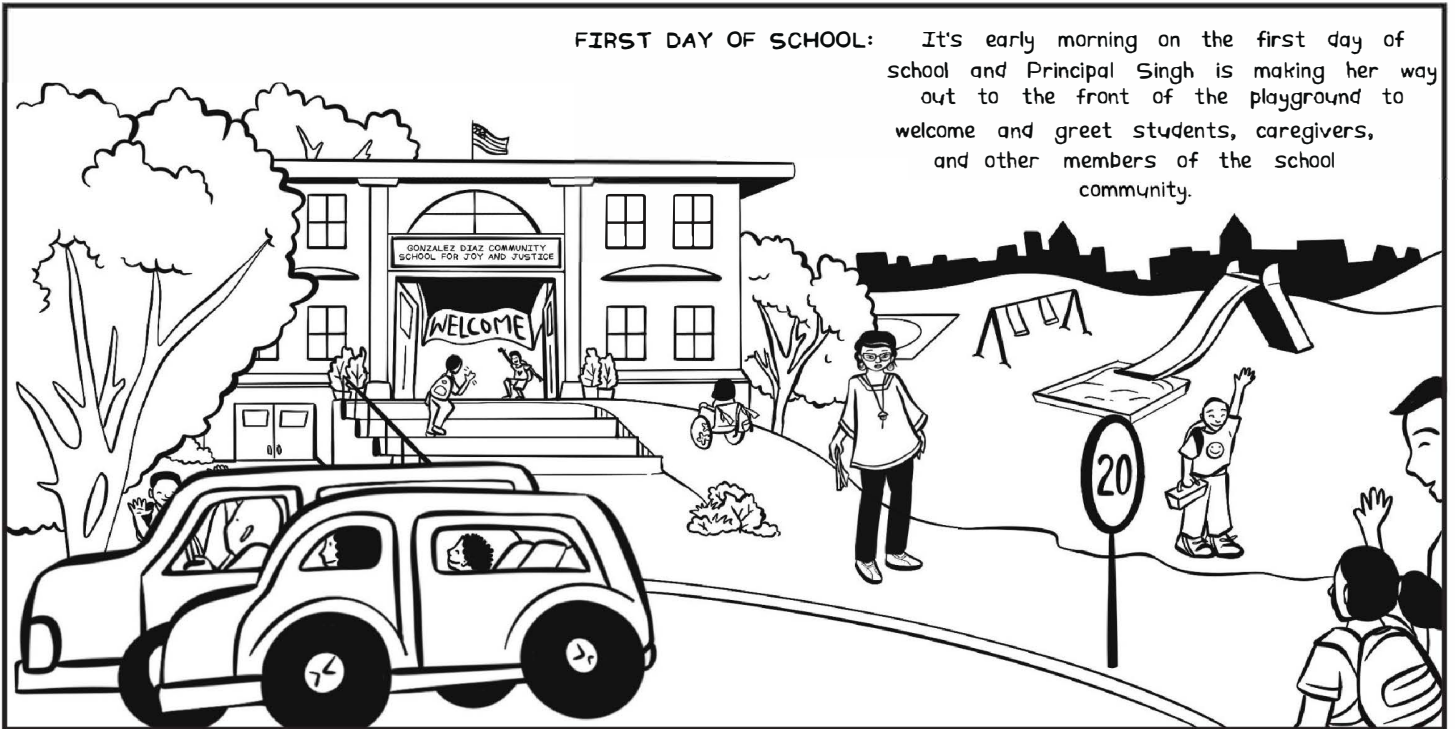
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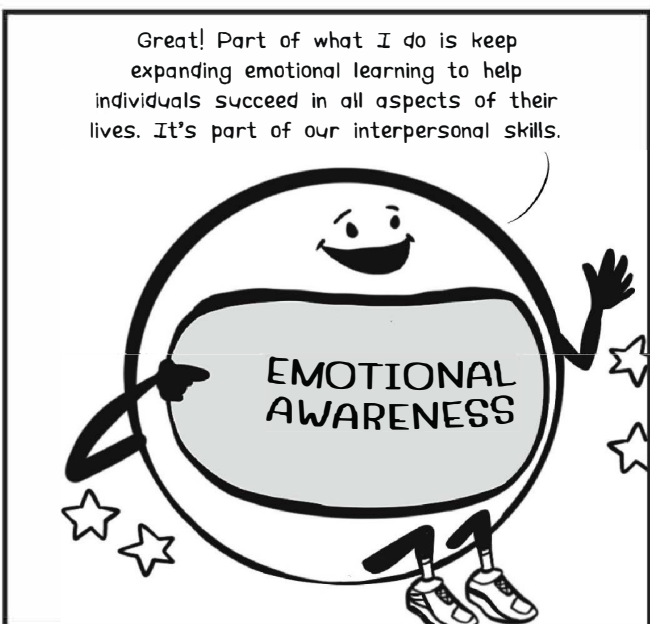
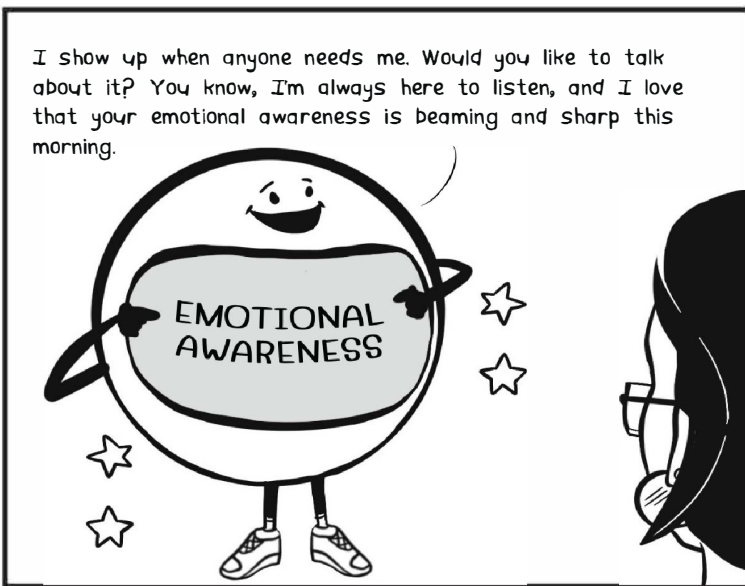
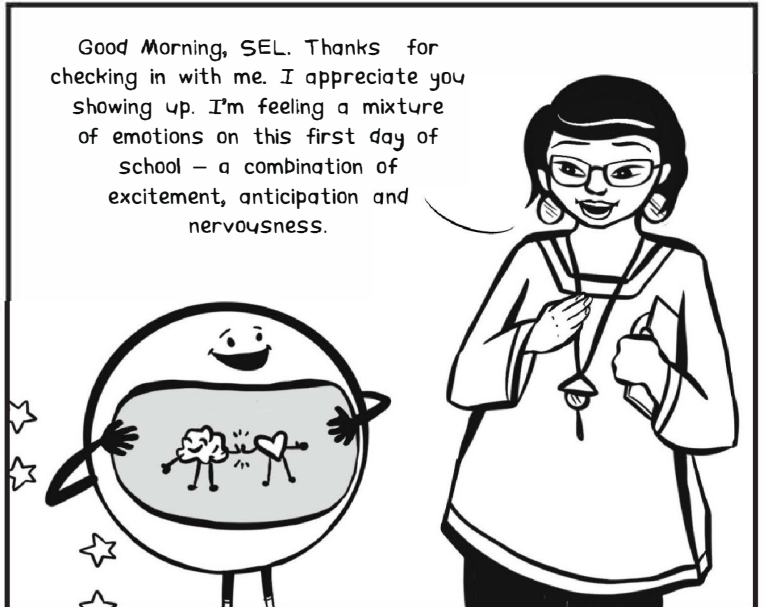
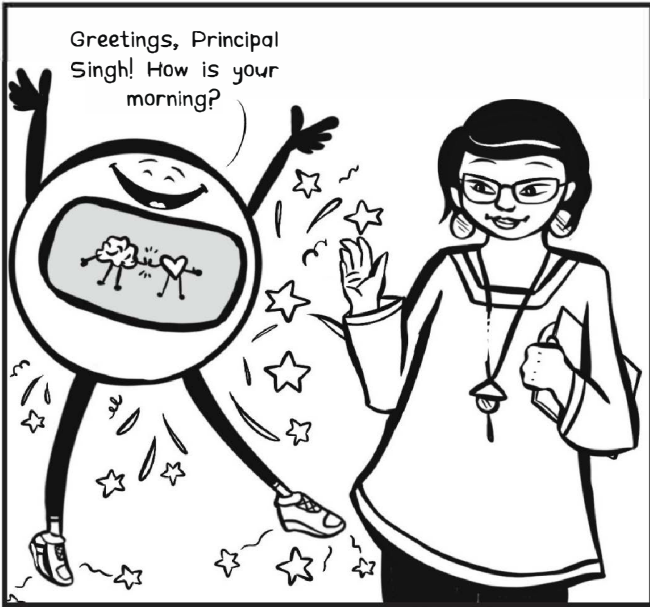
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# SELF-AWARENESS AND INSPIRATIONAL LEADERSHIP





This is my first year as Principal, so of course, I'm nervous. I'm also anxious about this new beginning for myself... and managing the school well. It's a new beginning for everyone I'm about to welcome and greet this morning.

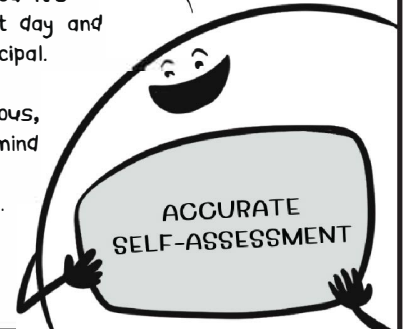


It's important to me that I set the tone as a capable and inspiring leader. I don't want to disappoint anyone.

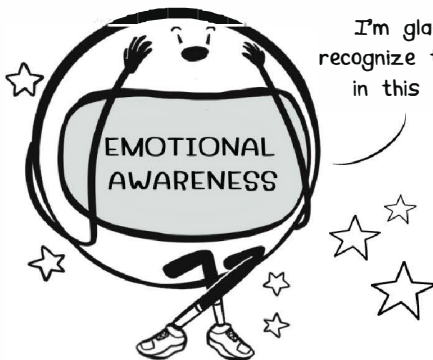


I'm proud of you. It's perfectly natural to feel a host of emotions at any time, and for you it's fitting on your first day and year as a new Principal.

Everyone gets nervous, and I'm here to remind you that you have everything it takes... and it's already inside you.



You're right, SEL. Thank you. I'm holding space for all of my emotions right now. I mean, there are probably a lot of students, staff and school community members arriving here today that feel similar.

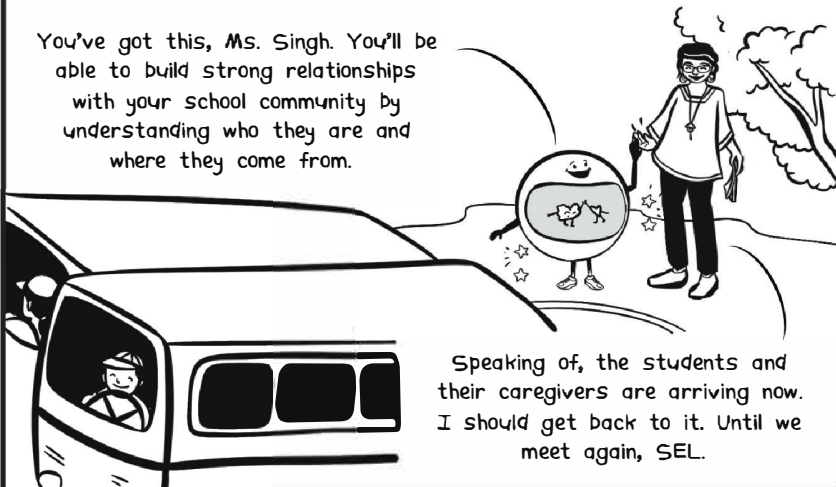


I'm glad you can recognize that we're all in this together.



As a school leader, I know my role is to foster a sense of community and ensure that educators nurture that learning spaces include a sense of joy and belonging. It's what I love most about this job.

You've got this, Ms. Singh. You'll be able to build strong relationships with your school community by understanding who they are and where they come from.

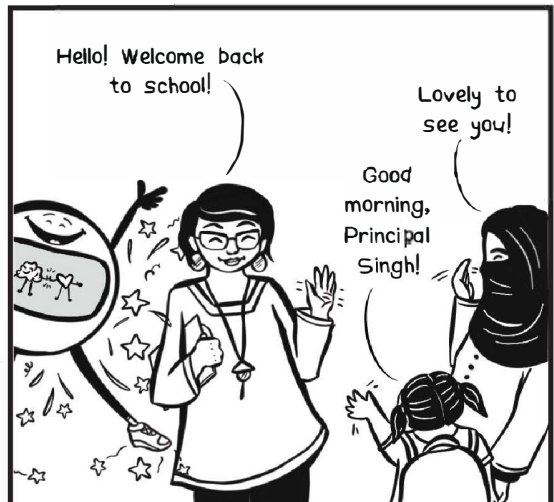


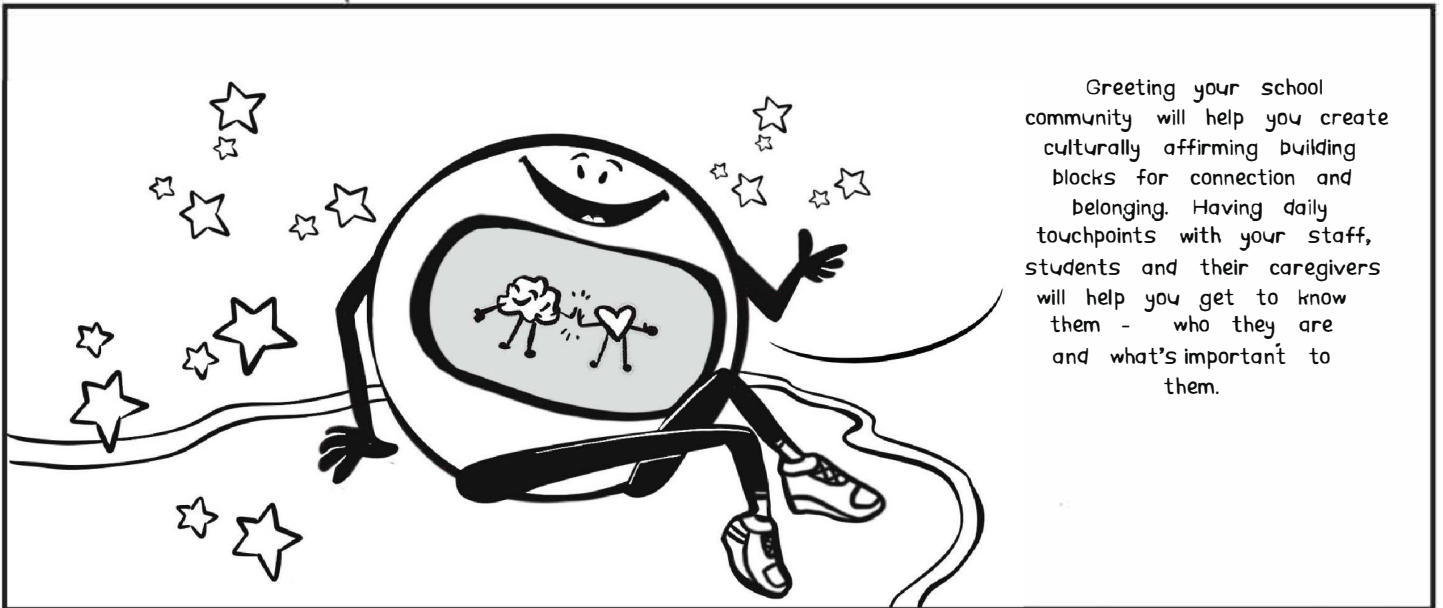
Speaking of, the students and their caregivers are arriving now. I should get back to it. Until we meet again, SEL.

Hello! Welcome back to school!

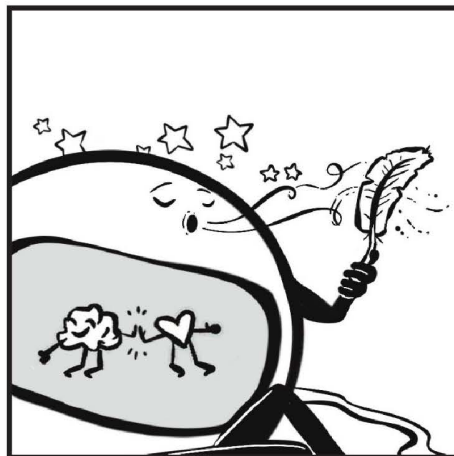
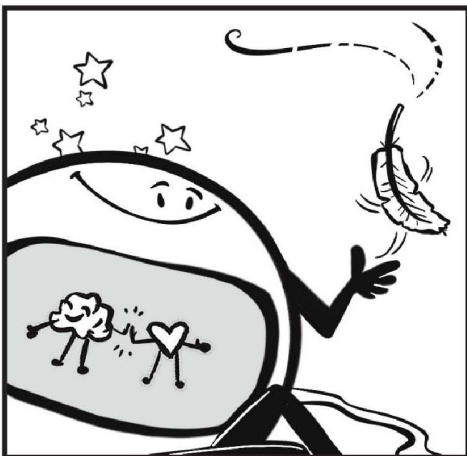
Lovely to see you!

Good morning, Principal Singh!

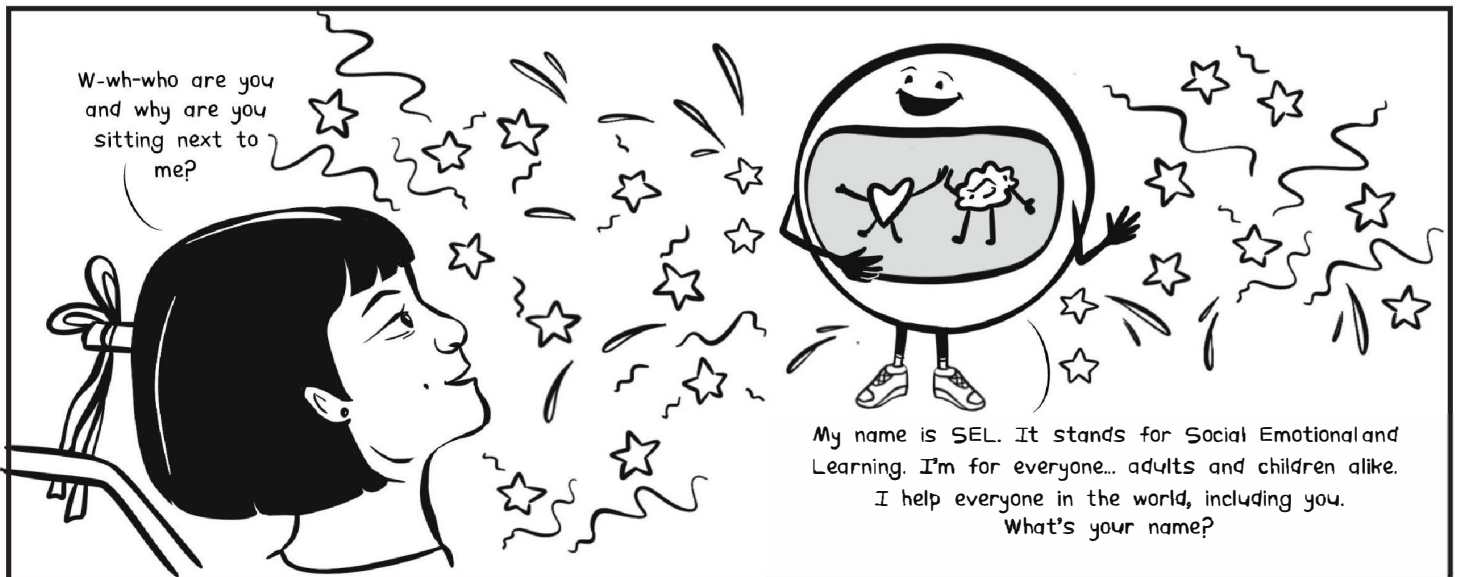


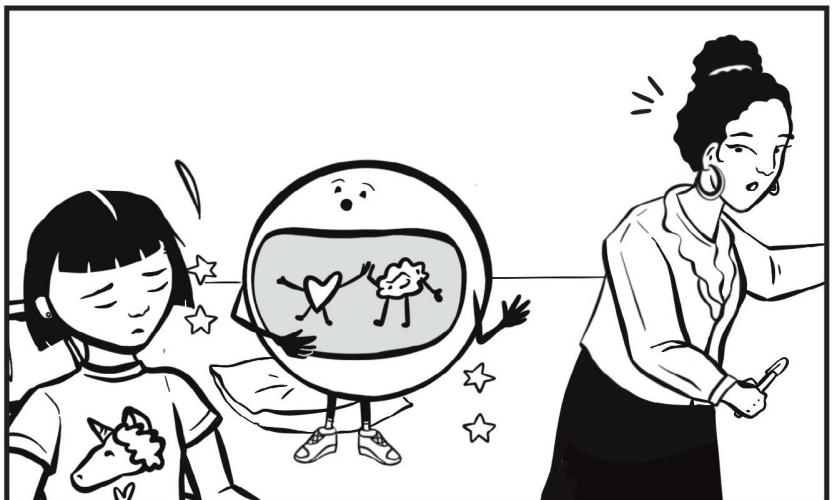
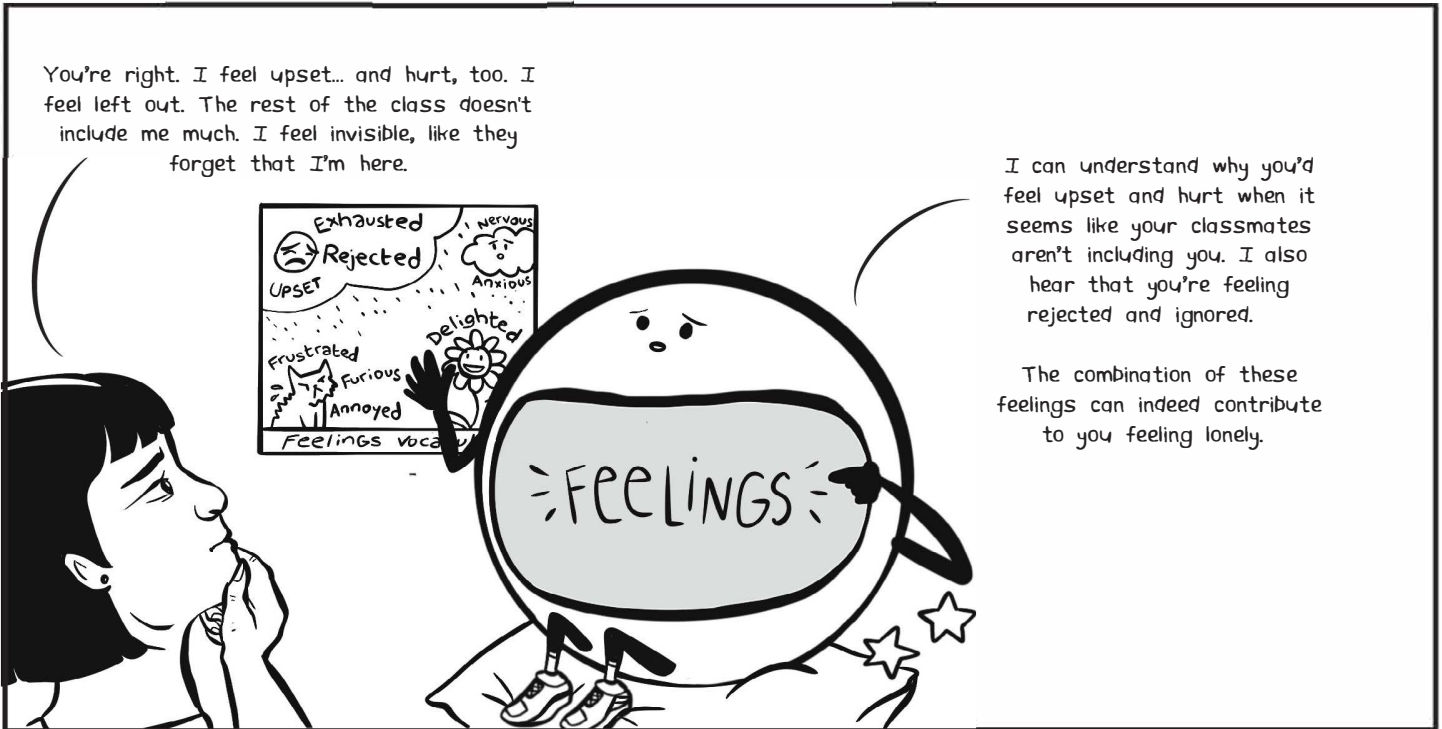
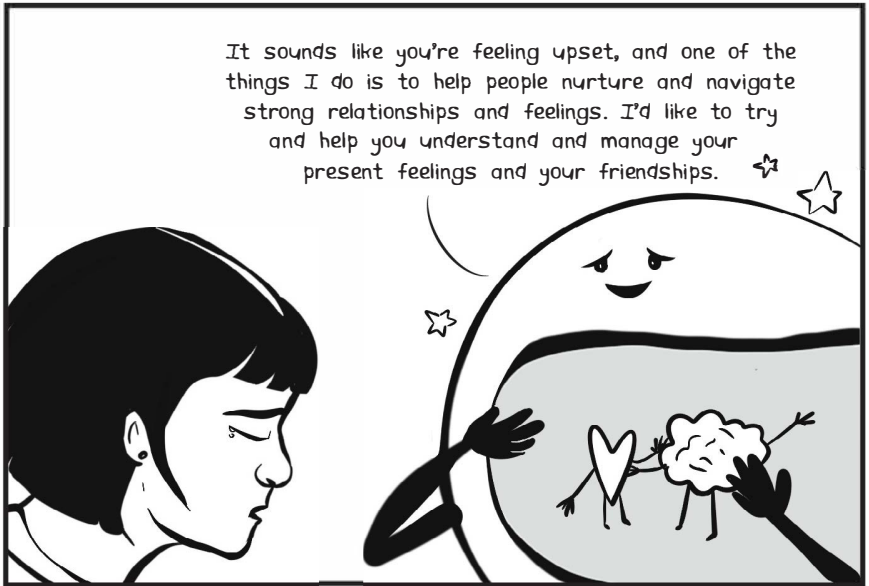


Greeting your school community will help you create culturally affirming building blocks for connection and belonging. Having daily touchpoints with your staff, students and their caregivers will help you get to know them - who they are and what's important to them.



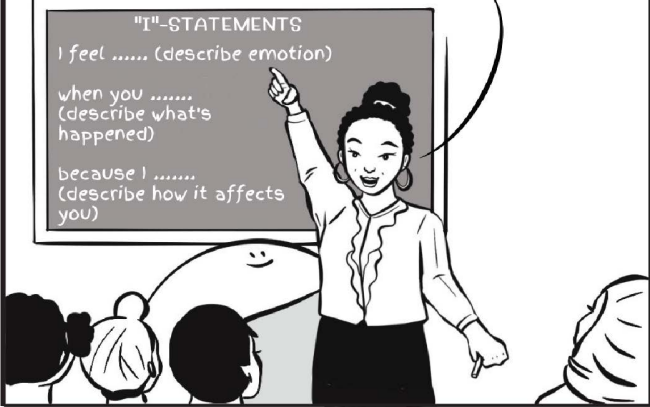
# SOCIAL AWARENESS AND RELATIONSHIP NURTURING



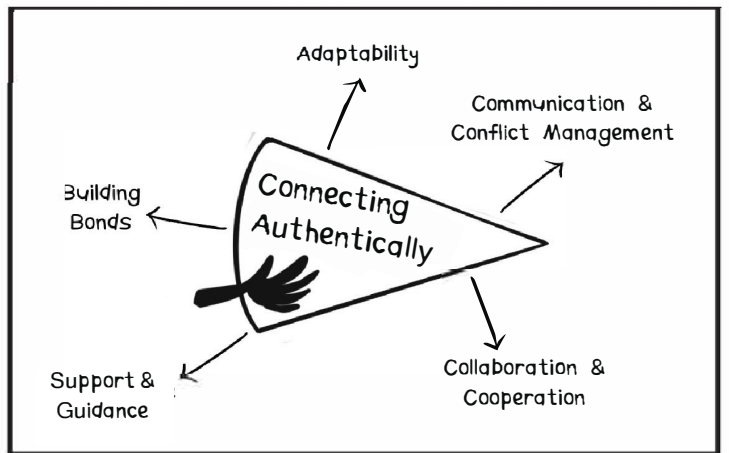
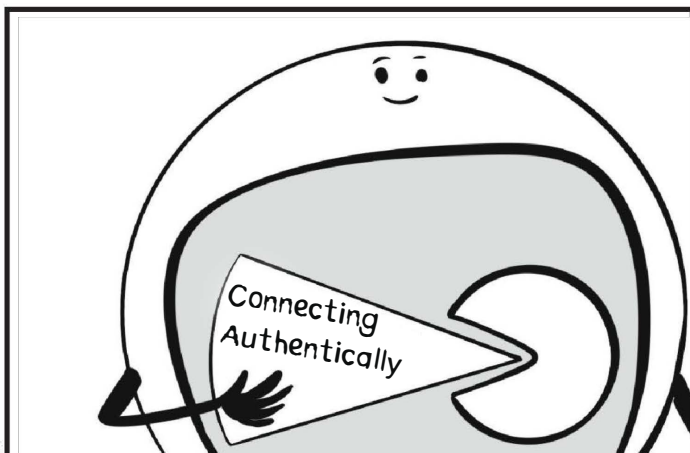
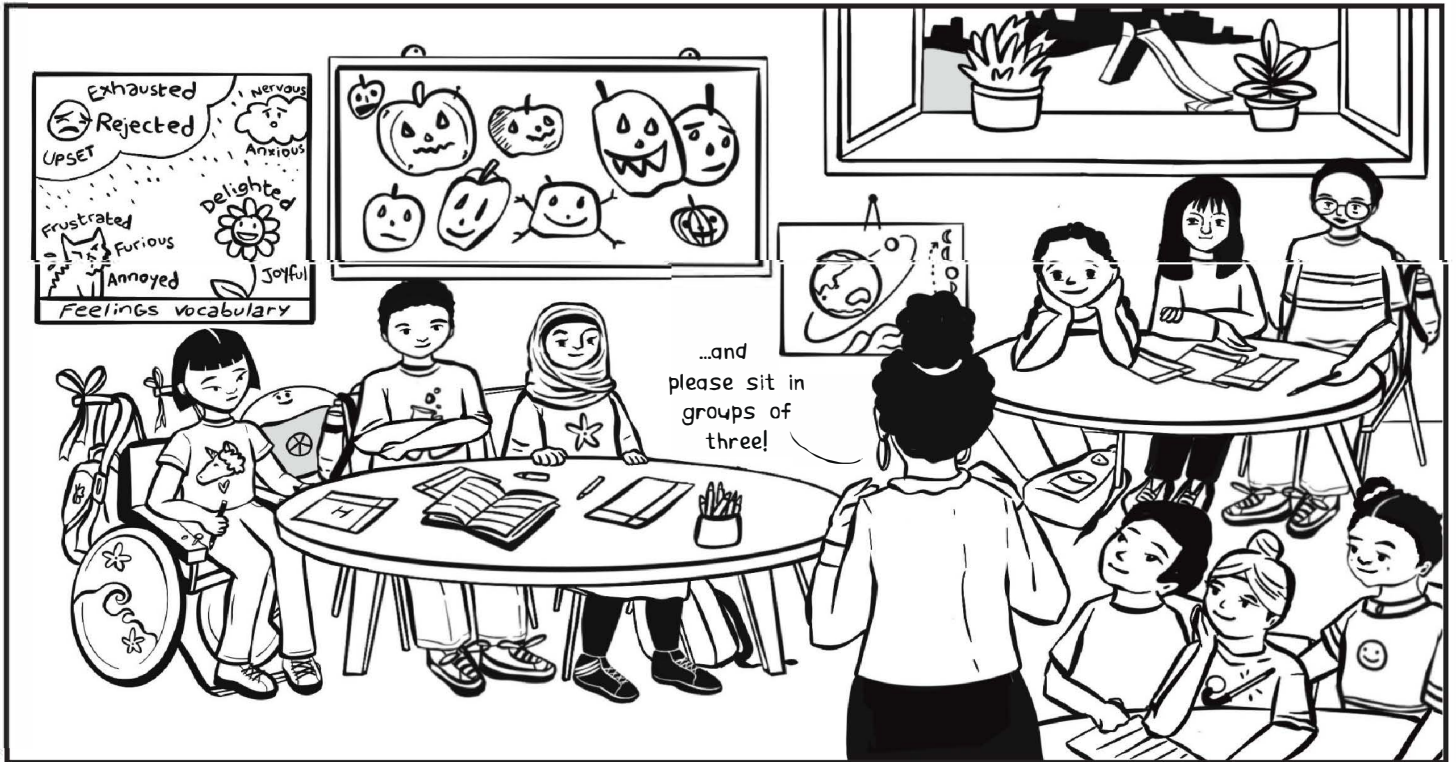
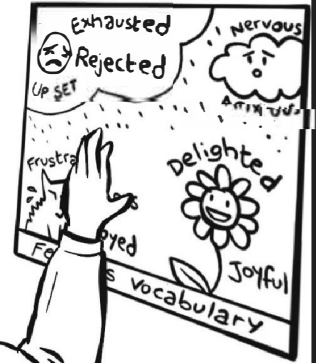


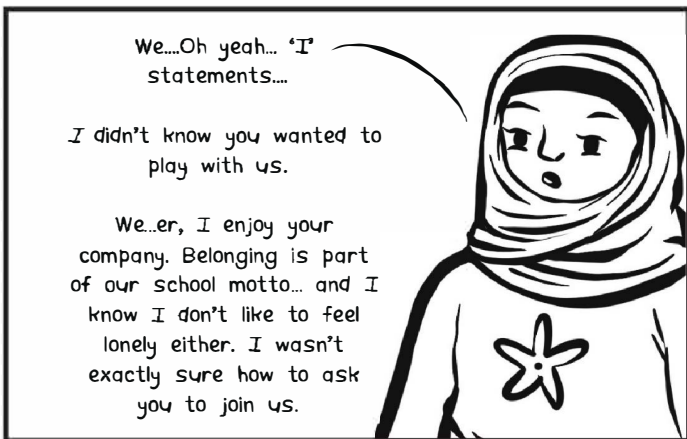
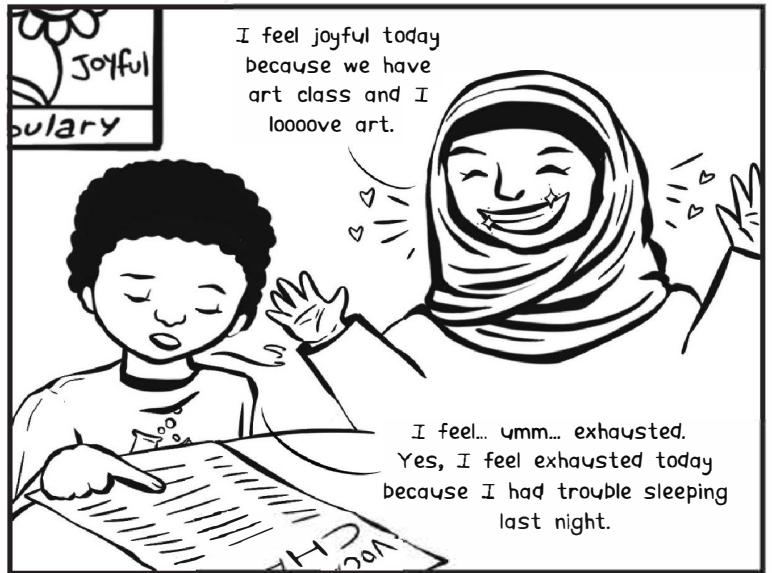
For our first activity, we're going to break up into small groups and check in with each other and we'll practice again using 'I' statements. A gentle reminder that this is to express how you feel at this very moment and why.

**"I"-STATEMENTS**  
 I feel ..... (describe emotion)  
 when you ..... (describe what's happened)  
 because I ..... (describe how it affects you)



Remember to use your feelings vocabulary. Everyone find your other group members...





Annoyed Joyful  
Feelings vocabulary

Joyful  
vocabulary

Exhausted Rejected Nervous Anxious  
Delighted  
Furious Annoyed  
Joyful  
Relationships vocabulary

RELATIONSHIP NURTURING:  
Wholehearted Listening

I feel joyful today because we have art class and I loooove art.

I feel... umm... exhausted. Yes, I feel exhausted today because I had trouble sleeping last night.

I feel upset... rejected and lonely because no one ever wants to play with me at recess, and everyone ignores me at lunch.

Thanks for sharing with us, Ren.

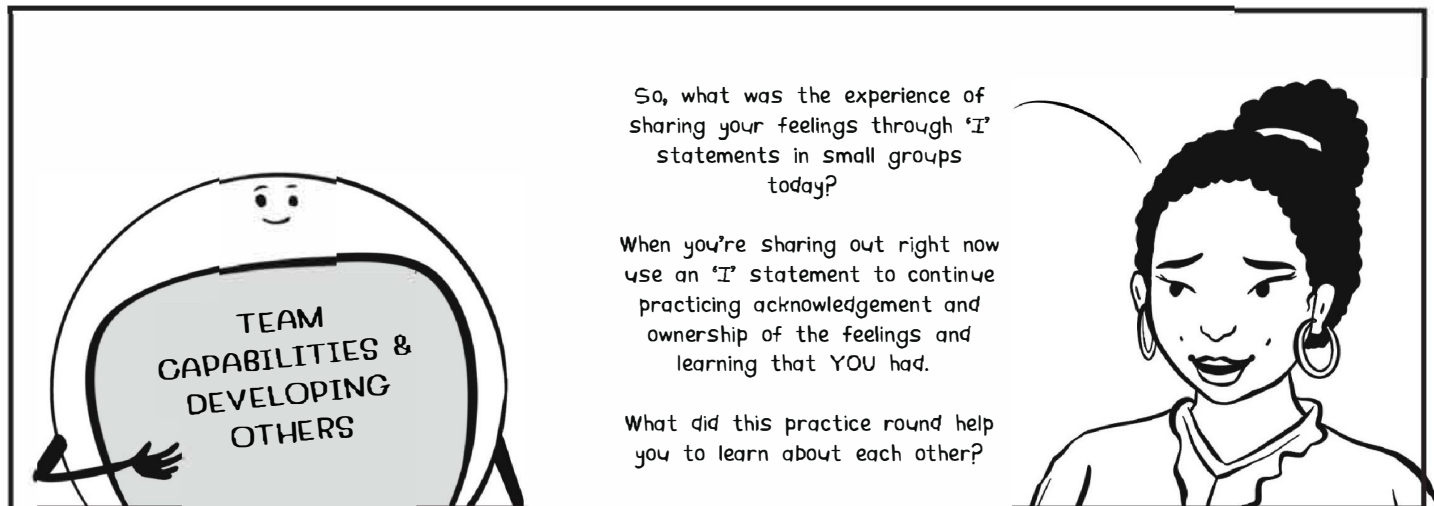
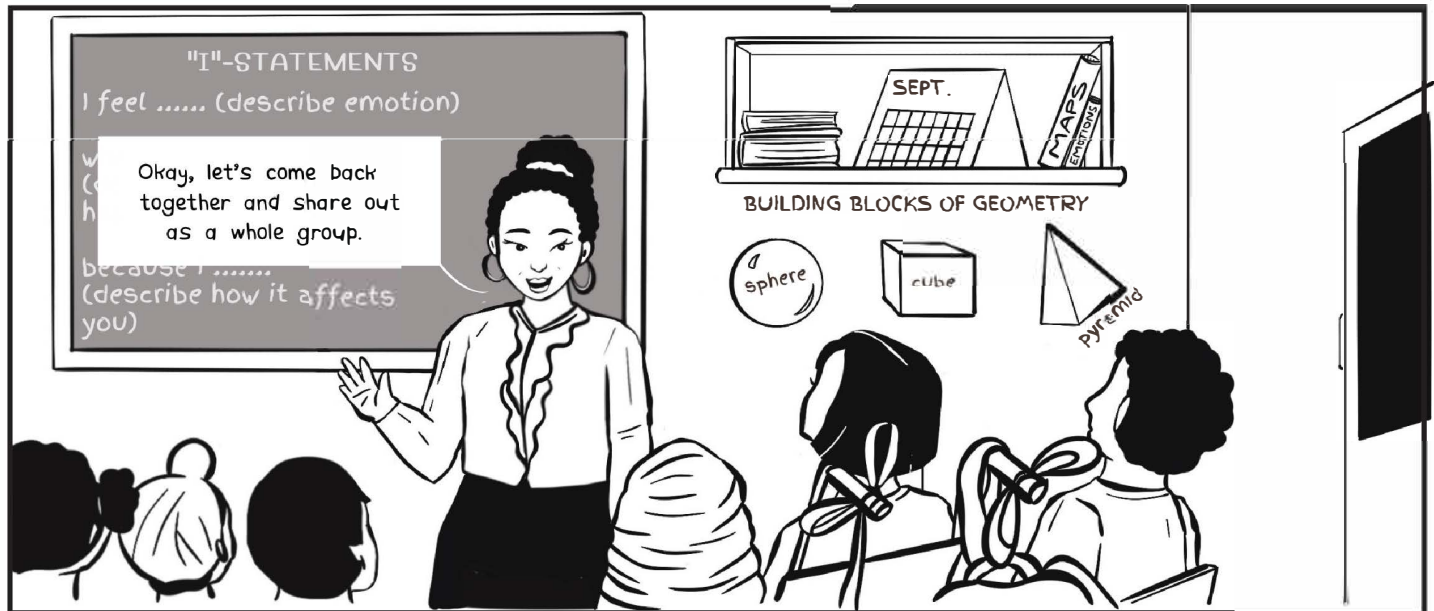
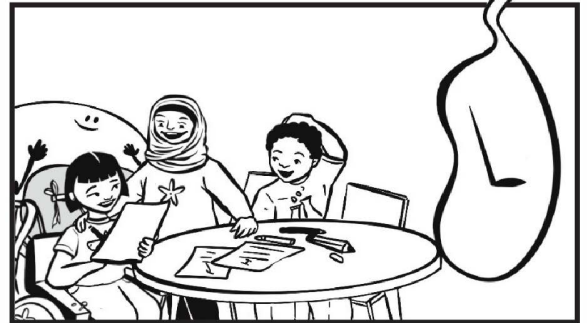
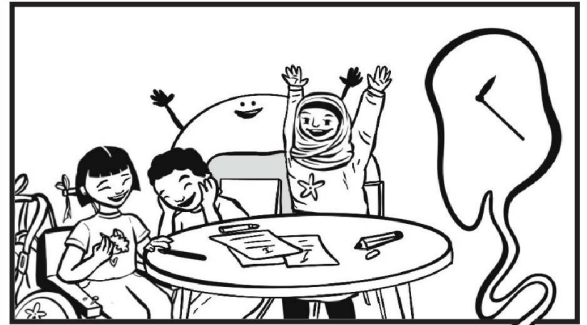
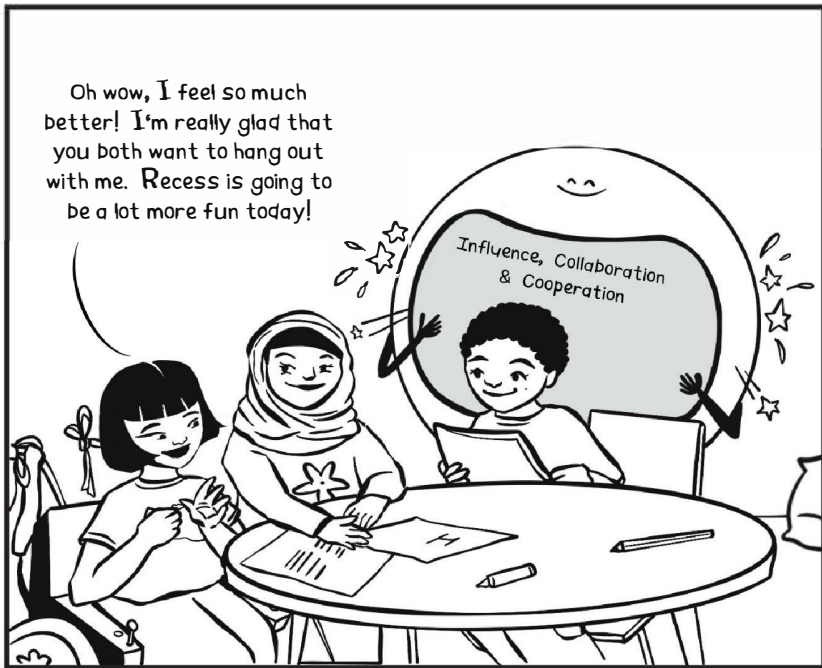
Yeah, thanks.

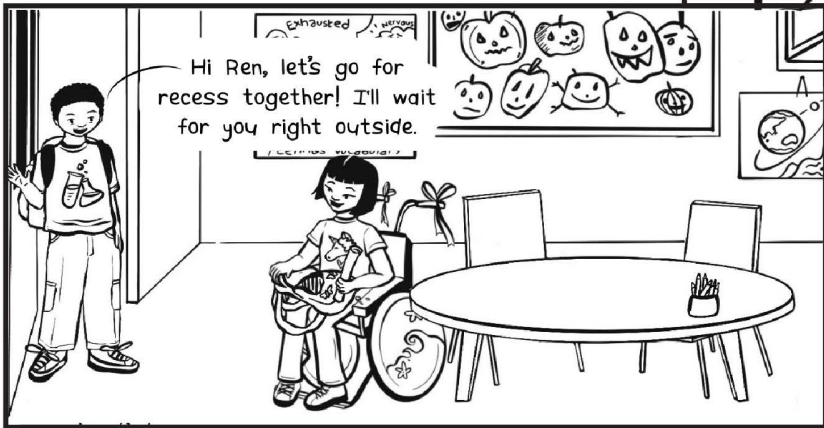
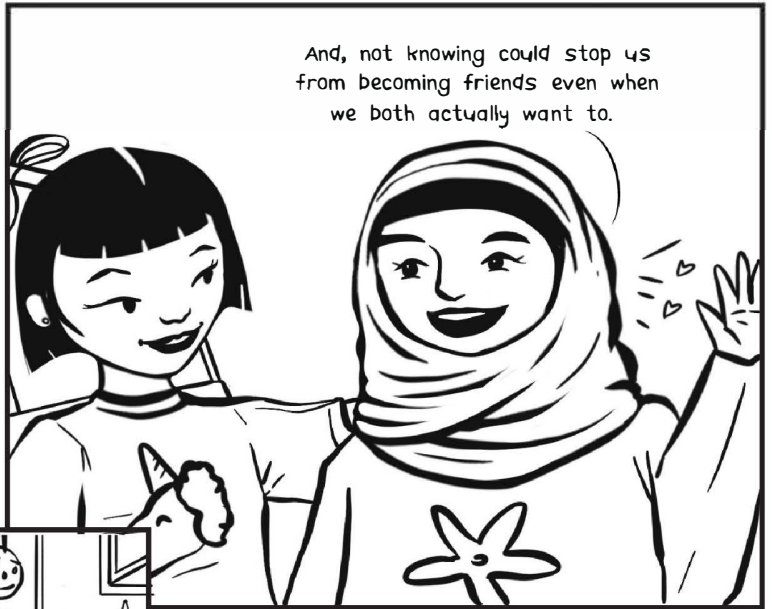
We...Oh yeah... 'I' statements...

I didn't know you wanted to play with us.

We...er, I enjoy your company. Belonging is part of our school motto... and I know I don't like to feel lonely either. I wasn't exactly sure how to ask you to join us.

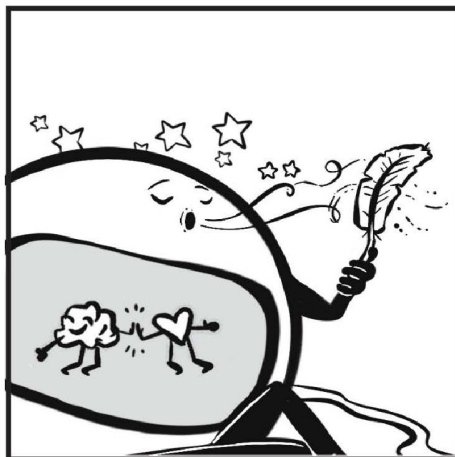
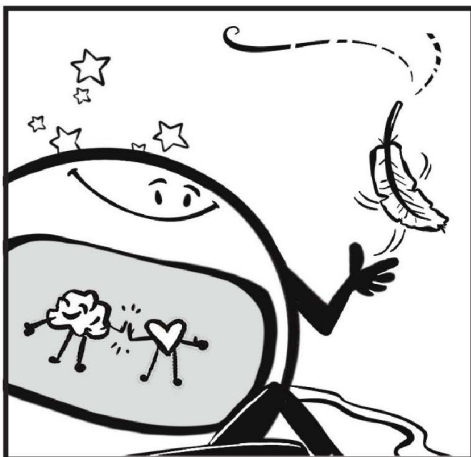
We..., I mean I need to do a better job of inviting you to play with me. I'm not going to be afraid to ask anyone to play with me. Next time at recess, we'll all play together.





Empathy begins with paying attention, and not dismissing another person's thoughts, feelings and ideas.

It's part of Social Awareness, which helps us emotionally tune into what is happening socially. Social Awareness nurturing a sense of belonging, which is a vital part of school life and building relationships



# SOCIAL RESPONSIBILITY AND AUTHENTIC COLLABORATION

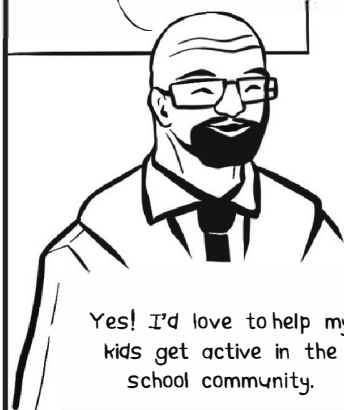
Principal Singh is standing outside during dismissal and giving her farewells to families, children and caregivers. Amir, father of one of the students, approaches Ms. Singh.



Hello, Principal Singh, I am Amir Musa, a new Dad here. I want to learn how I can get involved with the school more.



I've been noticing all the wonderful flyers of the different clubs and committees, and I wanted to get involved.



Welcome, Mr. Musa. I am thrilled to hear that you want to find ways to get more involved in our school community. This is exactly the right place for a dad like you.



Yes! I'd love to help my kids get active in the school community.

I'll introduce you to Ali Woodson, our Parent and Family Coordinator. Ali helps the school ensure that families in our community are engaged... in many different ways.



Hello, Ali. Amir Musa, a wonderful and proud father here, has expressed interest in some of the flyers you've posted around the school. Are you available now to tell him a little about our family engagement programs?



Good afternoon, Principal Singh! Hello Mr. Musa, I would love to talk to you about the Dad's Club, our Family Circles and anything else you saw on the flyers or from your children's Class Dojo.





I absolutely will join the Dad's Club. Can you share more about what happens in a Family Circle?

We'll love to have you at our next Dad Club's meeting! We've created such a special and supportive place for fathers and male-identifying folks in our children's lives.

In our Family Circles, caregivers to share their concerns and **feedback** ...



...We update each other on current PTA projects like the big Multicultural Field Day...

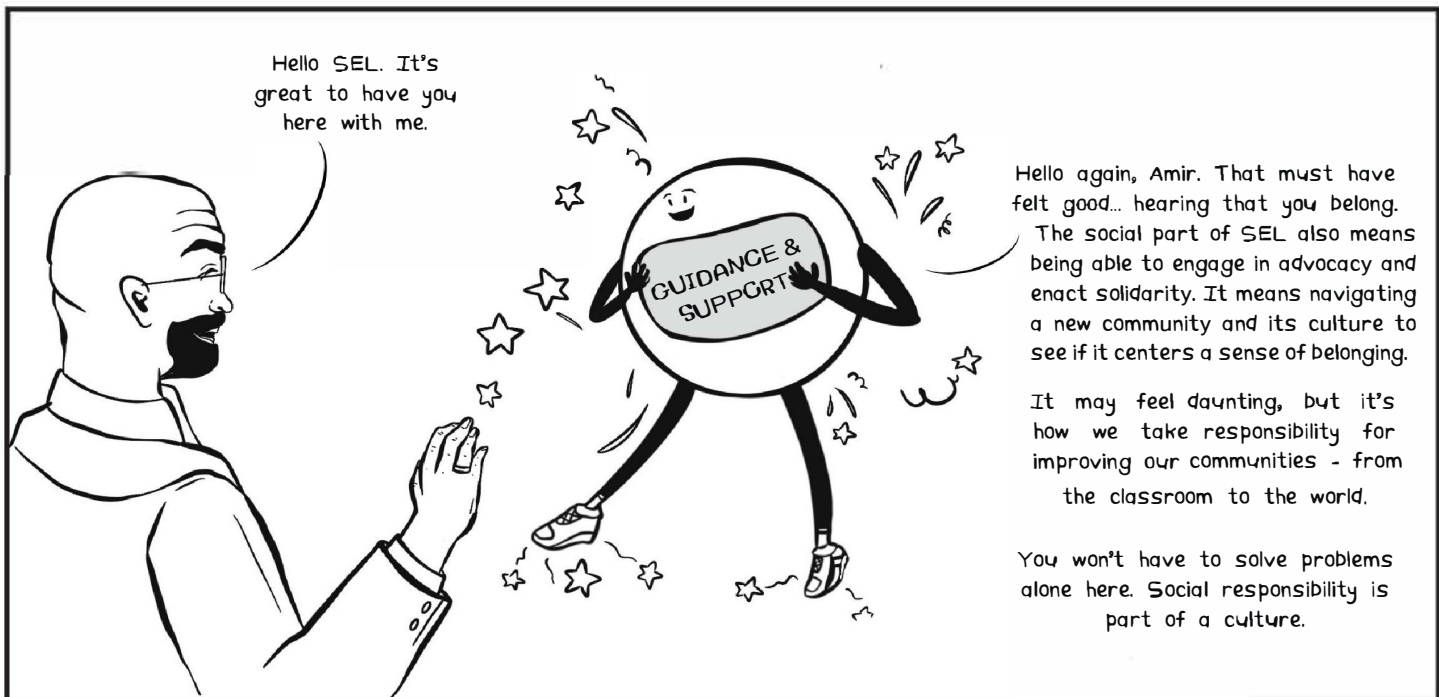
...We collaborate proactively in a culturally affirming way, and honor diverse social identities in the room. This is an important layer of how Family Circles work...

...When things come up, we creatively problem-solve. It's a process that our school developed an intentional way to promote constructive dialogue.



Ali, you really did a fine job and it's vital that we recognize your leadership as Parent and Family Coordinator.

You listened and validated Mr. Musa's parenthood and his need for involvement at his children's school. And you honored the school's mantra of belonging, inclusivity, and voice. Well done. You deserve to feel proud.

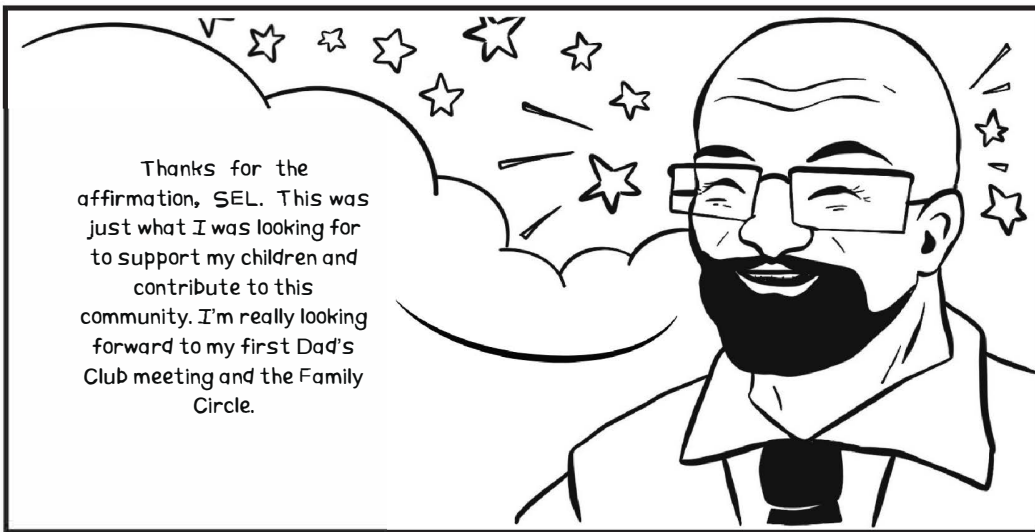


Hello SEL. It's great to have you here with me.

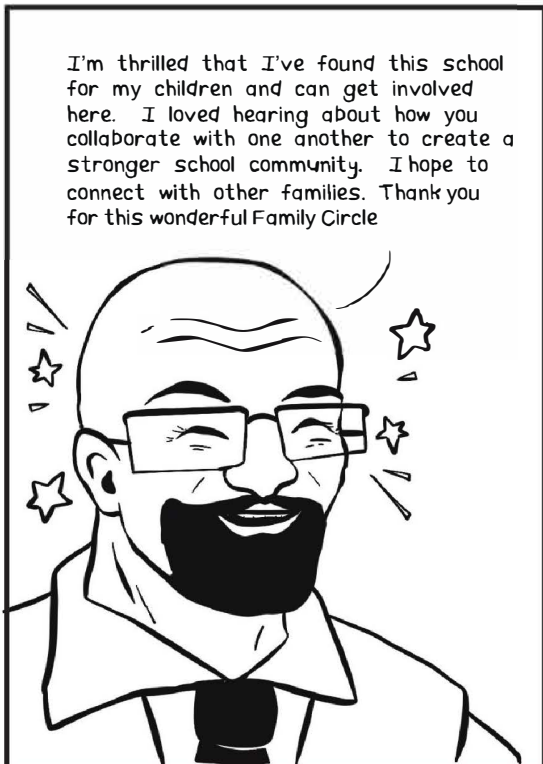
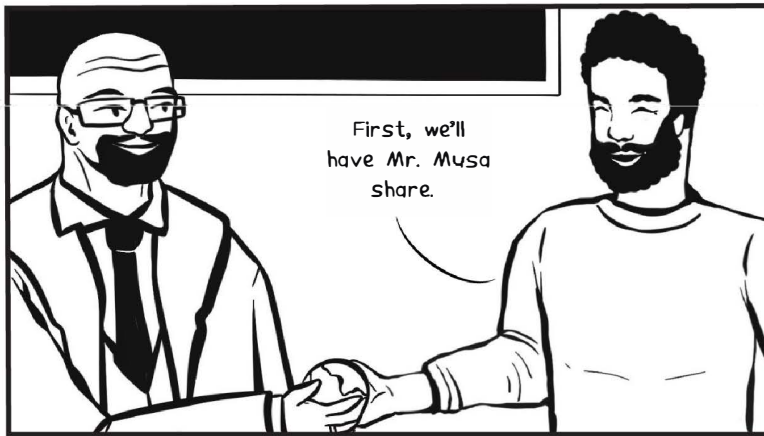
Hello again, Amir. That must have felt good... hearing that you belong. The social part of SEL also means being able to engage in advocacy and enact solidarity. It means navigating a new community and its culture to see if it centers a sense of belonging.

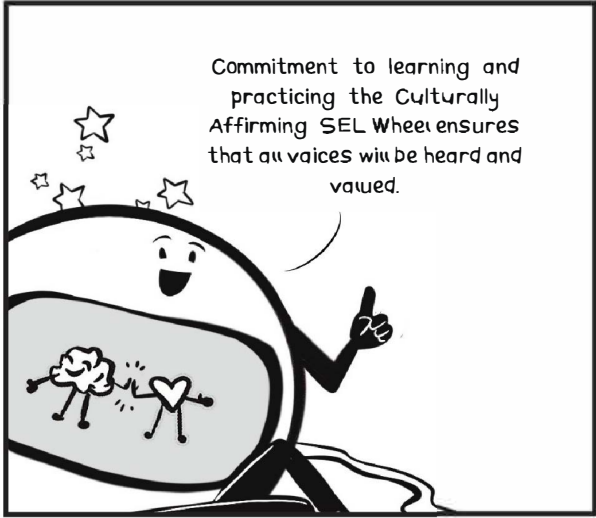
It may feel daunting, but it's how we take responsibility for improving our communities - from the classroom to the world.

You won't have to solve problems alone here. Social responsibility is part of a culture.

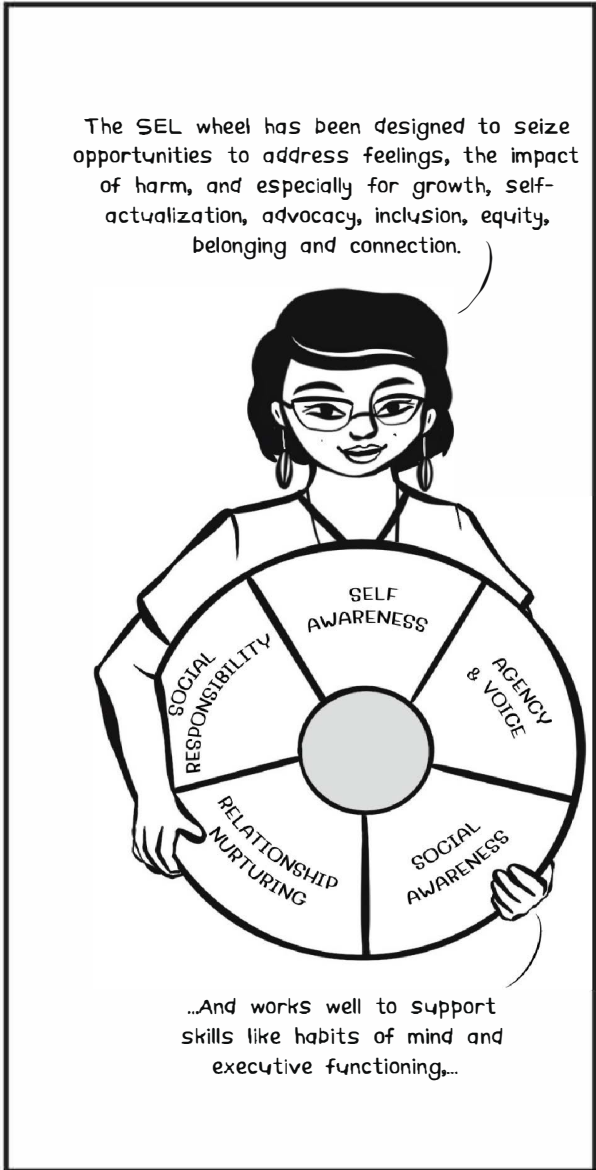


Thanks for the affirmation, SEL. This was just what I was looking for to support my children and contribute to this community. I'm really looking forward to my first Dad's Club meeting and the Family Circle.





Commitment to learning and practicing the Culturally Affirming SEL Wheel ensures that all voices will be heard and valued.



The SEL wheel has been designed to seize opportunities to address feelings, the impact of harm, and especially for growth, self-actualization, advocacy, inclusion, equity, belonging and connection.

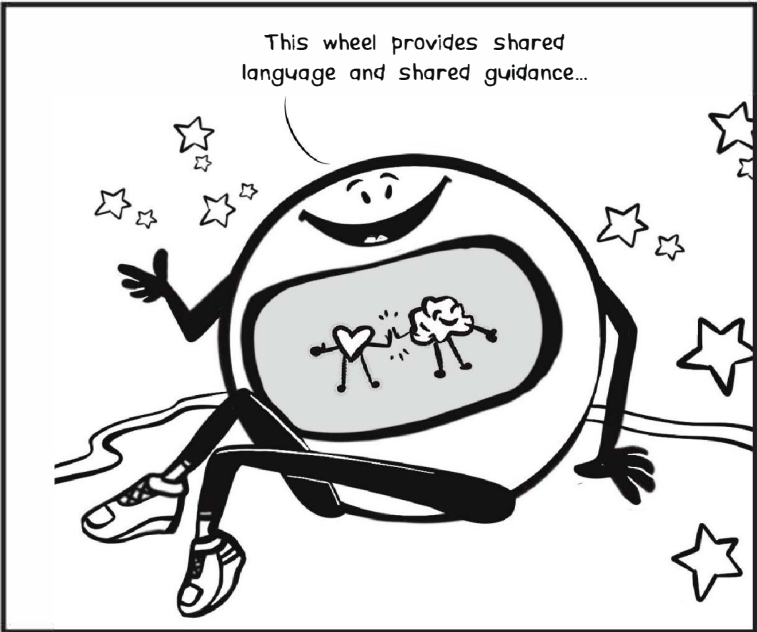
...And works well to support skills like habits of mind and executive functioning...



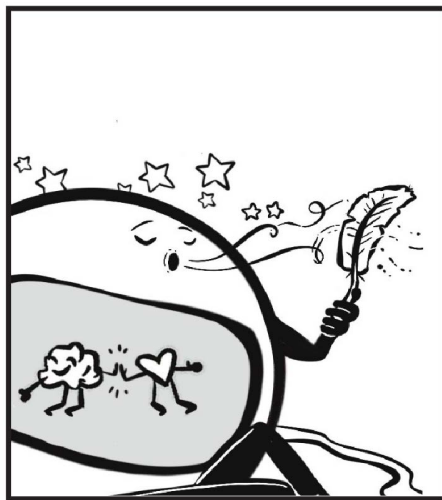
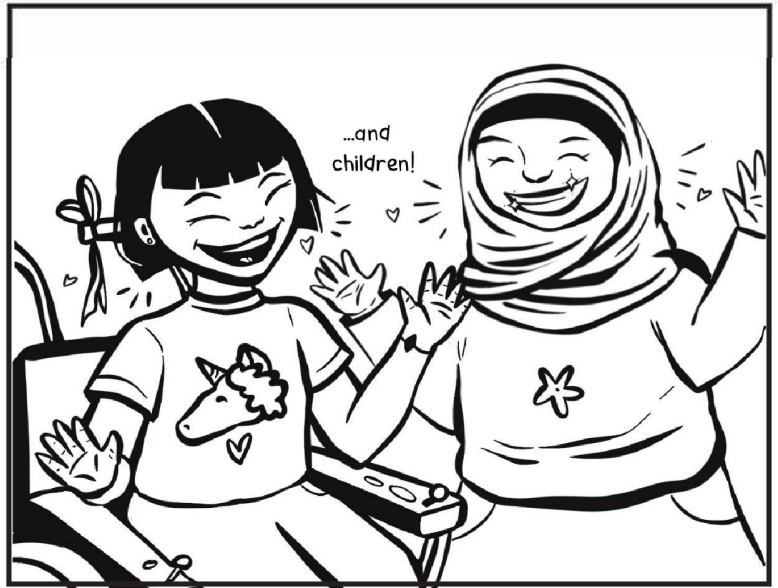
It helps us grow, collaborate, and guide ourselves.

And others.

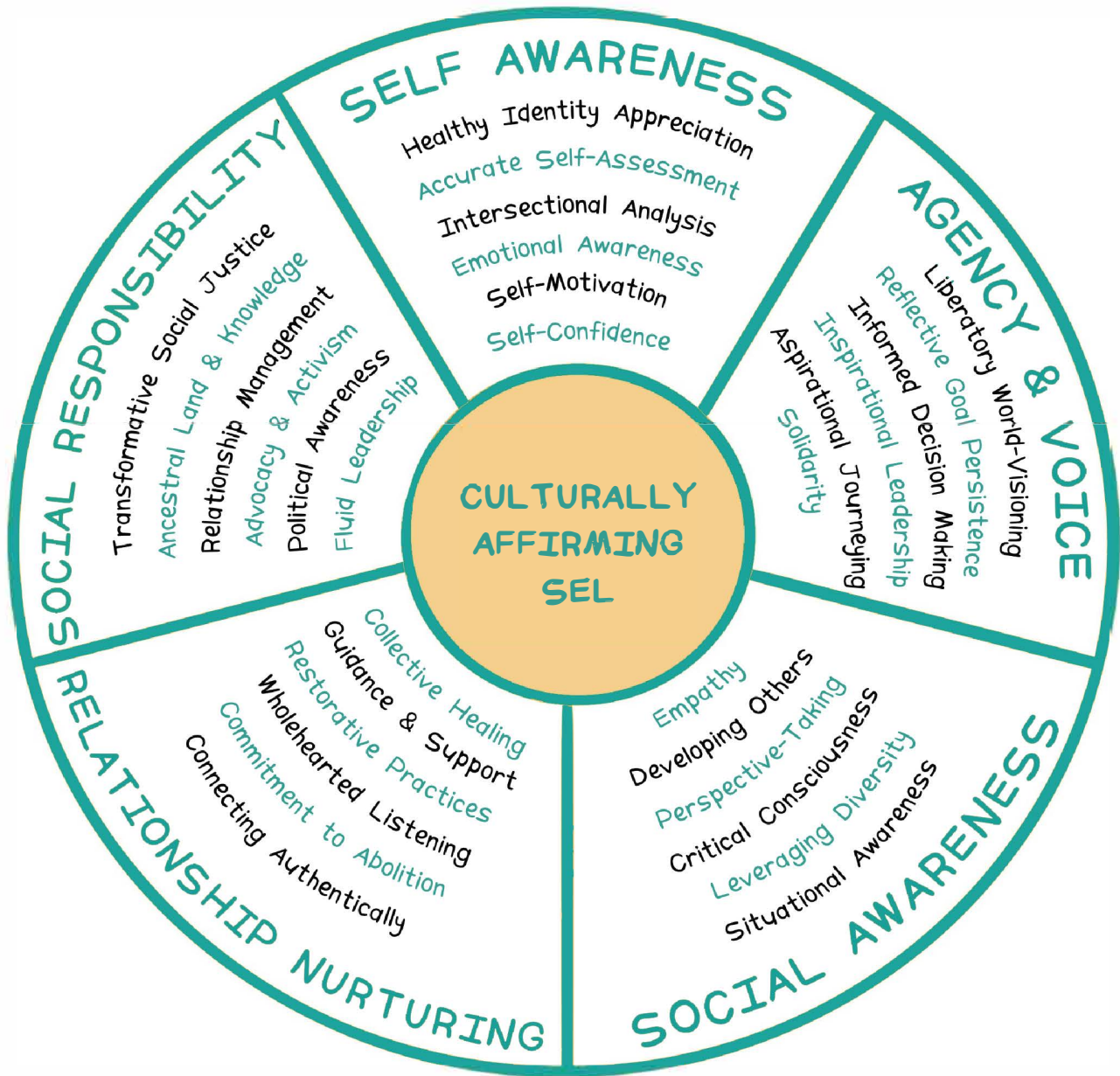
SEL is NOT a destination, it's a life-long journey... It may sometimes be an awkward learning curve... with trial and error - and plenty of room for correcting our course.



This wheel provides shared language and shared guidance...



# CULTURALLY AFFIRMING SEL WHEEL





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