

AMLE 23



Boosting SEL with TeachersFirst Resources

Thursday
November 2, 2023

AMLE 23



Melissa Henning

@MrsMHenning

Pennsylvania

This session is brought to you by:



TeachersFirst

- | Classroom Resources
- | Professional Learning
- | MySciLife

Resources for Today's Session

Complete the form with your name & email for access to the slide deck and a few extras that we'd love to share with you.



<https://bit.ly/TFamle23>

Social & Emotional Learning

- Healthy identities
- Manage emotions
- Achieve goals
- Feel and show empathy
- Develop supportive relationships



Social and Emotional Learning

Recognizing emotions in oneself and other people;

Understanding the causes and consequences of those emotions;

Labeling emotions with precise words;

Expressing emotions; and

Regulating emotions.

Research tells us

Helps improve academic performance

Reduces dropout rates

Builds character

Cutails bullying

Reduces depression and stress



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- | **Classroom Resources**
- | Professional Learning
- | MySciLife



- Recognize emotions
- Label with precise words
- Gratitude Journal
- Private Reflection

Journal Writing



WRITE

- Encourages a “flow” state for draft writing
- No editing tools
- Inactivity results in erasure
- Helps keep student on task and immersed in the activity

Write for:

15 Minutes

1 Minute

30 Minutes

60 Minutes

/saved /about

PENZU

- Personalized cover & themes
- Shared and private entries

The screenshot shows the Penzu journal interface for 'Ruth's Journal'. At the top, the Penzu logo is displayed in a red bar. Below the journal title, it indicates '5 total entries | Created on Fri. 7/8/2016'. There are icons for settings and a 'New Entry' button. The interface includes filters for 'SELECT' (None), 'SINCE' (All Time), and 'VIEW' (Active Entries), along with a search bar. A table of entries is shown below, with columns for 'Entry', 'Date Created', and 'Shared'.

Entry	Date Created	Shared
My Science project Begin to type here...1..2..3..	Thu. 11/10/2016 at 7:45pm	
Tips about shoes ncidewoeokfnfedifc'[wpoidnfeiwf'[po	Tue. 9/20/2016 at 5:37pm	
Tips for working on the computer cwmmdp'fvpowgfnrfvgdl;oifdemwp'pfdp	Fri. 9/16/2016 at 2:53pm	
vmpe'plfvm bnsrhtsrstght	Fri. 8/19/2016 at 1:07pm	
Book Club Ideas hgbyuiliuvbuio;oibuio	Tue. 8/2/2016 at 7:47am	



- Understanding causes and consequences of emotions
- Regulating emotions



Working on goals

Future Me

- Written goal statements
- Prompts self-reflection
- Acknowledge growth

The screenshot shows the FutureMe website interface. At the top, there is a navigation bar with the logo 'futureme' and links for 'Write a Letter to the Future' and 'Read Public Letters'. On the right side of the navigation bar, there are links for 'fm for business | and education | Blog Press & Props', 'Sign In', and 'Sign Up'.

Write a letter to your future self

Write. Pick a receiving date. **Send.** Verify. That's it 😊
Your letter is **safe** with us - we've sent over **20 million letters** in 20 years!

Dear FutureMe,

Full screen

Deliver in Or choose a date
6 months 1 year 3 years 5 years 10 years

Select your audience
Private Public, but anonymous

Make sure you get your letter
Please enter an email

Pick your style
 Send just this letter Free
 Send this letter + Support FutureMe \$3

You will receive a confirmation email - please make sure your email address is correct! By writing a letter and signing up for FutureMe you agree to the [Terms of use](#)

Inspire me!

Send to the Future



- Recognizing emotions
- Understanding consequences
- Regulating Emotions

Decision Making



Quandary

- Game Based Learning
- ELA tie in
- Teacher Resources



SPENT

- Game Based Learning
- Real world problems

CAN YOU MAKE IT THROUGH THE MONTH?

FIND A JOB OR EXIT

SPENT



- Recognizing emotions
- Understanding causes & consequences
- Labeling emotions



Active Listening

Radio Rookies

- Real world issues
- Fosters empathy



Radio Rookies

Produced by WNYC.

[Stories](#) [Resources for Educators](#) [About](#) [DIY Toolkit](#)

A Bronx teen grapples with a controversial plan for NYCHA apartments

For Fanta Kaba, living in NYCHA means stability. But now, a controversial plan is changing the way public housing operates. Fanta sets out to find out what this plan means for residents. Sep 15, 2023



▶ Listen 8 min

A first-generation Tibetan in Queens finds her way home

Saldon Tenzin knows she needs to help keep her culture alive — but how do you hold onto something you feel so far removed from?



Parlay

- Written or verbal responses
- “Secret” identities
- Scaffolding

The future of student driven class discussion.

Parlay is an AI-powered instructional platform that helps teachers facilitate meaningful, measurable, and inclusive class discussions. Join over a million teachers and students. Start using Parlay for free in your class today.

Students

Join a RoundTable

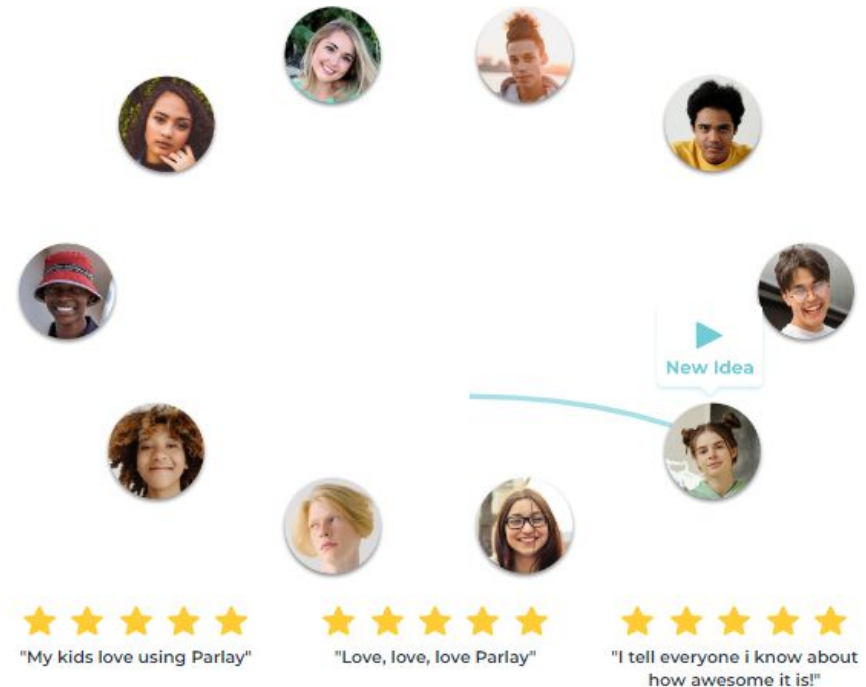
Enter Code



Teachers

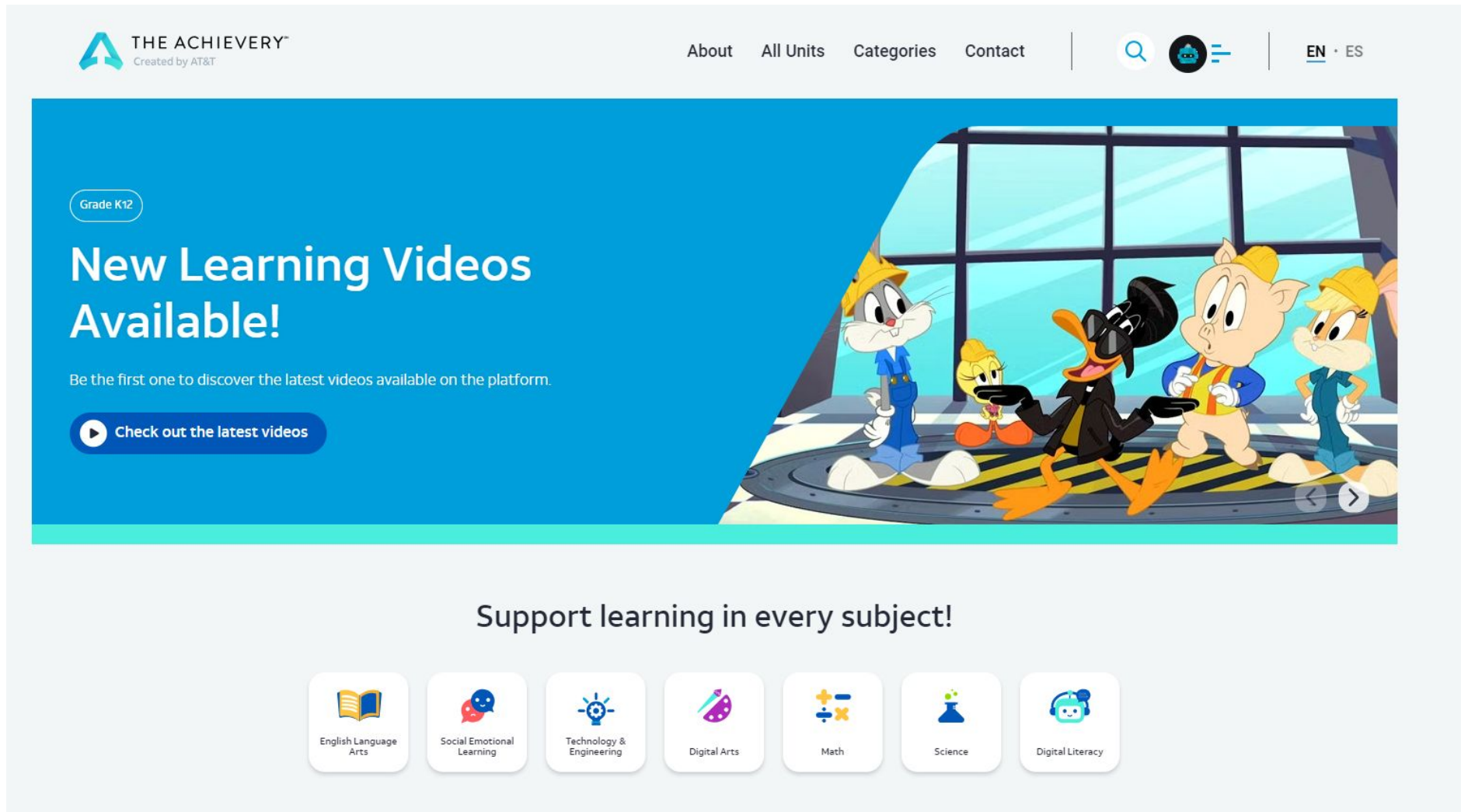
Sign Up Free

or [Log In](#)



The Achievery

- Facilitated and self paced
- Multi-disciplinary



The screenshot shows the homepage of 'The Achievery' website. At the top left is the logo 'THE ACHIEVERY' with 'Created by AT&T' below it. To the right are navigation links: 'About', 'All Units', 'Categories', and 'Contact'. Further right are a search icon, a menu icon, and language options 'EN · ES'. The main banner features a blue background with the text 'Grade K12' in a small box, followed by 'New Learning Videos Available!' in large white font. Below this is the subtext 'Be the first one to discover the latest videos available on the platform.' and a blue button with a play icon and the text 'Check out the latest videos'. The banner image shows cartoon characters (Bugs Bunny, Daffy Duck, Porky Pig, and Elmer Fudd) in a construction setting. Below the banner is the heading 'Support learning in every subject!' followed by seven subject icons: English Language Arts, Social Emotional Learning, Technology & Engineering, Digital Arts, Math, Science, and Digital Literacy.

THE ACHIEVERY
Created by AT&T

About All Units Categories Contact

EN · ES

Grade K12

New Learning Videos Available!

Be the first one to discover the latest videos available on the platform.

Check out the latest videos

Support learning in every subject!

- English Language Arts
- Social Emotional Learning
- Technology & Engineering
- Digital Arts
- Math
- Science
- Digital Literacy



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