



Supporting Gifted Students' Social and Emotional Learning

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Social and Emotional Learning

CASEL's definition:

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.





SELF-AWARENESS

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

▶ ACTIVITIES

- ▶ *Mindfulness for Kids*
- ▶ *Sentence Starters (I'm happiest when... When I'm bored, I like to...)*
- ▶ *Feelings or Emoji Faces*
- ▶ *Strength Identification*



SELF-MANAGEMENT

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

✓ ACTIVITIES

- ✓ *Self-Control games such as Freeze Dance, Red Light/Green Light or Simon Says*
- ✓ *Goal Setting thru WOOP (Wish, Outcome, Obstacle, Plan)*
- ✓ *Timed Tasks*
- ✓ *Independent Chores*
- ✓ *Grounding*

SOCIAL AWARENESS

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

➤ ACTIVITIES

- *Environmental supports: soda can cut-ups, recycling, gardening/planting trees, etc...*
- *Writing a letter to someone going thru a difficult situation*
- *Volunteer*
- *Active Listening*
- *Books on diversity*



RELATIONSHIP BUILDING

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

▶ ACTIVITIES

- ▶ *Helping others or random acts of kindness*
- ▶ *Identify the qualities of a good friend*
- ▶ *Learn how to give and receive compliments*
- ▶ *Partner/Team activities*





RESPONSIBLE DECISION-MAKING

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

► ACTIVITIES

- *What would you do? Dilemma or problem-solving questions*
- *Role play*
- *Learn from mistakes*
- *Money management*



Social and Emotional Learning

► Benefits to SEL

1. Decline in students' anxiety, behavior problems, and substance use
2. Achieve high grades and test scores
3. Have high self-esteem
4. Develop positive coping mechanisms
5. Graduate from high school
6. View teachers and classmates positively

Contact info

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Resources

- ▶ [What is SEL? \(casel.org\)](https://casel.org)
- ▶ [10 FUN Self Control Games to Practice Self Regulation Skills \(No Equipment Needed\) - Your Therapy Source](#)
- ▶ [Building Self-Awareness: 16 Activities and Tools for Meaningful Change \(positivepsychology.com\)](https://positivepsychology.com)
- ▶ [8 Quick Relationship Building Activities | The Inspired Educator \(the-inspired-educator.com\)](https://the-inspired-educator.com)
- ▶ [15 Activities for Teaching CASEL Core Competencies | Waterford.org](https://waterford.org)
- ▶ [How to Develop Decision-making Skills in Kids - Tips & Activities \(firstcry.com\)](https://firstcry.com)
- ▶ [Social Awareness Activities for Kids | HowStuffWorks](#)