



school on wheels

Social and Emotional Learning Summer Program

During this session and all future sessions continue to remind your student(s) that they are safe, and they are the only ones in control of their emotions.

Use the DNA method and focus on the positive when addressing misbehavior.

DESCRIBE

behavior calmly and without judgement. Younger students:

"Your face looks like this."
(mirror expression). Older students: "You pulled your hoodie over your eyes."

Wait for eye contact. Take deep breaths together (if you start, hopefully they'll join).

NOTICE

and model empathy:

"You seem ____."

ACKNOWLEDGE

and problem solve: "You wanted ____." or "You were hoping ____." Followed by, "Your choices are ____ or ____." Both should be choices you can live with.

Questions? Visit:
schoolonwheels.org/selprogram
or contact mraab@schoolonwheels.org

LESSON INTEGRATION #7 - More Curiosity

When you're curious about something, you process it deeply, rather than superficially. You also voluntarily spend more time learning about things that spark your curiosity. As a result, you more readily remember what you learn. In general, people who are more curious are happier and better liked.

Always check in with your student(s) at the beginning of each session. Remind them that tutoring sessions are safe spaces and take some deep breaths if necessary. Ask your student(s) if they would be willing to share some things that they were grateful for during the past week. Share some things that you are grateful for.

BEGINNING SEL ACTIVITY

Read this quote with your student(s):

"I have no special talent. I am only passionately curious."
- Albert Einstein

Ask them if they know who Albert Einstein is. If they do, are they surprised by this quote? Ask them what they think he's trying to say. If working with a group of students, facilitate a discussion.

DURING YOUR SESSION

During this session and all future sessions continue to remind your student(s) that they are safe, and they are the only ones in control of their emotions.

Do any pre-prepared activity while reinforcing the ideas about curiosity you've been discussing, if possible. Continue practicing the breathing and self-regulation techniques learned in the first integration when opportunities arise. Alternatively, if you have internet access or a smartphone, you can identify some Ted-Ed videos to watch based on what your student(s) is curious about.

END OF YOUR SESSION

Review everything you talked about and did during the session. Encourage your student(s) to practice breathing, empathy, and gratitude in their daily lives. Confirm the day and time of the next session and wish your student(s) well.