

choose  **love**™
movement

Social Emotional Learning in the classroom



What is SEL?

-According to CASEL-

Social Emotional Learning is a process through which kids and adults:

- Acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions
- Set and achieve goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions

It is **proactive** and **preventative**. It cultivates a **safe, supportive culture & climate**.

SEL has proven to:

- Increase test scores/grades by 11%
- Increase SEL skills by 22%
- 10% higher graduation rates
- 10% decrease in emotional stress
- Increased attendance
- Increased focus while reducing aggression, anxiety, substance abuse among other issues

What is Choose Love?

- PK- Grade 12 curriculum for Social Emotional Learning (SEL)
- Created by Scarlett Lewis, mother of Jesse Lewis, a 1st grader killed at Sandyhook Elementary School
 - On the morning of December 14, 2012, on the way to school, Jesse McCord Lewis stopped to write “I love you” in the frost on his mother’s car. Just hours later, Jesse was senselessly murdered in his first grade classroom. He was one of the 26 victims of the Sandy Hook Elementary School shooting in Newtown, Connecticut. Days prior to the tragedy, on the kitchen chalkboard at home Jesse had written a prophetic message, ‘Nurturing, Healing, Love’.

What is Choose Love?



SCARLET'S THOUGHTS ON THE BLAME GAME-

Purpose it serves? NONE.

- It might make us feeling better in the moment, but does it not solve anything!

What does research show?

- Stop focusing on the issues reactively, instead provide tools and skills proactively.

Solution? Lies within all of us.

- We all must be accountable for the solution. It takes a village.
- SEL is imperative to be taught and practiced schoolwide!

Choose Love for schools was born-

Scarlett believed:

- The whole tragedy began with an angry thought that could have been different if the shooter had the skills to succeed in society.
- If that happened, maybe no one would have had to bury their child that day.
- **We can't always choose what happens to us, but we can choose how we respond.**
- She chose to let go of her anger and resentment (negative thoughts) and respond with love.



The impact of 45,000 negative thoughts

March 10, 2023



Sandy Loder

As humans, we have around 60,000 thoughts every single day. Of those, 75% or 45,000 are repetitive. How do we turn those around to be more positive new thoughts?

Every day, our minds are flooded with a constant stream of thoughts, ranging from mundane daily tasks to deeper contemplations about life and the world around us. According to research, the average person has approximately 60,000 thoughts per day. But what is truly concerning is that 75% of these thoughts are negative, and 95% are repetitive. Many of our negative thoughts are driven by the flight or fight part of our brain. This constant barrage of negative and repetitive thoughts can significantly impact our mental health, happiness, and overall quality of life.

The Impact of Negative and Repetitive Thoughts

Negative thoughts can significantly impact our mental health and overall wellbeing. They can lead to increased stress and anxiety, decreased self-esteem, and a general sense of unhappiness and dissatisfaction with life. Moreover, repetitive thoughts can become deeply ingrained in our minds, making it difficult to change our thought patterns and break free from negative thinking. This negativity can result in a feeling of being stuck, unable to move forward, and a lack of motivation to change our circumstances.

Choose Love formula is based on Nurturing, Healing and Love

Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love

Nurturing: Caring for and encouraging

(loving kindness and **gratitude**)

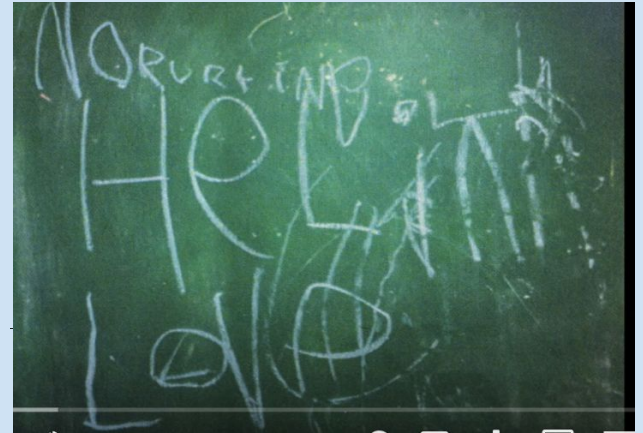
Healing: Making or becoming sound or healthy again

(**forgiveness**)

Love: **Compassion in Action**

(caring about others, helping those in need, treating people with kindness)

It takes **courage** to shift your mood or better your situation



What can choosing love help us do-

- Have the courage to be grateful when life isn't easy.
- Forgive even when the person isn't sorry.
- Step outside your own business to help someone.
- Understand that it's a choice to choose love instead of anger or hate.
- Change negative thoughts to positive thoughts by being intentional with what we think.

How does SBCS implement this?

- **Kinder through Grade 5:**

- Weekly counseling push-in lessons using the Choose Love curriculum in the classroom.
- Approximately 30 minutes per week.
- Same day/time each week.
- Carole Taggart teaches the K-5 push-in lessons.

- **Grades 6-8:**

- Counseling push-in lessons one time per month using components of the Choose Love curriculum.
- Lem Graham teaches the 6-8 push-in lessons.

Choose Love Social Media and Website:

Home

chooselovemovement.org

Facebook

facebook.com/JLChooseLove

Twitter

twitter.com/chooselovem

Pinterest

pinterest.com/jlchooselove

Instagram

instagram.com/chooselovemovement

**Thank you for Choosing Love and choosing to
make a difference at SBCS!**