

SEL Programs

Social Emotional Learning

The Social Emotional Learning Program

SEL Programs creates impactful learning experiences which leave participants wanting to be a positive part of society. We have an effective program that helps one another feel connected to each other and their communities, by listening, sharing, accepting, and celebrating one's differences, similarities, and uniquenesses.

Participants begin to break down barriers of vulnerability to feel more comfortable having meaningful conversations around topics such as inspiration, risks taken, mistakes made, lessons learned, forming and reinforcing new habits, creating and setting goals, hope, purpose, and analysing sources of personal and collective motivation (and much more). Through the practice and study of *Self-Management, Self-Awareness, Self-Improvement, Social Awareness, Relationship Skills, Goal Setting, Responsible Decision Making, Implementing Change, and Self-Reflection* (which are some of the fundamentals of Social Emotional Learning), participants gain the confidence to connect with people from diverse backgrounds. By listening, sharing experiences, and creating visions for the future, from one's own experience with family, peers, community, institution, and self, one becomes fundamentally more introspective and positive part of society. All these exercises and practices build a strong sense of empathy and self-efficacy through perspective taking, which connects us through the themes of resilience, and perseverance.

Benefits

This SEL Workshop helps harness a sense of purpose and meaning in life by gaining the ability to feel connected to people and their surroundings. Personal potential is also explored through the fundamentals of SEL. Individuals begin to challenge certain behaviors and norms, and in return build a happy, healthy identity. SEL Programs helps build more diversity, equity, and inclusion in communities by accepting and appreciating one's own experience and how it relates to others.

Program Breakdown

Week 1: Self-Improvement. Pass out survey. Lesson on self-confidence and self-management. Use this week's cards as an icebreaker in a large group. Break into smaller groups with the cards. Use the Big Talk communication to facilitate discussion. Journal question: "How are you truly doing?" Have participants write down 2-3 other questions from this week's cards to journal as homework.

Week 2: Self-Awareness. Lesson on attitude towards one self. This week's goal is to recognize one's emotions, strengths and limitations, and values. Finding out what one cares about, why they care, who they can help and what they are good at helping others with. Get into small groups and start the conversation by asking, "What do you enjoy helping others with?"

Homework assignment is to write down 2-5 questions on index cards and have participants ask these questions to peers, family members, and or strangers outside of the classroom.

Week 3: Building Relationships. Share and discuss experience using their own cards to have meaningful discussions. Lesson on managing relationships and building stronger connections. This week encourages participants to embrace differences. This week's goal is to increase positive relationships, social support, and create opportunities that strengthen assets to help flourish one's environments. Get in groups of 3-5 participants and play this weeks cards and switch groups 2-3 times.

Week 4: Goal Setting. Lesson on prosocial attitudes. This week helps foster beliefs in the future and builds fundamental needs for motivation. Start conversation with the question, "What inspires you?" Have two volunteers lead the class today. Instruct them on how to lead the class by getting into groups and by using time management change groups a couple of times. Homework assignment is to encourage participants to create their own questions that can be used outside the classroom and for next weeks class.

Week 5: Implementing Change. Lesson on addressing various forms of diversity equity and inclusion. This week provides opportunities for prosocial involvement by engaging in activities where participants discuss and plan out ideas for positive change in their current facility and community. Use this week's cards and get into small groups to play Big Talk. Homework assignment is to look at one's journal and reflect on topics where answers might have changed.

Week 6: Self-Reflection. Pass out survey. This week focuses on emotional coping skills, empathy, and responsible decision making. Use this week's cards to play the last week of Big Talk. Have participants share contact information with other friends they have made during this program that they feel comfortable confiding in.

Program Options

Model 1: We come come in for an hour each week and teach the course. \$1800

Model 2: Partner program where Big Talk staff comes in and trains the staff for a couple hours on how to use the curriculum. Big Talk staff members can come in to observe and/or assist teachers in class for a couple sessions. \$1300

Model 3: Pay what you can.

Cost Breakdown

Labor **\$800**

Curriculum Cost **\$700**

Training **\$300**

Materials (30 people or less); 8 games at \$25 a game **\$200**. Journals & Index cards **\$100**. Options for classes to be greater than 30 will have proportionally higher material cost.



