

Managing Behavioral Disruptions in Early Grades

Reversing the Rising Frequency and Intensity of Student Misbehavior

Part III: Promote the Social Emotional Well-Being of Students and Teachers

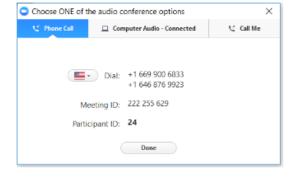
District Leadership Forum

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Asking a Question

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Upcoming Webconferences



Managing Behavioral Disruptions in Early Grades



Enhance Support for Higher-Needs Students

- Support students who have greater behavioral needs, including those with a history of trauma
- Learn best practices related to trauma-informed care, support teams, and reintegration into the classroom

Thurs., May 23 | 3:00 - 4:00 p.m. Fastern Time



Register for upcoming webconferences at <u>eab.com</u>.



Managing Behavioral Disruptions in Early Grades

Reversing the Rising Frequency and Intensity of Student Misbehavior

1

Prevent Misbehavior Through Early Intervention 2

Create Conditions for Positive Classroom Behavior 3

Promote the Social Emotional Well-Being of Students and Teachers 4

Enhance Support for Higher-Needs Students









- Transition Program for Incoming High-Risk Kindergarteners
- Universal Behavioral Screening to Identify Students in Need of Support
- 3. Teacher Home Visit Program
- 4. Trusted Adult-Student Relationship Mapping

- Self Regulation-Friendly Classroom Audit
- 6. Expanded Time for Free Play
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- Direct Instruction of Key Social-Emotional Skills
- 10. Embedded SEL Routines for Adults
- 11. Teacher Burnout Coping Supports

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- Cognitive Behavioral Support for Students with a History of Trauma
- 15. Reintegration-Focused Alternative Classroom

6

The Building Blocks for Learning

Success in the Classroom Requires More Than Academic Competency

Key Social, Emotional, and Behavioral Skills Foundational to Learning and Thriving in School



66

"Social-behavioral readiness skills are significantly associated with children's ability to function in the school setting, establish healthy relationships with teachers and peers, and learn."

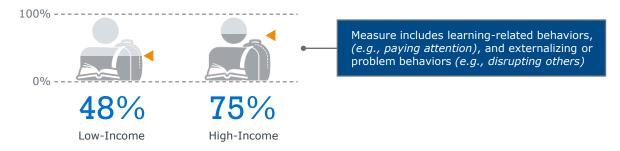
Baltimore Education Research Consortium, 2016

"

Gaps in Social-Emotional Readiness Broadly Evident

Regardless of the Reasons, Educators Must Respond With a New Approach

Percentage of Students Entering School Meeting "Readiness" Benchmarks1



"It used to be that kids would get a lot of [SEL] from their parents, from their backgrounds, but now as they're growing up in a more stressed society, the brains of the kiddos that are coming to us are wired differently—fundamentally they're different than they were a decade or two ago. And yet we're still thinking that if we just give more content that they're going to learn more content. The missing piece of the puzzle is an understanding of social and emotional learning."

Assistant Superintendent, IN

Composite measure obtained from the Early Childhood Longitudinal Study-Birth Cohort (ECLSB)
encompassing early math and reading skills, learning-related behaviors, and externalizing behaviors.
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Strong Support for Explicit, Universal SEL Instruction

Growing Body of Research Demonstrates Value of SEL in Schools

Research Finds Lasting Impact of SEL on Academic Achievement, Behavior, and Social-Emotional Competency

CASEL1 meta-analysis: 213 studies, over 270,000 students, reveals those who participated in evidence-based SEL programs showed an 11 percentilepoint gain in academic achievement²



Jones et al. find statistically significant link between SEL skills in kindergarten and outcomes in education, employment, criminal activity, substance use, and mental health 13-19 years later

2011

2015

2017



Columbia University researchers find an average benefit-cost ratio of \$11 to \$1 among six evidencebased SEL interventions studied

CASEL meta-analysis: 82 studies, 97,000 students, reveals those exposed to SEL in school do better up to 18 years later on academic, behavioral, and social-emotional outcomes³

- Collaborative for Academic, Social, and Emotional Learning.
- Compared to peers who did not participate in SEL programs.
- 3) Including positive social behaviors and attitudes, skills such as empathy and teamwork, academics, fewer conduct problems, less emotional distress, and lower drug use.

Sources: Taylor, R. Oberle, E. Durlak, J. Weissberg, R., "Promoting Positive Youth Development Through School Based Social and Emotional Learning Interventions," Child Development, July 2017; Durlak, J. Weissberg, R. Dymnicki, A. Taylor, R. Schellinger, K., "The Impact of Enhancing Students' Social and Emotional Learning," Child Development, January 2011; Jones, D. Greenberg, M. Crowley, M., "Early Social-Emotional Functioning and Public Health," American Public Health Association, November 2015; Belfield, C. Bowden, B. Klapp, A. Henry, L. Shand, R. Zander, S., "The Economic Value of Social and Emotional Learning," Columbia University, February 2015; EAB interviews and analysis.

Cultivating Social-Emotional Growth



Student Skill Development Begins with Adult Social-Emotional Well-being

Teacher Stress Negatively Impacts Student Conduct

Only 7 percent of teachers experience 100 low stress and high ability to cope with the stressors of their job

> Patterns of teacher stress are related to students' success in school, both academically and behaviorally. For example, classrooms with highly stressed teachers had more instances of disruptive behaviors and lower levels of prosocial behaviors."

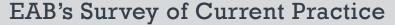
> > Herman et al., "Empirically Derived Profiles of Teacher Stress," 2017

Social-Emotional Well-being Fosters Positive Classroom Climate and Student Growth

"Teachers with stronger SEL competencies have more positive relationships with students, manage their classrooms more effectively, and implement SEL programs targeted to students with greater fidelity.

[...] Students learn from the way teachers manage frustration, maintain control of themselves and the classroom, stay focused in the face of distractions, and shift tactics when needed."

> Jones et al., Educators Social and Emotional Skills Vital to Learning, 2013





Snapshot of Social-Emotional Skill Instruction Across DLF Members

M

SEL Curricula Known, But Not Implemented at Scale

93%

Of districts report having at least one SEL curriculum in use



25%

Of teachers report using an SEL curriculum in their classroom



Top SEL Curricula Used by DLF Member Districts

Responsive Classroom

SecondStep

Caring School Community

Conscious Discipline

PATHS

P.R.I.D.E Time

Habits of Healthy Kids

Love and Logic

Capturing Kids' Hearts

Leader in Me

MindUp

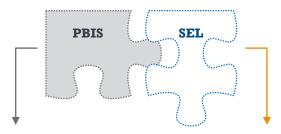
PlayWorks



Key Insights for Successful SEL Implementation

Number, Variety of Curricula Obscure Factors That Lead to Desired Outcomes

Reinforce SEL Curriculum as a Non-Negotiable, Universal Support Districtwide



Sets up school environment to be structured, predictable, and to correct problem behavior in a non-punitive way

Supports long-term student growth in social and emotional skills, competency

Consider Trade-Offs of Curriculum Selection



One districtwide curriculum streamlines resource allocation (e.g., purchasing, training)



Providing schools leeway to choose a program can increase buy-in and relevancy to school context, student needs

Focus Curriculum Selection on Critical Components



- **Evidence base** of curriculum (e.g., 25 CASEL SELect programs¹)
- ☐ Full range of grade levels covered to ensure scaffolding, continuity of skill development
- ☐ **Skills** of focus (e.g., emotion knowledge and expression, behavior regulation, attention control, inhibitory control)
- ☐ **Time** commitment (i.e., daily, weekly)
- ☐ **Implementation** supports (e.g., training resources, fidelity checks, tools to assess outcomes)

Programs nominated by CASEL for (1) systematically teaching social/emotional skills, providing opportunities for practice, offering multi-year programming; (2) offering high-quality training/implementation support; (3) evidence-base with at least one evaluation showing positive impact on student behavior and/or academic performance

Not All Evidence-Based Programs Created Equally

Some Programs Better Suited to Fill Particular Student Skill Gaps

Study in Brief: "Navigating SEL From the Inside Out"



2017 study by the Wallace Foundation and Harvard GSE



Analyzes 25 leading SEL and character education programs



Provides detailed, direct comparison of:

- Relative skill focus
- Instructional methods
- · Implementation supports

Major social-emotional skills and behaviors can be **grouped into three primary categories**: (1) cognitive regulation, (2) emotional processes, and (3) social/interpersonal skills

| | | | $\overline{}$ | | | | | | | | | | |
|---|-------------------------|----------------------|--------------------------------|-----------------------|--------------------------|------------------------|-------------------------------------|-------------------------------------|------------------------------------|-------------------------|----------------------------|------------------------|-----------------------|
| | | | | | | | | | | \neg | | | |
| Program | Cognitive Regulation | Attention Control | Working Memory/ Planning | Inhibitory Control | Cognitive Flexibility | Emotional Processes | Emotion Knowledge/ Expression | Emotion / Behavior Regulation | Empathy/ Perspective- taking | Interpersonal Skills | Understands Social Cues | Conflict Resolution | Prosocial Behavior |
| 4Rs | 12% | 9% | 4% | 1% | 2% | 27% | 16% | 10% | 11% | 43% | 4% | 19% | 26% |
| Before the Bullying A.F.T.E.R. School Program | 4%▼ | 1% | 1% | 1% | 0% | 39% | 16% | 2% | 27%▲ | 55% | 1% | 6% | 52%▲ |
| Caring School Community | 8%▼ | 5% | 1% | 0% | 3% | 33% | 15% | 0%▼ | 28%▲ | 78%▲ | 1% | 18% | 71% |
| Conscious Discipline | 14% | 4% | 7% | 2% | 2% | 75%▲ | 47%▲ | 49%▲ | 6% | 54% | 15% | 11% | 37% |
| Character First | 29% | 8% | 15% | 9% | 1% | 11%▼ | 3%▼ | 3% | 6% | 38% | 0% | 6% | 37% |
| Competent Kids, Caring Communities | 30% | 8% | 19% | 5% | 8% | 28% | 22% | 17% | 6% | 23%▼ | 2% | 11% | 18%▼ |
| Good Behavior Game | 33% | 0% | 33%▲ | 0% | 0% | 0%▼ | 0%▼ | 0%▼ | 0%▼ | 100%▲ | 0% | 0%▼ | 100% |
| Girls on the Run | 7%▼ | 0% | 7% | 0% | 0% | 11%▼ | 7%▼ | 4% | 3% | 35%▼ | 0% | 11% | 31% |
| I Can Problem Solve | 65%▲ | 11% | 10% | 7% | 47%▲ | 65%▲ | 57%▲ | 2% | 46%▲ | 55% | 19%▲ | 37%▲ | 20%▼ |
| Lions Quest | 18% | 1% | 14% | 1% | 3% | 23% | 19% | 4% | 5% | 60% | 6% | 12% | 51% |
| MindUP | 44%▲ | 41%▲ | 3% | 4% | 2% | 28% | 20% | 7% | 11% | 18%▼ | 4% | 0%▼ | 15%▼ |
| Mutt-i-grees | 10%▼ | 1% | 3% | 4% | 6% | 45% | 28% | 11% | 24% | 56% | 23%▲ | 3% | 40% |
| Open Circle | 20% | 3% | 10% | 0% | 11% | 38% | 28% | 18% | 10% | 65%▲ | 14% | 18% | 44% |
| PATHS | 30% | 6% | 16% | 0% | 12% | 75%▲ | 61%▲ | 41%▲ | 24% | 59% | 15% | 25%▲ | 37% |
| Playworks | 37% | 31%▲ | 11% | 5% | 0% | 1%▼ | 1%▼ | 0%▼ | 0%▼ | 49% | 0% | 0%▼ | 49% |

Programs with the **highest relative focus on emotional processes¹** include RULER, PATHS, Conscious Discipline, and I Can Problem Solve

Encompasses (1) emotion knowledge and expression, (2) emotion and behavior regulation, and (3) empathy and perspective taking ©2018 by EAB. All Rights Reserved. eab.com



Setting Students and Teachers Up for Success

Careful Selection Minimizes Implementation Challenges, Maximizes Impact

District/School A

Students very emotionally dysregulated, behavioral outbursts frequently disrupt classroom instruction



High relative focus on emotional processes:

- 1 R
 - **RULER**
 - Covers grades PreK-12
 - 5 lessons/week, 10-20 minutes each
- 2

Conscious Discipline

- · Covers grades PreK-6
- · 2 lessons/week, 20 minutes each

District/School B

Character education, cultivating growth mindset added to strategic plan, very low discipline referrals



High relative focus on character and mindsets:

- - **Positive Action**
 - Covers grades PreK-12
 - 5 lessons/week, 15 minutes each
- 2

Character First

- Covers grades K-12
- 1 lesson/week, 10-20 minutes each

Ensure and Support Teacher Ownership and Delivery of Curriculum



Improves teachers'
ability to talk about and
model social-emotional skills in a
developmentally appropriate way



Enables ongoing extension of social-emotional concepts into classroom routines, academic instruction



Allows counseling staff to provide implementation support (i.e., model lessons, monitor fidelity) and focus time on more challenging cases

Implementation Doesn't Have to Be Difficult

Embedding Simple SEL Practices Across Settings a Way to Teach Broader Concept

Establishing a Common Language and Sense of Community



Driven by the value of adult modeling, Oakland develops a common set of practices for all adults to use as an "entry point" to SEL



Practical ways to introduce and broaden the use of SEL practices in classrooms, schools, and workplaces



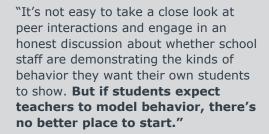


Simplicity and focus on reflection and conversation promote quick adoption throughout district



Practices ensure SFL seen as high priority across district and pave the way for schools to adopt SEL curricula

SEL Skills Necessary for Everyone



Social and Emotional Learning: Why Students Need It. What Districts are Doing About It, Education First and Novo Foundation

Profiled Institution:

Oakland Unified School District, CA





Leading by Example at Staff Meetings

District Adopts Practices at the Highest Level to Model SEL in Action

3 Signature SEL Practices





Welcoming/Inclusion Activities

 Open-ended community building allows interactions that support creating connections to one another and the work



Engaging Practices

Sense-Making, Transitions, Brain Breaks

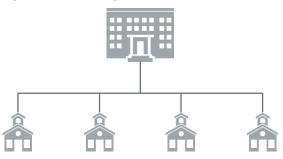
- Opportunities for individual reflection and small group interaction with dedicated time to think, share, and listen
- Brain breaks: time to stand, stretch, relax, and focus on readiness to learn



Optimistic Closures *Reflections and Looking Forward*

 May be reflective about the learning, help identify next steps, or make connections to one's own work

Adopted In District Leadership Meetings, Approach Soon Spreads Throughout District



- Practices incorporated in all district-level team meetings and professional development
- Schools not required, but encouraged to try on their own even if not using an SEL curriculum
- Practices align with PBIS, restorative practices, culturally responsive teaching, and trauma-informed care, making them easier to adopt by a wide range of educators

Simple Steps Show District Commitment to SEL





THREE SIGNATURE SEL PRACTICES

Creating the Conditions for Student Learning OUSD Core Values: Students First • Equity • Excellence • Integrity • Culturally Responsive • Joy

FOR THE CLASSROOM*

WELCOMING RITUAL (2-10 minutes) **Activities for Inclusion**

Ritual openings establish safety and predictability, support contribution by all voices, reinforce norms for respectful listening, allow students to connect with one another and create a sense of belonging. To be successful, these activities must be: carefully chosen, connected to the learning of the day and engagingly facilitated.

ENGAGING PRACTICES (1-15 minutes) EXAMPLES FROM THE CLASSROOM Academic Integration, Sense-Making, Transitions & Brain Breaks

Engaging practices are brain-compatible strategies that can foster relationships, cultural humility and responsiveness, empowerment, and collaboration. Intentionally build student SEL skills and then authentically practice these skills throughout the school day. Provide thoughtful transitions and opportunities for brain breaks that help integrate new information into long-term memory, otherwise it is soon forgotten. Balance opportunities for quiet reflection and writing with more active activities.

OPTIMISTIC CLOSURE (3-5 minutes) Reflections and Looking Forward

Provide intentional closure by having students reflect on and then name something that helps them transition on an optimistic note. This provides a positive way to reinforce learning, can connect school to home/community, and creates a moment of looking forward to coming back

counter = glad to see late arrivals · Morning announcements include studer . Opportunities for Interaction Cultivate practices that involve

EXAMPLES FROM THE CLASSROOM

· Purposeful social interactions

. Smile & greet each person by name

· Adults express joy in seeing students

· Stack of breakfast items on office

. Every voice is heard

- interactions in partnerships, triads, small groups and as a whole group . Explicitly teach SEL skills through
- evidence-based programs . Turn To Your Partner: Sharing and listening to make sense of new input
- . Co-create and regularly revisit working agreements with your students . Brain Break - Stand and Stretch: Refresh and reset the brain with movement, music, quiet reflection

EXAMPLES FROM THE CLASSROOM Think of.

- · Something I learned today . Someone I was able to help . Something I want to share with an adult . Something I'm looking forward to doing
- . Something I enjoyed about the day
- · Someone who was kind/helpful to me

Guide Adapts Practices to Student and Adult Settings



3 Signature SEL Practices details available in the Appendix



THREE SIGNATURE SEL PRACTICES FOR THE ADULTS*

Creating the Conditions for Adult Learning OUSD Core Values: Students First • Equity • Excellence • Integrity • Culturally Responsive • Joy

WELCOMING RITUAL (1-9 minutes) Activities for Inclusion

 Community Building: Using an open-ended question (e.g., from the Circle a Day cards). Adults bring their experience; allow them to use it. build community in a quick and lively way. Each participant shares their response with a partner. After sharing, ask for 2-3 comments Ritual openings establish safety and predictability support contribution by all voices, set norms for from the whole group respectful listening, and allow people to connect with one Check-in: Begin with a sentence starter: another creating a sense of belonging. To be successful they must be carefully chosen, connected to the work of the day, engagingly facilitated, and thoughtfully debriefed.

ENGAGING PRACTICES (1-15 minutes) Sense Making, Transitions, Brain Breaks Adults want to make their own meaning and have

Engaging gractices are brain compatible strategies that can foster: relationships, cultural humility and responsiveness, empowerment, and collaboration. They intentionally build adult SEL skills. These practices can also be opportunities for brain breaks that provide a space for integrating new information into long-term

EXAMPLES . Think Time: 30-90 seconds of silent think

. Turn To Your Partner: Sharing and listening

o "A success I recently had ____

"One thing that's new about

"One norm I will hold today is

- to make sense of new input. . Think-ink-Pair-Share: Generating ideas and
- deepening understanding Brain Break - Stand and Stretch: Refresh and reset the brain.
- Opportunities for Interaction: Cultivate oractions that involve interactions in partnerships, triads, small groups and as a whole group.

OPTIMISTIC CLOSURE (3-5 minutes) Reflections and Looking Forward

memory. (Otherwise it is soon forgotten.)

Adult learning occurs when behavior changes. End each meeting or professional learning by having participants reflect on, then name something that helps them leave on an optimistic note. This provides positive closure, reinforces the topic, and creates momentum towards taking action.

EXAMPLES OF REFLECTIVE QUESTIONS . "What are my next steps?"

- "What's the next conversation I'm going to heve about this and with whom?" . "Who do I want to connect with about this
- "A word or phrase that reflects how I feel about moving forward with this..."
- · "Offer an appreciation for someone in the
- · 7m eager to learn more about



Fostering an Environment Conducive to Social-Emotional Learning

"Using the 3 Signature SEL Practices created an environment where SEL was seen, heard, and observed as a priority. When you have district leaders who use those practices at meetings, just like when teachers do it in the classroom, it sends a powerful message."

Sonny Kim, SEL Coordinator, Oakland USD

Concerns Over Teacher Well-Being



But Support Systems Not Keeping Pace with Mental, Emotional Strain

Teachers Report High Levels of Stress and Emotional Strain

M

58%

61%

78%

Of teachers described their mental health¹ as "not good" for at least 7 of the last 30 days

Of teachers say their work is "always" or "often" stressful

Of teachers say they feel mentally and physically exhausted at the end of the work day

Strategies to Support Teacher Wellness Often Insufficient or Overlooked

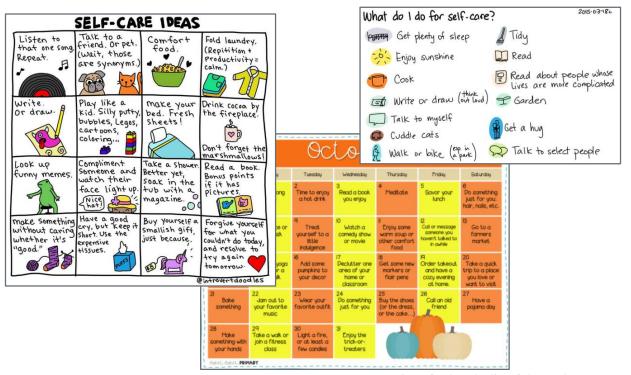


¹⁾ Including stress, depression, or emotional challenges.

Sources: American Federation of Teachers, "2017 Educator Quality of Work Life Survey"; American Federation of Teachers, "PSRP Reporter: The National Publication of AFT Paraprofessionals and School Support Staff," Fall 2015; EAB interviews and analysis.

Voluntary, work-based programs that offer free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems.

Existing Strategies Well-Intentioned, But Not Sufficient

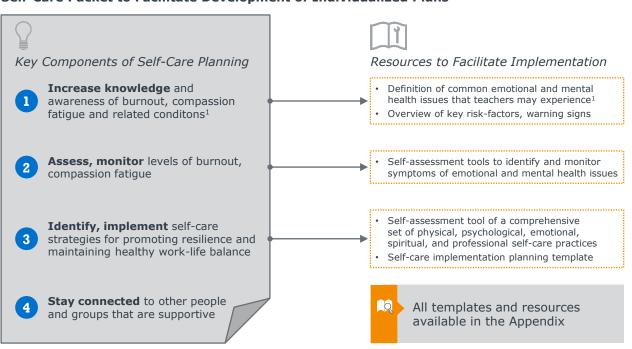


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Elevate Teacher "Self-Care" Planning

Foundational Knowledge and Self-Reflection Make "Self-Care" Meaningful

National Center on Safe Supportive Learning Environments Offers Detailed Teacher Self-Care Packet to Facilitate Development of Individualized Plans



Includes burnout, compassion fatigue, secondary traumatic stress, vicarious trauma, and compassion satisfaction

Source: National Center on Safe Supportive Learning Environments, "Building Trauma-Sensitive Schools Handout Packet," U.S. Department of Education and American Institutes for Research; EAB interviews and analysis.



Provide Opportunities for Teacher Connection

Embedded Wellness Meetings Destigmatize Teachers' Struggles, Offer Support

Key Features of Happy Teacher Revolution Wellness Program





Monthly, one-hour teacher meetings

Participation is most successful when schools carve out meeting time during teachers' contractual work hours (e.g., part of a regularly scheduled team/staff meeting or a professional development day)



Facilitated, themed discussions

Meeting themes based on the "12 Choices to Step Back From Burnout," including:

- "I choose to disconnect and detach with love"
- "I choose to be mindful"
- "I choose to get outside and get moving"
- "I choose what to overlook"
- "I choose the battles worth fighting"
- "I choose what to do next time and what to stop doing"



Online training provided to meeting facilitators

HTR¹ provides training to 12 facilitators per school on:

- Social-emotional and trauma-informed practices for educators
- Guidelines for facilitating meetings that are non-clinical
- Strategies for creating a safe, non-judgmental space to share experiences and challenges as an educator
- Suggestions, examples of supplemental meeting content²
- Follow-up materials, procedures to route people to more formalized services if needed

Profiled Organization:



- 1) Happy Teacher Revolution.
- 2) Examples include guest speakers, mindfulness training, meditation, seated yoga breathing, and aromatherapy.



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Narrowing the Third Grade Reading Gap



Mitigate Summer Slide with Engaging Summer Programming

Embracing the Science of Reading

Develop and Implement Schoolwide Expertise in Science-Based Reading Instruction

Redesign Small Group Instruction to Target Student Skill Deficits

Closing the College Access Gap



Creating a Culture of High Expectations and Building Student Confidence

Supporting More Informed Post-Secondary Choices

Removing Non-Academic Barriers to Application and Matriculation

Meeting the Career Readiness Imperative



Strategies for Integrating and Scaling Early Career Exposure

Boosting the Quality and Frequency of Career Decision Support

Aiding Transitions to Careers through Professional Skill Development

District Communications and Safety Collaborative



Lessons to Improve Your District's Image and Strengthen Community Relationships

Teacher Recruitment Collaborative



Ideas and Tools for Improving the Recruitment and Hiring of Teachers in K-12 Districts



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