Social Emotional Learning & Mindfulness: A Culturally Responsive Approach

Meena Srinivasan, MA, NBCT
Program Manager – Social Emotional Learning & Leadership, Oakland Unified School District & Author of Teach, Breathe, Learn: Mindfulness In and Out of the Classroom (Parallax Press, 2014)

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

How can mindfulness and SEL help us move beyond a single story?
Optimistic Closure