



## Atlantic Summer Institute on Healthy & Safe Communities

*Promoting Child & Youth Mental Health: Engaging All Generations*

### CURRICULUM PATHWAYS 2016

**Curriculum #5:** “Taking a leadership role in promoting social and emotional learning in your school community: Understanding and promoting PATHS!”

**Objective:** To build a strong coaching community to support social & emotional learning and participate in the scaling up of SEL in Atlantic Canada.

#### PROGRAM DESCRIPTION:

In Atlantic Canada there is a great deal of interest in embedding social and emotional learning (SEL) to develop protective factors for elementary school age children. The SEAK project, Phase 3, is implementing the PATHS® program in demonstration sites across the Atlantic Region. PATHS® Promoting Alternative Thinking Strategies is an evidence-based social emotional learning program for children, taught in a classroom setting for children 3-12 years of age. Each school board/community that is considering increased emphasis on SEL and the possible adoption of PATHS® will need to have a person who serves as a champion to support the implementation at the school level. This person will be considered a “coach” and must have teaching experience or play a significant school role, e.g., school psychologist, school counsellor.

This introductory training is designed to spark the interest in SEL and develop knowledge and skill in implementing and supporting the PATHS® program. In addition, participants will have the opportunity to become familiar with coaching strategies and more fully understand the coaching role.

1. Understand the value of SEL and foundational theory and its impact on positive mental health
2. Become familiar with the PATHS® Program and the role of the coach in supporting teachers
3. Practice coaching skills that participants can “take home” to bring about a change in school culture
4. Learn about ongoing coach support when a school adopts PATHS®

#### **Session 1 - Social Emotional Learning and the PATHS® Program: What is Social Emotional Learning? Why is it beneficial? The Social Emotional Learning Model.**

Social Emotional Learning comprises five capacities: Self Awareness, Self-Management, Social Awareness, Relationship Management and Responsible Decision Making. These 5 capacities encompass numerous skills that help us become successful members of our community. This 2-hour session will focus on:

- what social emotional learning is and the elements necessary for a comprehensive program,
- why we need to teach these skills to our children
- an introduction to an award-winning, evidence based SEL program called PATHS®.

We will use a variety of interactive strategies to allow the participants to engage with the concepts in meaningful way. Participants will leave the session knowing why social emotional skills are so important to teach in school today, a vision of what they want for their students and a clear path to achieve that vision.

#### The PATHS® Program: Creating a Caring Classroom, Promoting Self Esteem

Development plays a role in the acquisition of Social Emotional skills. We will explore how childhood development impacts social emotional learning and discuss a foundational model - ABCD Model of Development. We will explore strategies for creating a caring, safe environment that promotes social emotional development and learn how to promote a positive sense of self through the daily activity of PATHS Kid of the Day. We will use a variety of interactive strategies to allow the participants to engage with the concepts in meaningful way. Participants will leave the session knowing how to use strategies that support social emotional development and promote a positive sense of self.

Participants will:

- a. create a vision of success for their students and see connections between their vision and the 5 capacities of SEL
- b. learn about the PATHS® program and its outcomes for students
- c. learn about human development as it relates to SEL
- d. learn about PATHS developmental model
- e. learn how to use strategies to promote relationship and create a caring classroom
- f. learn how to implement PATHS® Kid of the Day

#### **Session 2 - Feelings: Their importance, how to teach and support children in affect acquisition, identification and regulation.**

Social Emotional Learning comprises five capacities: Self Awareness, Self-Management, Social Awareness, Relationship Management and Responsible Decision Making. The understanding of one's feelings and the ability to manage our feelings effectively is a significant aspect of self-awareness and self-management. This 2 hour session will focus on understanding what role feelings play in self-regulation and behavior. We will discuss the neurobiology of feeling, how to teach a feelings lesson (the essential elements), and how to emotion coach to promote affect understanding and regulation. We will use a variety of interactive strategies to allow the participants to engage with the concepts in meaningful way. Participants will leave the session knowing how to teach feelings, why it's important to do so and how to work with children to develop and support their emotional vocabulary and understanding.

Participants will:

- a. understand the roll that the brain plays in emotions and behavior
- b. be able to identify the key elements of a feeling lesson and know why these elements are so important
- c. use the feeling faces to support the development of emotional vocabulary
- d. use emotion coaching statements to help de-escalate arousal, encourage emotional understanding, develop emotional vocabulary and build supportive relationships with students

### **Session 3 - Self-Regulation and Problem Solving Workshop facilitator:**

Self-regulation is the cornerstone of problem solving. In this session we will focus on neurobiology of self-regulation and how to help kids move from the low road (reactionary) to the high road (thoughtful, planned responses). We will look at how PATHS teaches self-regulation and problem solving strategies and we will practice supporting problem solving through role plays and discussions.

Participants will:

- a. understand the roll that the brain plays in emotions and behavior
- b. be able to teach PATHS® self-regulation and problem solving strategies
- c. gain the skills of effective coaching of problem solving with children.

### **Session 4 - Coaching PATHS®**

Effective implementation of programs is supported by the addition of a coach. We will discuss the roles and responsibilities of a SEAK PATHS® coach - modeling, team teaching, observations, pacing guides and 5 minute feedback.

Participants will:

- a. have a clear understanding of the Coach roll and responsibilities
- b. gain a connection with other SEAK PATHS® coaches in the Atlantic Provinces to create a network of support
- c. be able to communicate feedback to teachers on PATHS related topics, given the fast-paced context of schools today.
- d. be familiar with evaluation tools available

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### **FACILITATORS:**

**Pamela Magee** is the Executive Director for the Canadian Mental Health Association, Nova Scotia Division (CMHA NS). Pamela has 30+ years of experience working in a variety of positions that span the spectrum and continuum of care; from front line care and support, to health promotion, injury disease prevention program design, implementation and evaluation, to healthy public policy development and implementation support and innovative applied health promotion research project design, implementation and evaluation.

**Anna-Lisa Mackey** holds bachelor's degrees in both English and Education (with a focus on First Nations Education) and a Master's in Education. She has been an educator for over 20 years in a variety of school settings. For more than 15 years, Anna-Lisa has worked specifically with children at risk of developing serious behavior problems and training/implementing the PATHS® and Preschool programs. She has been involved in training for two major research projects in the US (Head Start) and Canada (SEAK - Canadian Mental Health). She has trained school staff and mental health professionals across Canada, United States and several countries worldwide. She has also presented at numerous conferences on Social and Emotional Learning and PATHS®. Anna-Lisa now lives in Princeton, New Jersey where she continues to train and consult on issues of Social Emotional Learning and other school challenges for children through her own business, LearningSEL, LLC.