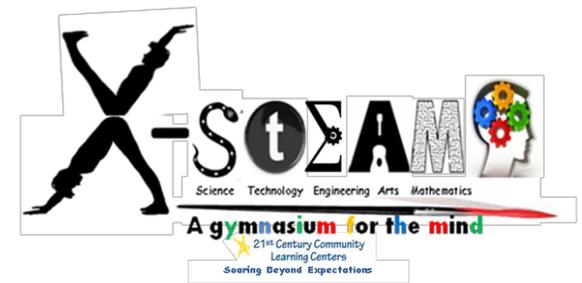


# STATE OF ILLINOIS

**“Helpful Tools & Tip for Building Positive SEL Relationships!”**

(Presented at the 21st CCLC Spring Conference in Bloomington IL. 2018)



## Climate & Culture

### SOCIAL AND EMOTIONAL LEARNING

Quality SEL instruction in which students learn to process, integrate, and selectively apply SEL skills in developmentally, contextually and culturally appropriate ways in conjunction with a safe, caring, participatory and responsive school climate can result in positive outcomes including:

- promotion of mental wellness;
- prevention of mental health issues;
- school connectedness;
- reduction in student absenteeism;
- reduction in suspensions;
- adoption, implementation and institutionalization of new practices;
- improved academic outcomes;

**ISBE Whole Child, School ,Community**

## SEL

# Tools & Tips GIVES T.H.A.N.K.S

**T**ool Box—Culture & Climate  
**H**ammer—CODE OF CONDUCT  
**A**pron—COMMUNICATION  
**N**ails—CONNECTIONS  
**K**nowledge—COMPETENCIES  
**S**aw—COMMITMENT



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**Park Forest—Chicago Heights  
School District 163  
21st Century Community Learning  
Center**

*“Helpful Tools & Tips for Building Positive  
SEL Relationships!”*



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# X-STEAM Helpful Tools & Tips to Building Positive SEL Relationships!

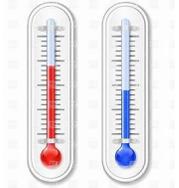


## Are You a Thermostat or a Thermometer?



### **THERMOSTAT**

An automatic device for regulating temperature (as by controlling the supply of gas or electricity to a heating apparatus); *also: a similar device for actuating fire alarms or for controlling automatic sprinklers*



### **THERMOMETER**

An instrument for determining temperature; *especially : one consisting of a glass bulb attached to a fine tube of glass with a numbered scale and containing a liquid (such as mercury or colored alcohol) that is sealed in and rises and falls with changes of temperature*

Origin and Etymology of -therm  
Greek therme' heat

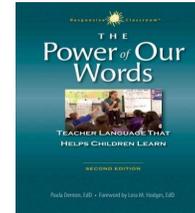
## THOUGHT

**“Think of yourself as a thermostat and not a thermometer. A thermometer takes the temperature and adapts to whatever environment it is placed in to read the temperature. A thermostat, on the other hand, sets the temperature and can adjust based on the need and the desired outcome.”**

-Renee Hawthorne

## Power of Our Word

Paula Denton Ed.D



### Language Trio

#### •MOLDS

Language shapes our identities of who we are and who we might become.

#### •UNDERSTANDS

Our language reflects how we think, work, and play. It also creates patterns in what we do, as we reflect about trying again.

#### •INFLUENCES

Language influences our words, tone and non-verbal communication skills.

### Habit 5: Seek First to Understand, Then to Be Understood

Communication is the most important skill in life. You spend years learning how to read and write, and years learning how to speak. But what about listening? What training have you had that enables you to listen so you really, deeply understand another human being? Probably none, right? -

### 7 Habits of Highly Effective Leaders

-Stephen Covey

## SOCIAL AND EMOTIONAL LEARNING



### CLIMATE & CULTURE

#### BEFORE AND AFTERSCHOOL PROGRAMMING

Before and After School (also referred to as Out of School Time) Programming offers opportunities to enhance students' social, emotional, behavioral, physical and academic competencies so that all students can succeed in school and beyond.

*Out of School Time Programs that improve academic outcomes:*

- provide a safe and supportive learning environment;
- maximize student participation and attendance;
- connect with school and classroom activities to achieve a shared mission of improving academic performance;
- Deliver academic instruction in a way that responds to each student's needs and engages them in learning, assesses program performance, and uses data to improve implementation.

