



SEL AND SEN

Teaching Social Emotional skills to pupils with special needs

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The beginning



- Pupils (and teachers) doing the same things over and over
- Pupils who were afraid to learn something new
- Pupils with a great lack of self-confidence

The first step



- More than social skills
- In my own classroom
- With small groups outside the classroom

In the meantime

- I learned about skills for live through training program S4L (Diekstra & Gravesteijn) and the influence of thoughts on feelings
- I discovered it was too difficult for our pupils

The next steps



- lessons in other groups
- Developing lessons for colleagues
- Examining the well-being of our pupils
- Dialogues in our team
- Studying Special Educational Needs

How it is today

- Specialist in behavior
- Coaching colleagues in their SEL-lessons
- Consonance about desired behaviour
- Consonance about being models
- Acceptation of the importance of SEL

The lessons



- Warming up
- Center
- Cooling down

Warming up

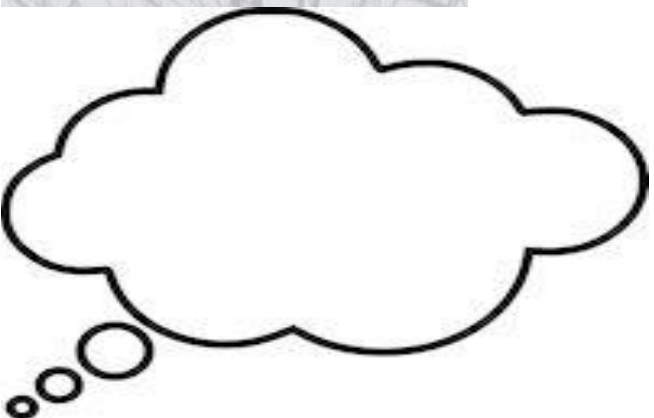
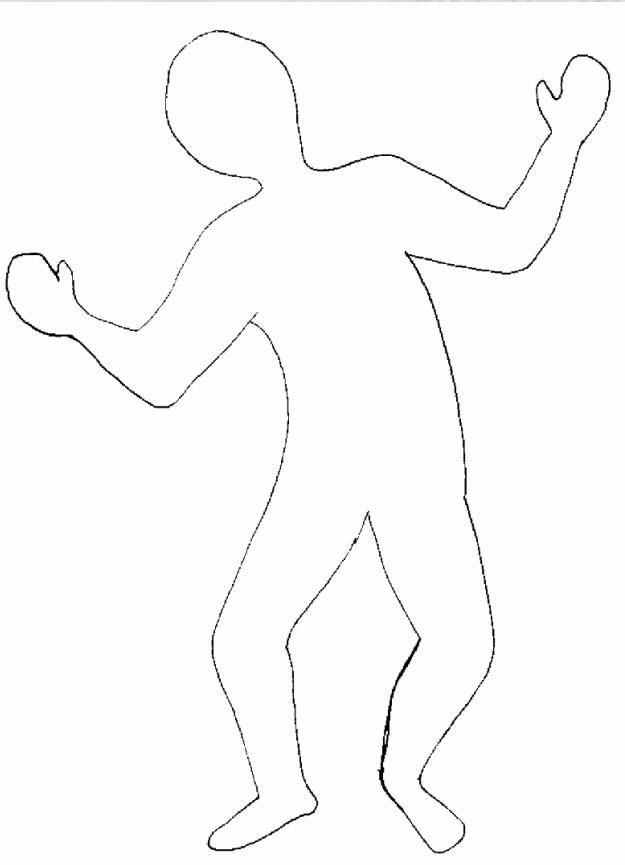
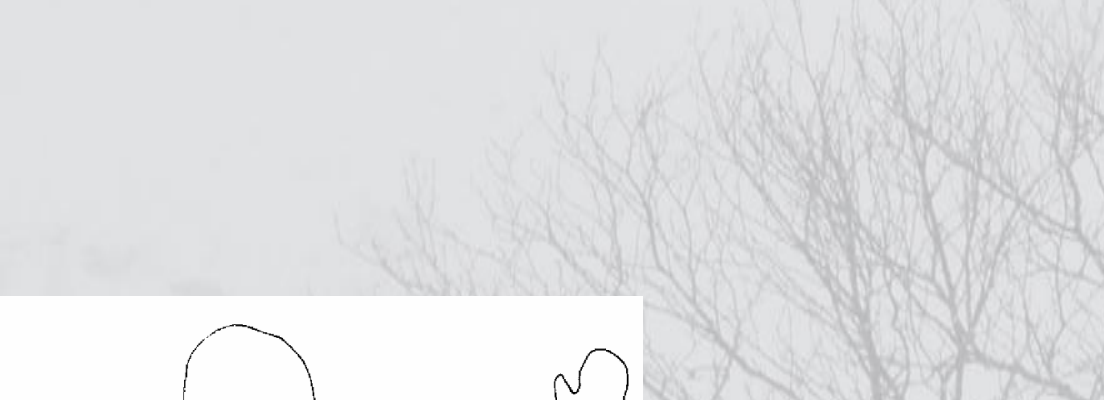


- Energizer
- Breathing exercise
- Relaxation exercise
- Exploring their body-feeling
- Increasing consciousness

Center



- Event – thought – feeling
- Stories
- Finding the unhelpful thoughts
- Thinking about helpful thoughts
- Repetition in the classroom



Event

Thought

Feeling



Cooling down



- Energizer
- Reflections
- Making compliments
- Mentioning skills

Results

- Pupils who stand up for themselves
- Angry pupils just walking away for a cooling down
- Anxious pupils doing difficult things
- Pupils learning to know themselves
- Pupils who sit down to breath
- Pupils who want to hear more stories with unhelpfull thoughts
- Brainstorming about SEL in several sections

But...

- There's still a great lack of consciousness
- Not all colleagues are using SEL
- Not all colleagues are aware of their own behavior
- Pupils can tell what to do, but it's not in their systems
- There is too much work to do

Next steps

- Starting with Rock and Water training
- Continue the dialogue about SEL
- Telling parents and others about SEL

My tools

- Enthousiasm and a little bit of rudenes
- Creativity
- Management that is not afraid of experiments
- Lots of materials and methods
- Knowledge about the pupils
- The guts to start

Questions?

