Frameworks SEL MONTHLY COMMUNITY NEWSLETTER

February 2021
Vol 1 Issue 7

SOCIAL AND EMOTIONAL LEARNING (SEL)
& BUILDING TRUST



ELEMENTARY SCHOOL

Students in elementary school learn best in an atmosphere where the feel they belong, and that they are safe and accepted. Building strong interpersonal relationships allows students to develop trust in each other and with their teachers. Social and emotional learning (SEL) skills are essential in developing this trust, with relationships built on kindness and empathy. For tips and more information on the power of SEL for building strong relationships, visit empatico.org.

MIDDLE SCHOOL

Middle school students crave independence as they are maturing and navigating the new freedoms of middle school life. As students become more independent, meaningful and respectful relationships extend to a variety of people in their lives, including friends, peers, teachers, family, and community members. Loyalty and trust are very important at this age and trust can be valued or lost in a matter of moments. Read the article <u>3 Ways to Build Relationships—in Person or Virtually</u> to learn how to help build trust and a sense of community in middle school, no matter where or how classes are held.

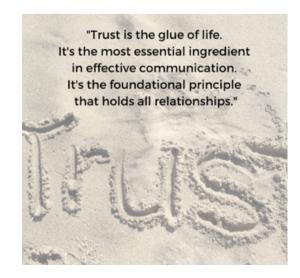
HIGH SCHOOL

Teens' relationships become deeper and complex as they get older. Teenagers rely on others when adapting to new responsibilities and changes. This makes strong, supportive, and trusting relationships essential as in order to navigate all of the challenges that being a teenager brings. Healthy relationships can help keep students focused and allow for an outlet to process the complex emotions they are experiencing as they approach adulthood. For more on SEL with high school students, read the article We Need More SEL in High Schools (Here's How).

TRUST IN RELATIONSHIPS

by Eddie Underwood SEL Program Specialist

Trust is an important requirement for any relationship to succeed. High levels of trust among students, teachers, and parents can help create an environment where everyone feels supported and successful. When there is a high level of trust between teacher and student, that bond can help the student develop a sense of belonging, feel cared for, and increase their academic engagement. Trust encompasses all five core competencies of social and emotional learning (SEL); most notably social awareness and relationship skills. Students and adults must actively demonstrate respect, practice empathy, and spread kindness in order for trust to be at the foundation for overall success. This monthly newsletter will focus on strategies, research, and resources to assist in building trust from the lens of social and emotional learning.





BUILDING TRUST BETWEEN EDUCATORS AND STUDENTS

by Charese Cook SEL Program Specialist

Building a culture of trust between educators and students is vital for creating a positive, safe, and productive school year. Here are a few intentional strategies that may be helpful to implement in your school setting:

- **Listen to your students** Practice active listening to learn about their motivations, desires, and worries.
- Ask your class questions This demonstrates interest and deepens your understanding about your students.
- Respond intentionally Providing specific feedback will encourage positive behaviors and allow each student feel recognized and supported as an individual.
- Acknowledge students' feelings –
 Modeling and displaying empathy will
 help students know that they are not
 alone and that someone understands
 them.
- Advocate for students Reassure students that you value them by being a voice when they need it.
- Tell students about yourself –
 Personal stories and news helps fuel
 connection and bonding.
- Attend community events Join your students in their sporting events, parades, festivals, and online activities.
- Remember dates that are important to students – It feels special to be recognized and remembered.

THE IMPORTANCE OF BUILDING SELF-TRUST

by Siomara Bridges-Mata Community Programs Specialist Educators, parents, students, and friends self-trust is the secret sauce! An article featured on Psychology Today said it best: "Self-trust is not trusting yourself to know all the answers, nor is it believing that you will always do the right things. It's having the conviction that you will be kind and respectful to yourself regardless of the outcome of your efforts." So why is building self-trust so important? As mentioned in the opening remarks, trust encompasses all the five core competencies of social and emotional learning and is the cornerstone of every healthy relationship. Self-trust will positively improve your confidence, relationships, communication, and productivity. Here are some quick tips to help you build trust within yourself:

- Be decisive Begin to break the habit of questioning your decisions. Next time you make a choice, stick with it! If it does not turn out as you had planned, the best you can do is learn from your mistake.
- Be kind to yourself You did the best you could and will only do better the next time. Seek to find silver linings through reflection activities.
- Build on your strengths Think about what went well for you and build on that.
- Spend time with yourself Alone time is okay... in fact, it's healthy. That is how you learn about who you are. When is the last time you spent some quiet, quality time with yourself? Not running an errand, that is!
- Observe and learn from others Cultivate the ability to look openly at every situation and experience without the pressure of having to know it all.

When you practice self-trust, you become more self-aware, more in tune with managing your emotions in healthy ways, and you connect more deeply with those around you.

















RESOURCES AND READINGS

by Jordan Sims Community Programs Specialist

Having a consistent, trusting relationship with an adult helps children develop key abilities like agency and resiliency. It gives them the safety and support they need to grow and explore the world on their own. To build trusting relationships with children, you must be intentional. This article discusses how children develop trust and outlines eight strategies you can use to intentionally build (and keep) trust in your relationships with kids.

For more resources, visit www.myframeworks.org





Frameworks' Teens In Action™ (TIA) is a 10-month leadership and civic engagement program that equips high school students with the social and emotional skills needed to succeed in all aspects of their lives.

Applications for the 2021-22 school year open 2/26/2021 at: MYFRAMEWORKS.ORG/TEENS-IN-ACTION

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PRESENTS
OUR 10TH ANNUAL

2021 Head & Heart Luncheon



FEATURING KEYNOTE SPEAKER
MARC BRACKETT
AUTHOR OF PERMISSION TO FEEL

ARMATURE WORKS | APRIL 22, 2021

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MAKE AN IMPACT

<u>LISTEN TO OUR PODCAST</u>
"SELEMENTARY"

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