



Social Emotional Learning at QAE



WE ARE CONCERNED, CONFIDENT AND COMPASSIONATE CITIZENS OF THE WORLD

SEL = SOCIAL EMOTIONAL LEARNING

What is social emotional learning?

Social Emotional Learning (SEL) is a process of developing social and emotional skills, for academic success as well as life success. Examples of social and emotional skills are being able to recognize, understand, and express one's own emotions; controlling impulses; and establishing and maintaining positive relationships. SEL may also refer to a school curriculum that develops social and emotional skills.



What does SEL instruction look like?

There are many ways to provide SEL instruction to school-age children. The most natural is for the adults at the school to connect regularly with students, and to model respect, kindness, and connectedness. For example, greeting students by name as they arrive at school.

Additional SEL instruction might include explicit instruction about emotions, positive communication, or self-regulation. This is provided through classroom instruction, assemblies, or additional programming, such as the Positive Discipline curriculum. Classroom meetings also provide opportunities to introduce children to SEL skills and to allow for practice those skills.

Where is SEL at QAE?

SEL has been offered since QAE opened its doors! From the first day of school, teachers and staff have employed the SEL best practices of: connecting with each child as an individual; valuing and validating citizenship and acts of empathy; inviting presentations like BookIt Theatre to showcase literature focused on SEL, and encouraging children to be decision-makers in their education. Indeed, a hallmark of the staff at QAE is that they value and promote a learning environment that is grounded in trusting and respectful relationships.

Positive Discipline in the Classroom (All Grades) Developed by the nationally acclaimed author Dr. Jane Nelson, [Positive Discipline in the Classroom](#) program teaches important social and life skills, and is designed to teach young people to become responsible, respectful, and

resourceful members of their communities.

The Positive Discipline in the Classroom is the foundational SEL curricula for QAE. Thanks to PTSA funding, all staff are trained in the curriculum and participate in additional trainings such as the school year kick-start refresher course, the trauma literacy course, and 1:1 classroom meeting training. QAE is a state leader in Positive Discipline, as we host educators from across Washington to see the research-based initiatives at QAE.

Criteria for Positive Discipline

1. **Helps children feel a sense of connection.** (Belonging and significance)⁽¹⁾_(SEP)
2. **Is mutually respectful and encouraging.** (Kind and firm at the same time.)
3. **Is effective long - term.** (Considers what the child is thinking, feeling, learning, and deciding about himself and his world – and what to do in the future to survive or to thrive.)
4. **Teaches important social and life skills.** (Respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school or larger community.)
5. **Invites children to discover how capable they are.** (Encourages the constructive use of personal power and autonomy.)

Zones of Regulation (K, 1st-4th)

The goal of the Zones curriculum is to teach children about self-regulation, and to give them opportunities to practice and strengthen their self-regulation skills. Self-regulation can go by many names, such as self-control, self-management, and impulse control. Self-regulation is an

essential life skill and in all learning and work environments. Children who can regulate their own emotion and attention are better ready to learn and thrive.

Zones of Regulation groups all the ways that children feel and act into four “Zones”.

Green Zone—when you are ready “good to go.” You feel happy, calm, and focused.

Blue Zone—when your body is running slowly, such as when you are tired, sick, sad or bored.

Yellow Zone—when you feel your engine running high, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.

Red Zone—is when you have “flipped your lid.” You have extreme feelings such as uncontrolled anger, aggression, or elation.

World Peace Games (4th Grade)

The World Peace Game is a hands-on political simulation that gives 4th graders a framework within which to explore what it is to be a part of a global community. In the game, they will be confronted with global economic, social, environment and warfare issues. The game provides a lively arena for children to practice problem solving, conflict resolution, and positive decision making.

Kelso’s Choice - (All Grades) - This curriculum is designed specifically for elementary-age children, and equips them with age-appropriate tools to manage conflicts. Kelso’s Choice teaches children to distinguish between big problems (e.g., problems that are dangerous, against the law, or cause a child to feel unsafe or frightened), and small problems. The only solution for big problems is to report them to a trusted adult. If it’s a small problem, students are encouraged to try at least two of the nine problem-

solving strategies before reporting the problem to an adult. For more information, go to www.kelsochoice.com

Emotional Literacy Library - (K, 1st and 2nd Grade) - Emotional literacy is the ability to recognize, understand, and name in oneself and others, as well as the ability to manage and express one's emotions productively. Our Kindergarten, 1st grade, and 2nd grade teachers built classroom libraries of picture books that identified emotions and named them. Reading these books as a class, and individually, helps children learn emotional literacy and can build self-regulation.



Contact Us!

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To enroll see: [SPS Enrollment](https://www.seattleschools.org/admissions/admissions_center) at https://www.seattleschools.org/admissions/admissions_center

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