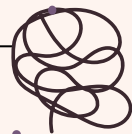
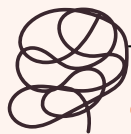




SEL & Resources

In the Everglades Zone





• Carly Feduniec, Ed.S.

• ~ Support Specialist, Social Emotional Learning

My “Why”:

is in creating positive and nurturing environments for both students and teachers. To promote tools and behaviors others can use to grow, feel connected, valued, and be more caring, and supportive of one another, in all areas of life.

Ask me about:

- ❖ **Personal Development**
- ❖ **Solo Travel**
- ❖ **Yoga**
- ❖ **Student Mindfulness**








Welcome Celebrations



It's Your Turn to Share a Win!



Share a win for this week, this month, or the start of the school year.



What is SEL? Take a Look...



CASEL & HB 0007



Florida's HB 0007 outlines CASEL's Core Competencies

HB 0007.pdf

4. Life skills that build confidence, support mental and emotional health, and enable students to overcome challenges, including:

- a. Self-awareness and self-management.
- b. Responsible decisionmaking.
- c. Resiliency.
- d. Relationship skills and conflict resolution.
- e. Understanding and respecting other viewpoints and backgrounds.



SEL Competencies: Reflection



Self Awareness

**IDENTIFYING EMOTIONS
ACCURATE SELF-
PERCEPTION
RECOGNIZING STRENGTHS
SELF-CONFIDENCE
SELF-EFFICACY**

Responsible Decision Making

**IDENTIFYING PROBLEMS
ANALYZING SITUATIONS
SOLVING PROBLEMS
EVALUATING
REFLECTING
ETHICAL RESPONSIBILITY**

Resiliency

**IDENTIFYING EMOTIONS
ACCURATE SELF-
PERCEPTION
RECOGNIZING STRENGTHS
SELF-CONFIDENCE
SELF-EFFICACY**

Social Awareness

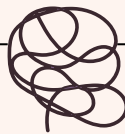
**PERSPECTIVE-TAKING
EMPATHY
APPRECIATING DIVERSITY
RESPECT FOR OTHERS**

Self Management

**IMPULSE CONTROL
STRESS MANAGEMENT
SELF-DISCIPLINE
SELF-MOTIVATION
GOAL SETTING
ORGANIZATIONAL SKILLS**

Relationship Skills

**COMMUNICATION
SOCIAL ENGAGEMENT
RELATIONSHIP BUILDING
TEAMWORK
RESPECT FOR OTHERS**



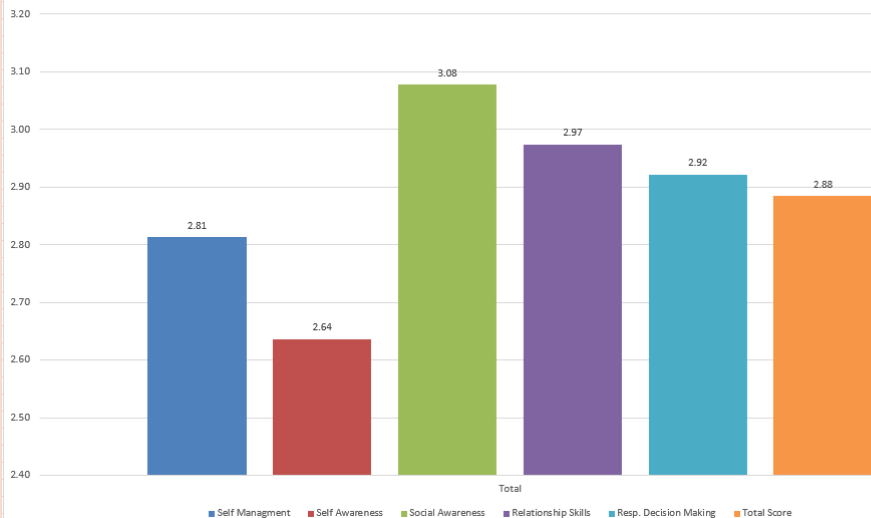
SEL Survey by Rethink Ed Data



I Zone Data



Rethink Ed SEL Self-Assessment Fall SY 2022-2023

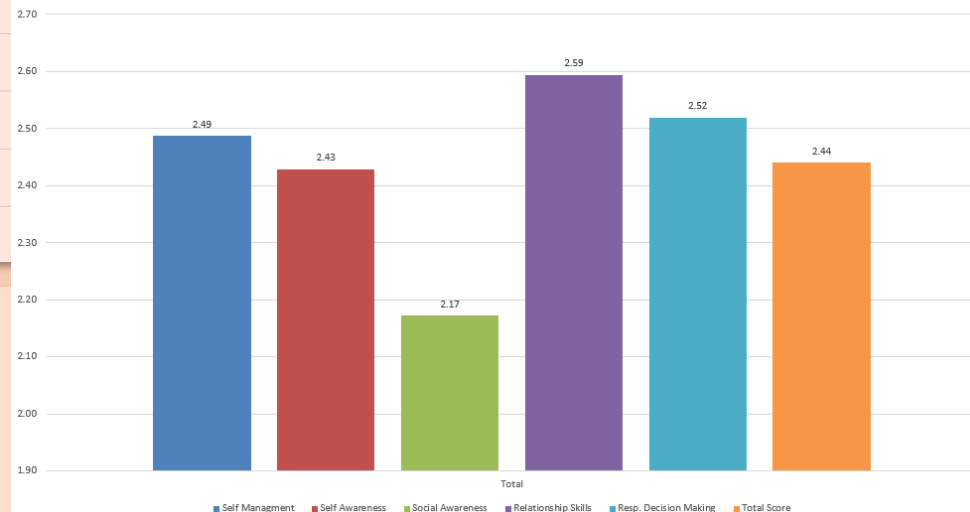


Glades Middle
82% Completion

Everglades High
43% Completion

Scale Score	Rethink Score
1	Very Low
2	Low
3	Average
4	High
5	Very High

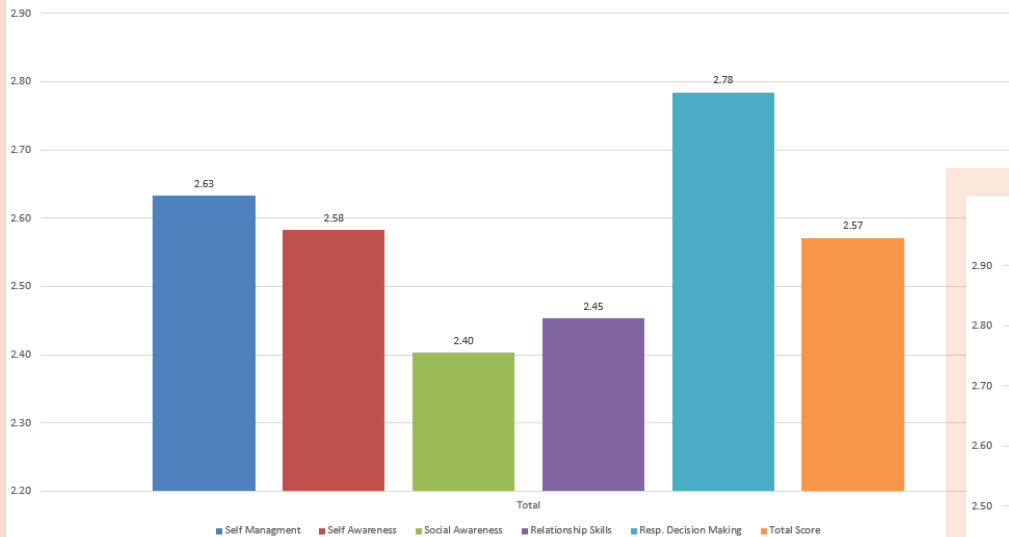
Rethink Ed SEL Self-Assessment Fall SY 2022-2023



I Zone Data



Rethink Ed SEL Self-Assessment Fall SY 2022-2023

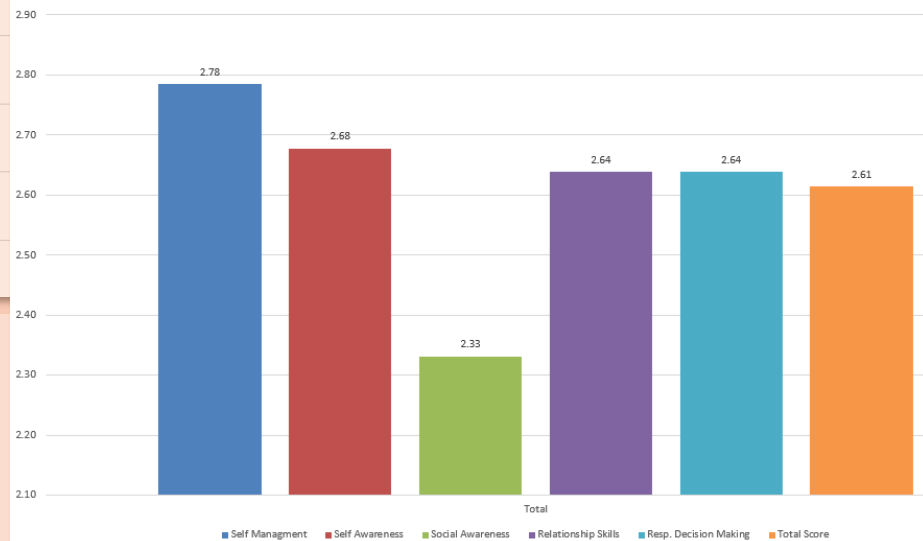


Coral Cove
95% Completion

Scale Score	Rethink Score
1	Very Low
2	Low
3	Average
4	High
5	Very High

Coconut Palm
81% Completion

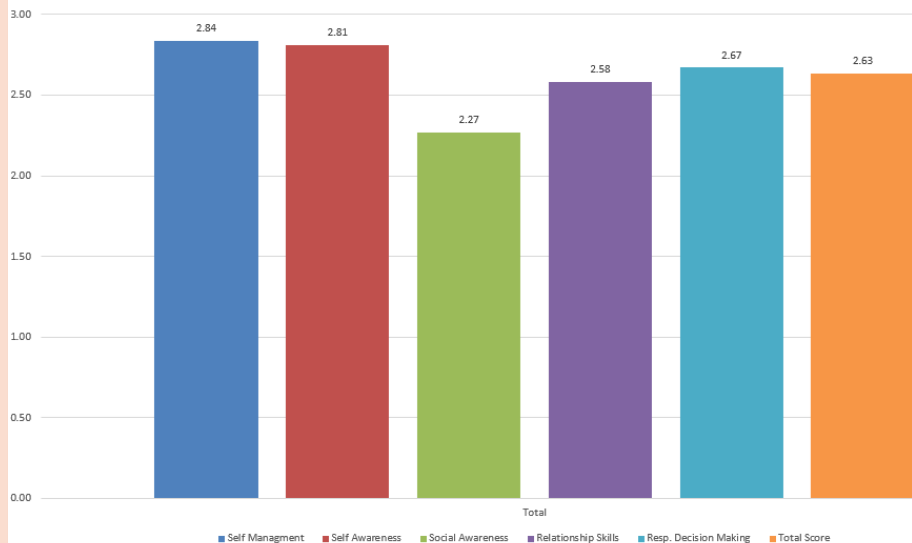
Rethink Ed SEL Self-Assessment Fall SY 2022-2023



I Zone Data

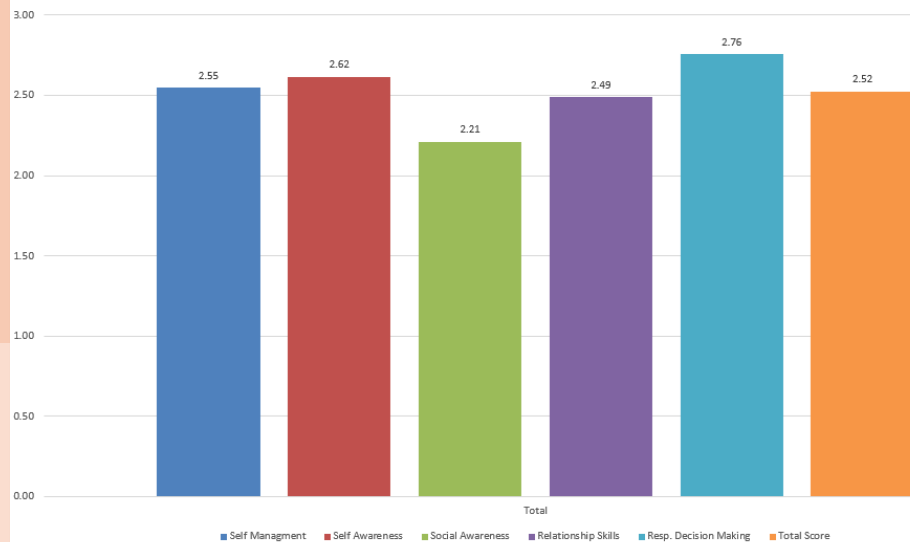


Rethink Ed SEL Self-Assessment Fall SY 2022-2023



Silver Lakes
79% Completion

Rethink Ed SEL Self-Assessment Fall SY 2022-2023



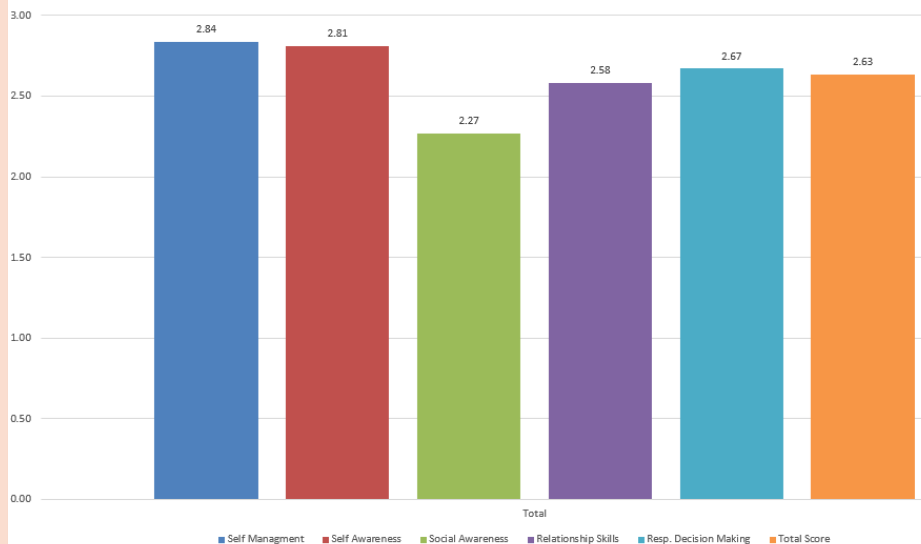
Dolphin Bay
94% Completion

Scale Score	Rethink Score
1	Very Low
2	Low
3	Average
4	High
5	Very High

I Zone Data



Rethink Ed SEL Self-Assessment Fall SY 2022-2023

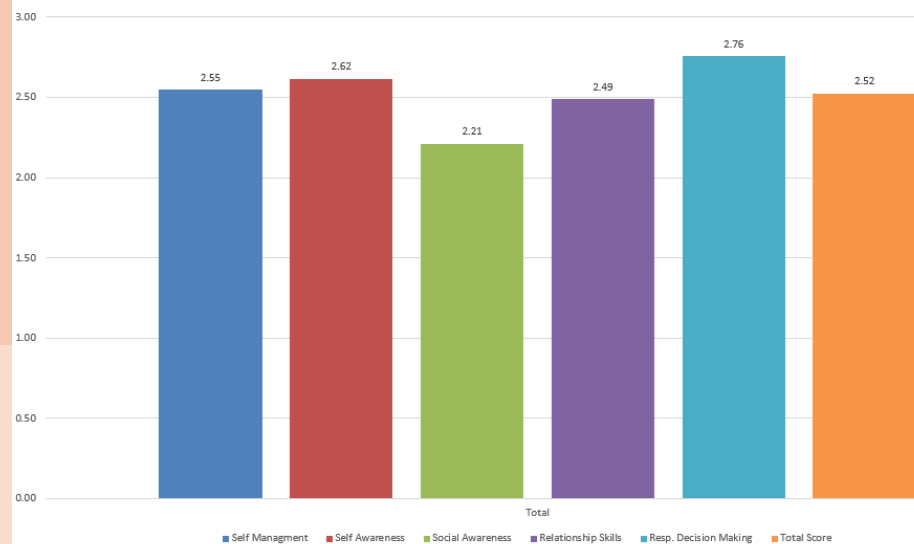


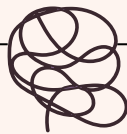
Silver Shores
78% Completion

Scale Score	Rethink Score
1	Very Low
2	Low
3	Average
4	High
5	Very High

Sunset Lakes
64% Completion

Rethink Ed SEL Self-Assessment Fall SY 2022-2023





How Parents and Schools Can Help

1

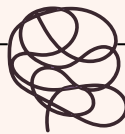
Promote Wellness
Habits (Regular
Meals, Good Sleep,
Exercise)

2

Use Support System
(Teachers, School
Counselors, Family
Members, Friends)

3

Look For Online
Resources (Rethink
Ed, SEL Canvas
Page)



Rethink Ed Activity

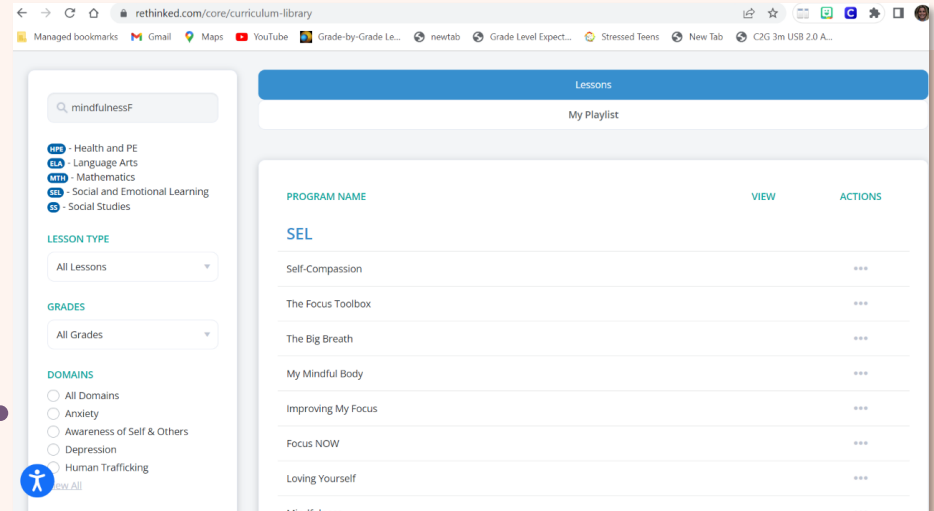


Family Resources

rethinkEd



Rethink Ed has SEL lessons along with a mindfulness teacher training series on Canvas (All Rethink videos can be viewed in Spanish)





Resources in Canvas



Teaching Books has a list of available books featuring mindfulness

Welcome, ALEXANDRA* Customize Your Display Select Language

TeachingBooks*

Search by title, author, or

Browse For Students For Educators Help

Share

Advanced Search

Filter Results


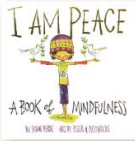

- Grade Level
- Curricular Area
- Genre
- Cultural Experience
- Awards & Distinctions
- Year Published
- Resource Format
- Resource Type

Resources for some of these titles might be restricted for student viewing. See details in the footer.

Showing 1-48 of 52 book results for "mindfulness"

Sort by Default

Add Mult



Newsela also has mindfulness content


mindfulness

Search English

All Content Types Articles Worksheets Videos Standards Text Sets


3091 results available

Sort By Relevance



TOPIC


Mindfulness: More than Meditation



District advisory

ARTICLE

Thich Nhat Hanh, Buddhist monk who sought peace and mindfulness, dies at 95

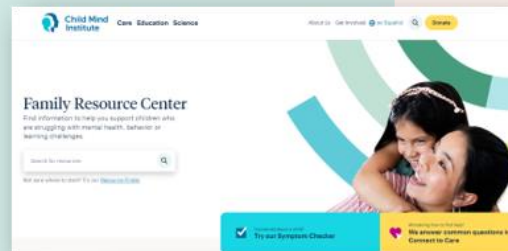
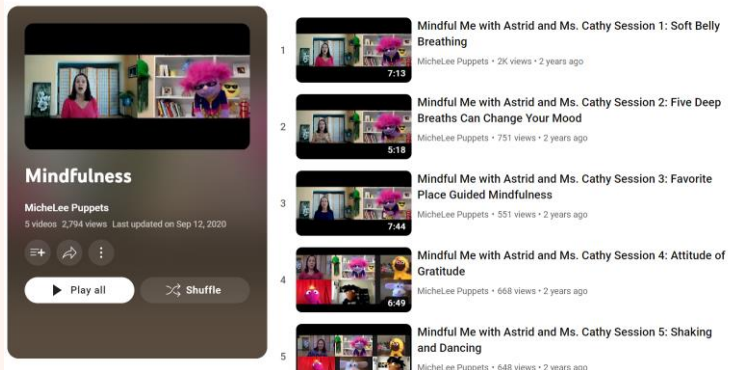


TEXT SET

Mindfulness and Stress Management

Online Resources

Cathy leads the mindfulness series being offered through **Innovative Learning**

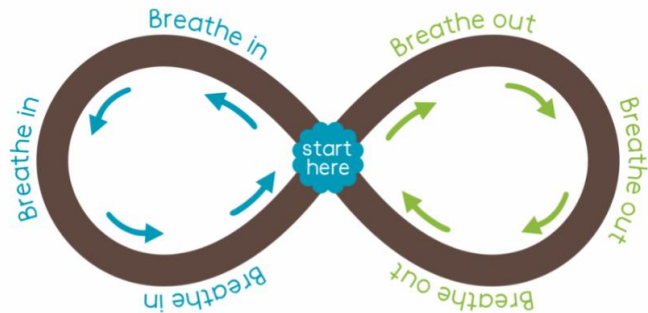


Childmind.org

Breathing Exercises

Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.

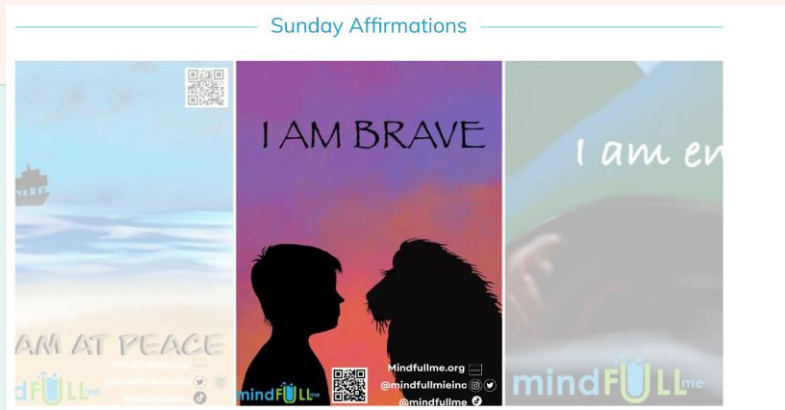
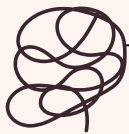


BUBBLE BREATHING



- Close your eyes and pretend that you are blowing bubbles through a wand.
- Just as you would with a regular bubble wand, simply inhale deeply through your nose before letting out a nice, slow breath to get your bubbles as big as possible.

Unicorn Jazz



MindFull ME

Mindfullme.org
Affirmations, Podcasts, Tools

Check out this week's newest podcast



Click the buttons below to access School Tool Lessons

Mindfulness Activities

Body Movements

Versiones en Español

Meditación Guiada

Respiración Consciente

Visualización Creativa

Mi Lugar Favorito

Mente Positiva



THANK YOU!

Contact Information

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SEL Team Lead: Sierra.Goggins@browardschools.com

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Alexandra.Bellon@browardschools.com

Vivianne.Jenkins@browardschools.com

Regina.Turner@browardschools.com

Health & Wellness and EAP Resources

<https://www.browardschools.com/Page/32053>

<https://www.browardschools.com/Page/54719>

<http://bcps-mentalhealth.com/>

<https://www.browardschools.com/Page/32079>

