

Social Emotional Learning & Mindfulness:
 A Culturally Responsive Approach

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What do we mean by learning?

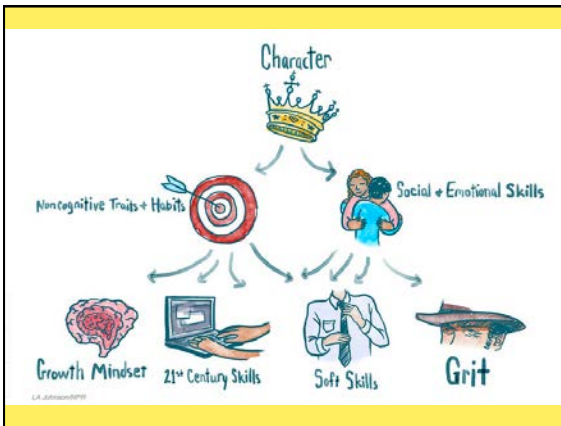
KASAB

KNOWLEDGE
ATTITUDE
SKILL
ASPIRATION
BEHAVIOR

Know: Connections between Mindfulness, Social Emotional Learning (SEL), & Cultural Responsiveness

Do: Model Mindfulness & SEL in your classroom instruction and facilitation

Feel: Curious & Open



Paying attention to your experience in real time with kindness and curiosity.

Social Emotional Learning

Social and emotional learning (SEL) is a process through which children and adults develop the fundamental skills for life effectiveness. These are the skills we all need to handle ourselves, our relationships, and our work effectively and ethically. Everyone strengthens their social competencies to connect across race, class, culture, language, gender identity, sexual orientation, learning needs and age.



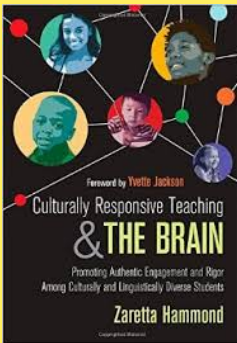
What SEL skills did you use in your "Think & Ink" & Partner share?

What SEL skills have you used since waking up this morning?

Where have you learned these SEL skills?

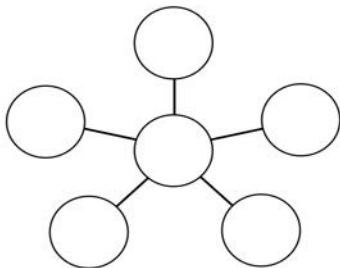
Cultural Responsiveness

Showing up in an interaction with another person, mindful of our own histories, contexts, filters, and habits of mind, AND with curiosity and an open heart. We enter each encounter willing to be informed and changed by the interaction and each other's cultural perspective. (PassageWorks)



“The neuroscience is clear on the connection between emotions, trust, and learning. Stress hormones from mistrust block cognition. Students respond to a teacher's focus on care by giving her permission to be tough and push them toward higher achievement.”
– Zaretta Hammond

PASEO




adapted from National School Reform Faculty

DIVERSITY ROUNDS

TED Watch Read Attend Participate About

Chimamanda Ngozi Adichie:
The danger of a single story

TEDGlobal 2009 18:43 Filmed Jul 2009
Subtitles available in 43 languages
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How can mindfulness and SEL help us move beyond a single story?

