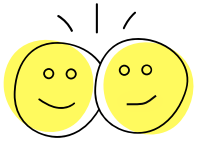
The Key to

High School SEL

Before We Begin

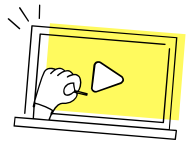
This webinar is being recorded and attendees are in Listen Only mode



Links and resources will be shared in the chat

Use the chat or Q&A feature to engage today

Before We Begin



We will be sending out the slides in PDF format

We are recording this webinar so you can watch later or share as you want to

Drop questions in the chat as you have them!

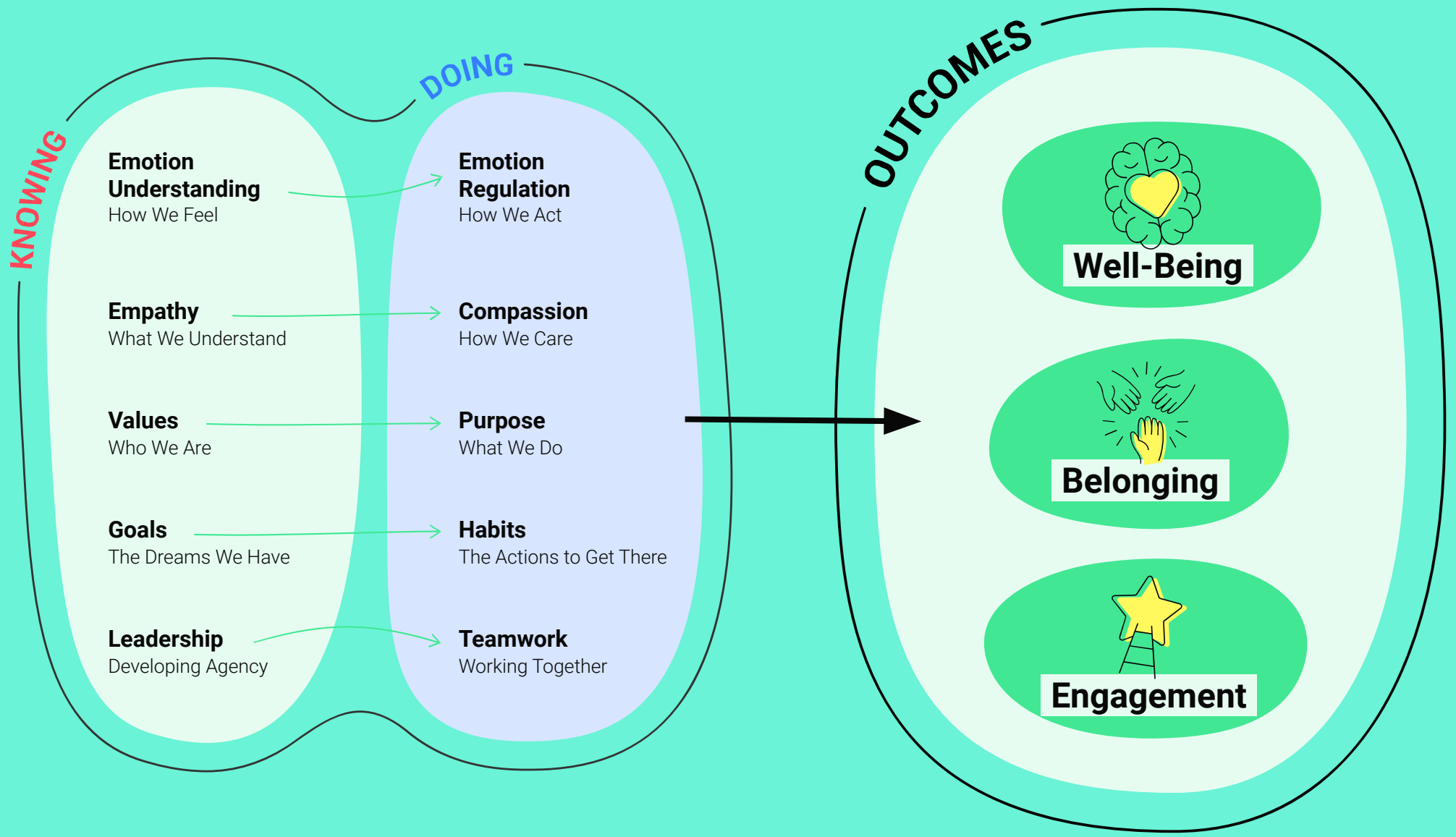
In the chat:
What do High School students need right now?

OUTCOMES

Well-Being

Belonging

Engagement


KNOWING
DOING
OUTCOMES
Emotion Understanding
How We Feel
Empathy
What We Understand
Values
Who We Are
Goals
The Dreams We Have
Leadership
Developing Agency
Emotion Regulation
How We Act
Compassion
How We Care
Purpose
What We Do
Habits
The Actions to Get There
Teamwork
Working Together
Well-Being
Belonging
Engagement

In the chat:
What are the biggest obstacles to implementing a HS SEL curriculum?

Obstacle & Approach

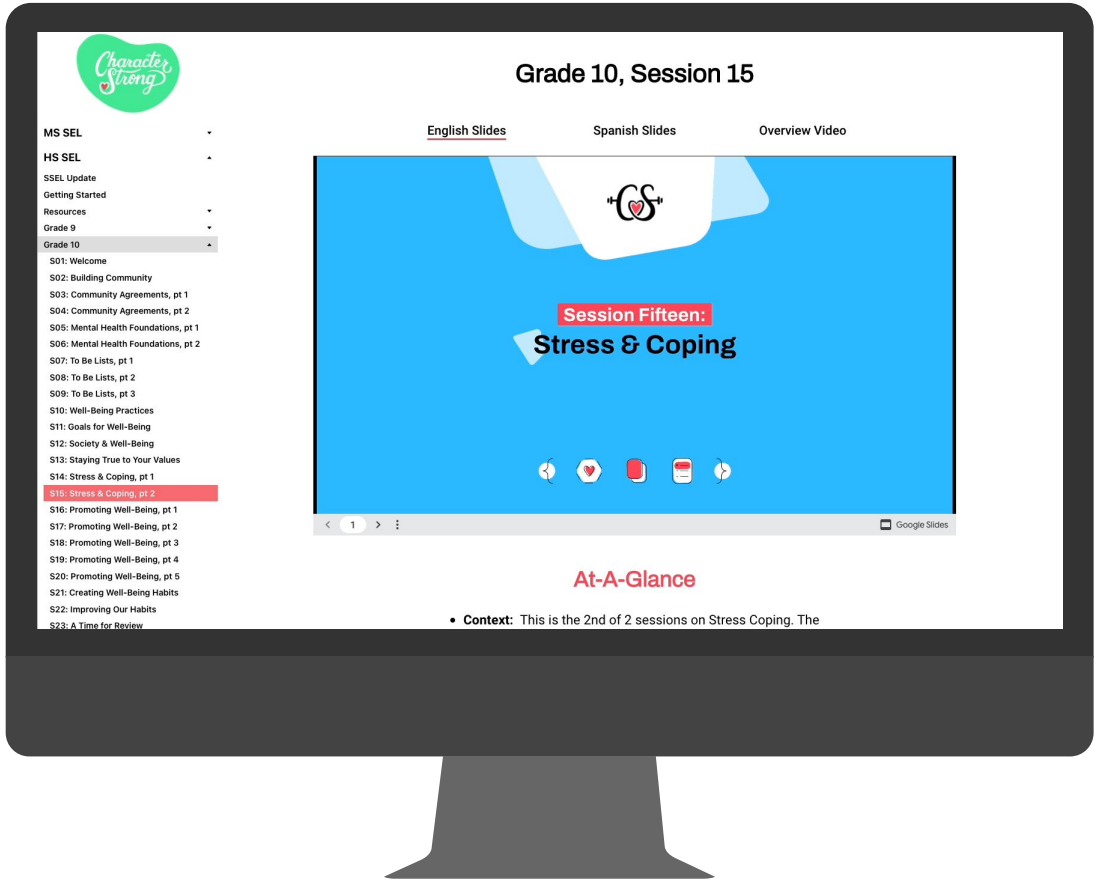
Obstacle: Lack of Student Engagement

Approach: Build Alongside

Obstacle & Approach

Obstacle: Lack of Student Engagement

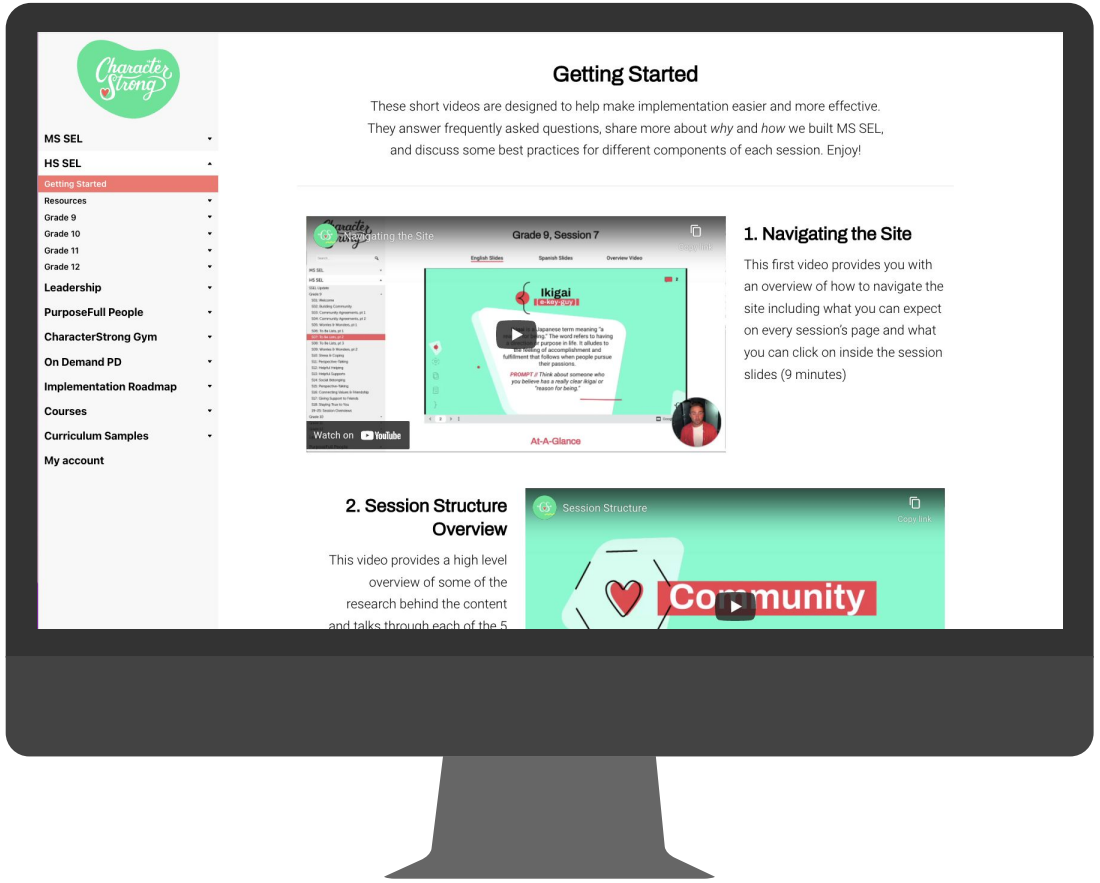
Approach: Voice & Choice



Obstacle & Approach

Obstacle: Lack of Educator Buy-In

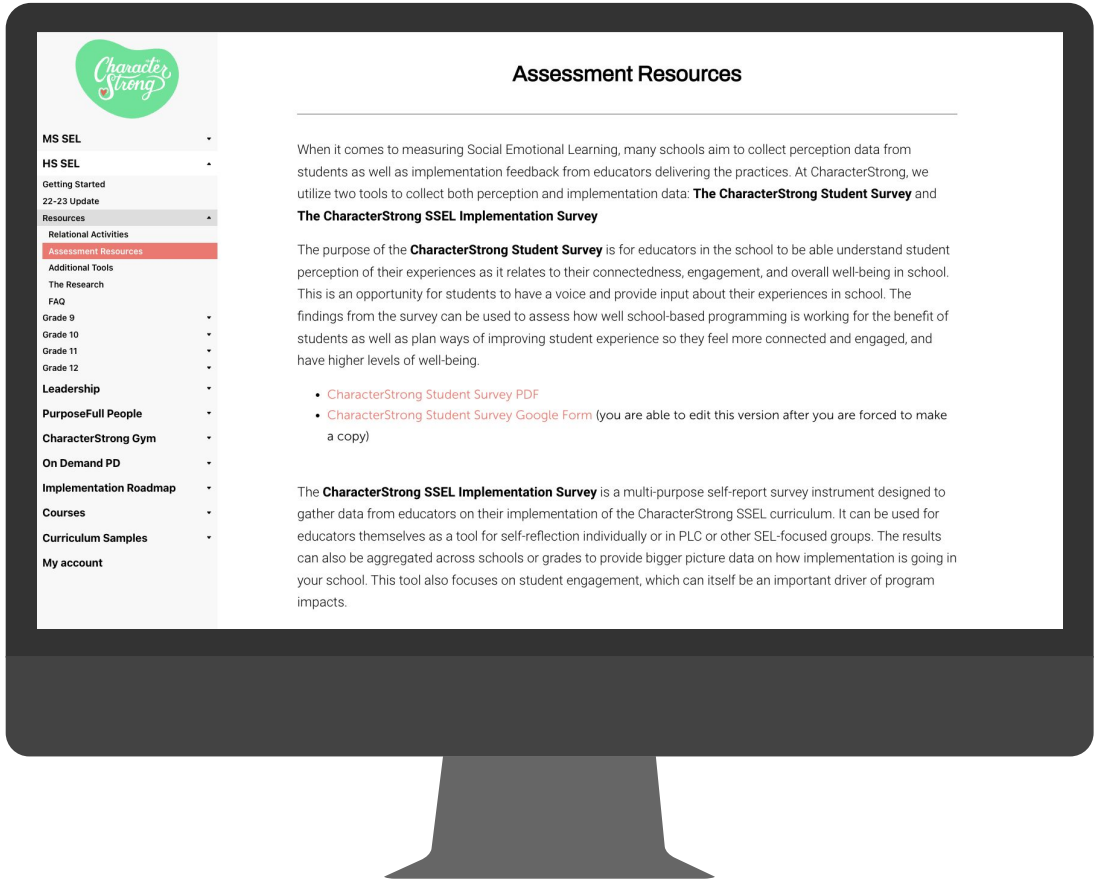
Approach: Competence + Clarity



Obstacle & Approach

Obstacle: Too Many Things On The Plate

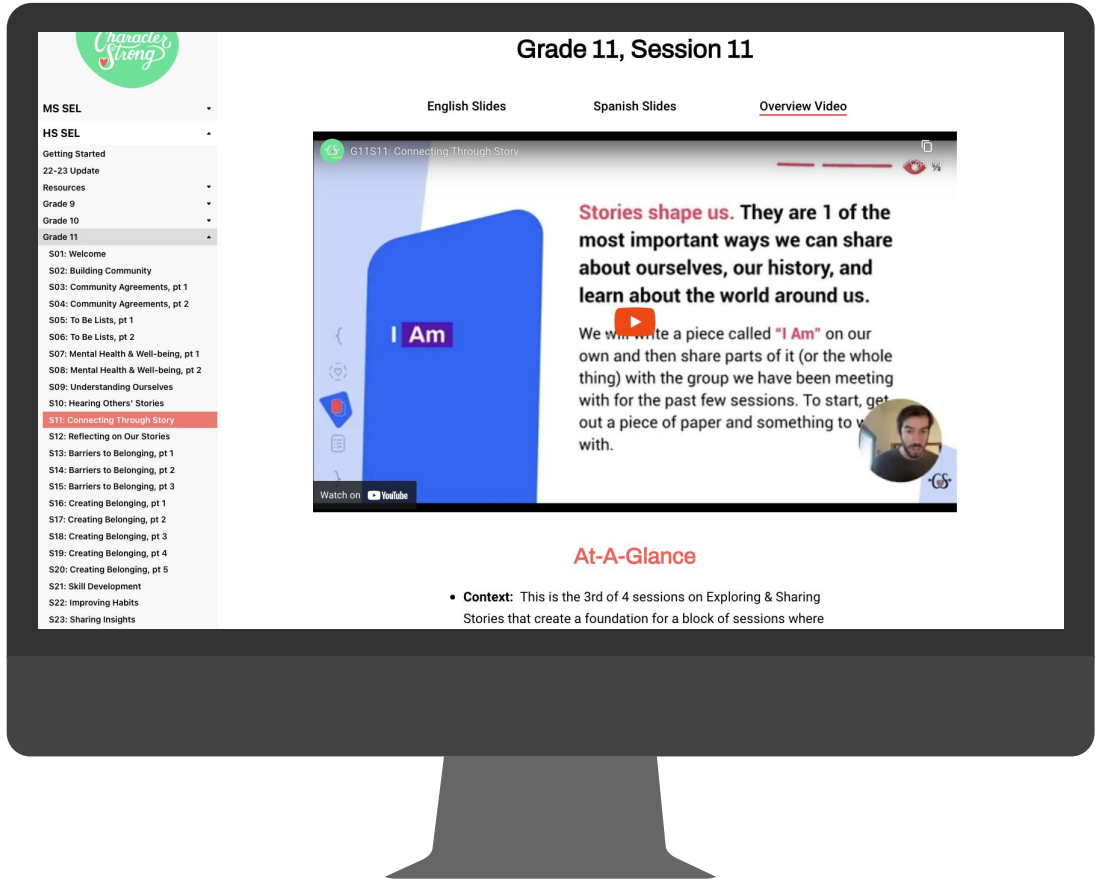
Approach: Low-Burden, High-Impact



Obstacle & Approach

Obstacle: Too Many Things On The Plate

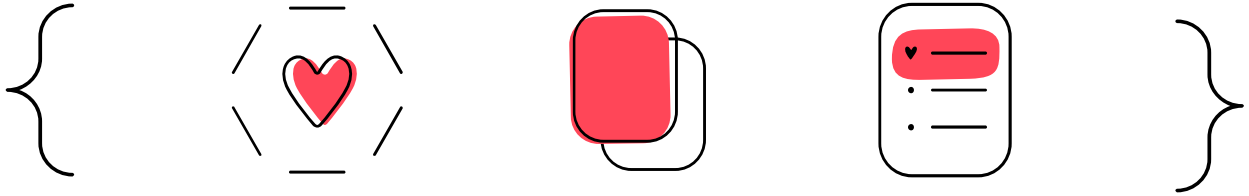
Approach: Little-To-No-Prep

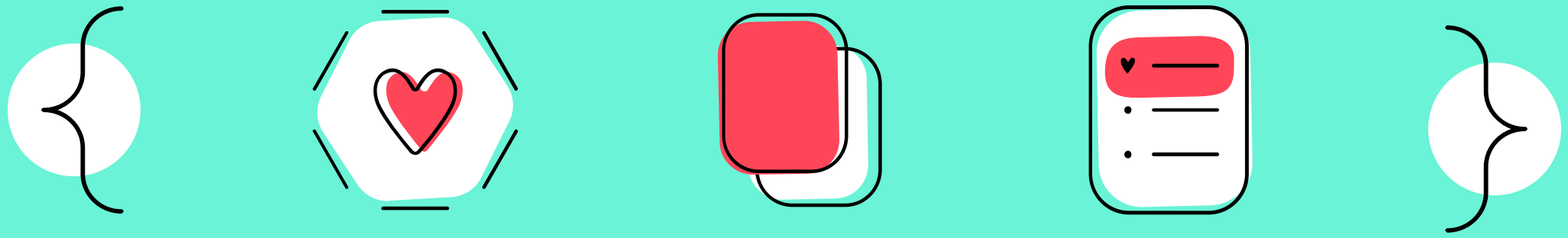


Obstacle & Approach

Obstacle: Too Many Things On The Plate

Approach: Flexibility + Consistency





The Warm Welcome

The Warm Welcome

- **9th Grade:** Words Around the World
- **10th Grade:** Gratitude Practice
- **11th Grade:** Mindful Moment
- **12th Grade:** Powerful Quotes

Ubuntu

[ùɓúntʼù]

Ubuntu is a Nguni Bantu term meaning "humanity.” It is often translated as "I am because we are," or "humanity toward others." The philosophy is more than 2000 years old and is found in every country of Africa south of the Sahara.

PROMPT // *Write down the name of someone you find influential.*

Gratitude

To Start

What has someone done for you in the last week that **you are grateful for?**

Mindful Moment

To Start

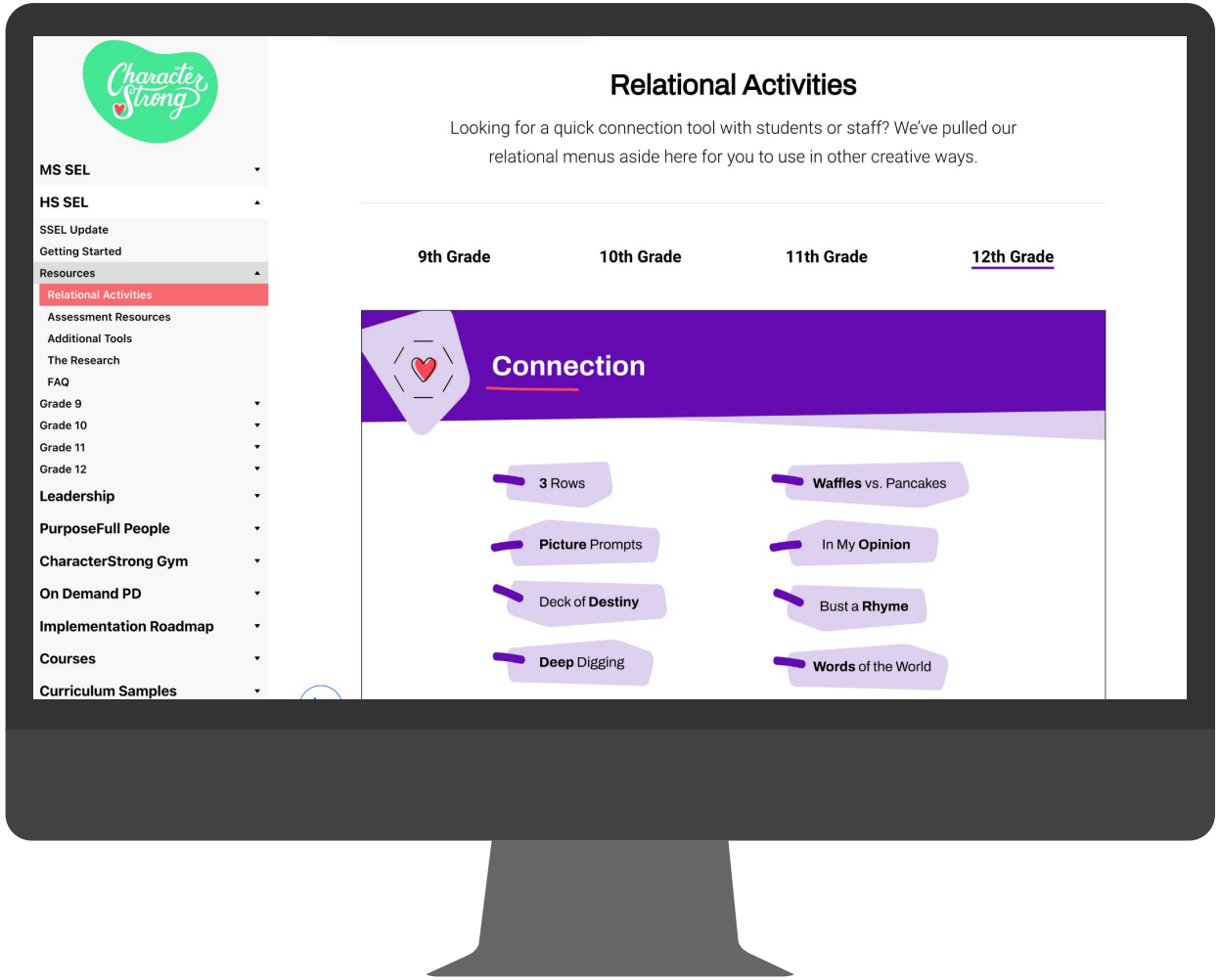
Without lifting your pen, draw a figure 8 on your paper repeatedly. Breathe in as you draw 1 part of the 8, breathe out as you draw the other half.

"To me, success means effectiveness in the world, that I am able to carry my ideas and values into the world - that I am able to change it in positive ways.

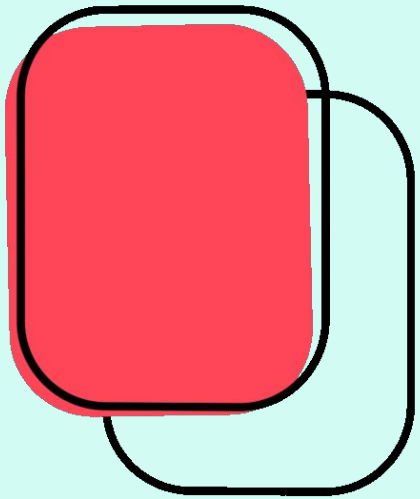
-Maxine Hong Kingston

Community

Community


MS SEL
HS SEL
SSEL Update
Getting Started
Resources
Relational Activities
Assessment Resources
Additional Tools
The Research
FAQ
Grade 9
Grade 10
Grade 11
Grade 12
Leadership
PurposeFull People
CharacterStrong Gym
On Demand PD
Implementation Roadmap
Courses
Curriculum Samples
Relational Activities
Looking for a quick connection tool with students or staff? We've pulled our relational menus aside here for you to use in other creative ways.
9th Grade
10th Grade
11th Grade
12th Grade
Connection
3 Rows
Picture Prompts
Deck of Destiny
Deep Digging
Waffles vs. Pancakes
In My Opinion
Bust a Rhyme
Words of the World

Content



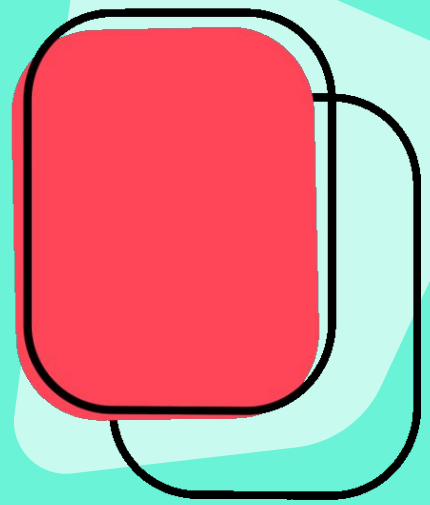
Content

- **9th Grade:** Belonging
- **10th Grade:** Well-Being
- **11th Grade:** Engagement
- **12th Grade:** Leadership

Activity

Today's activity is called
"Worries & Wonders"

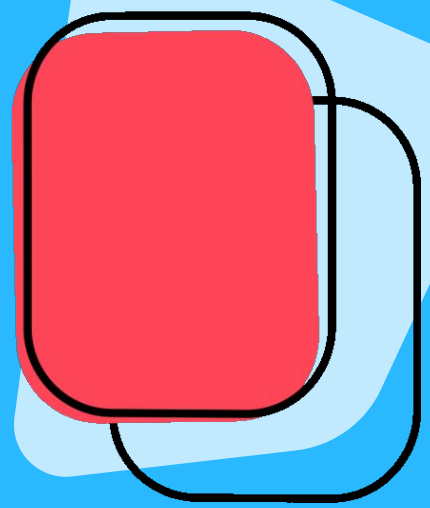
The goal is to hear about and reflect on some common worries when it comes to starting high school.



Activity

Today's activity is called
"What's It Made Of?"

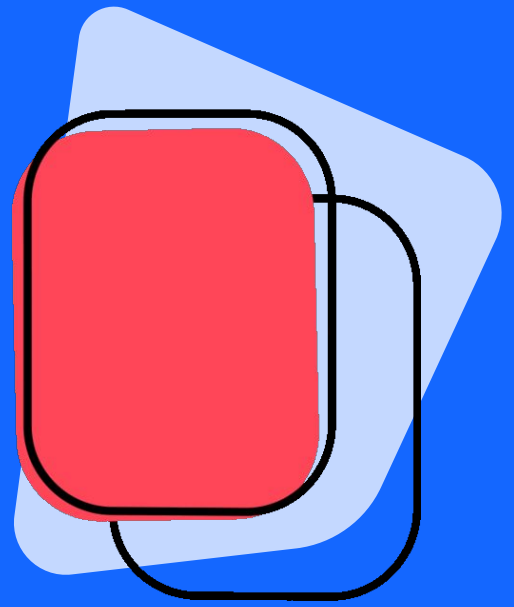
The goal is to think and learn about 3 different elements of well-being.



Activity

Today's activity is called
"Happiness: Fact or Fiction?"

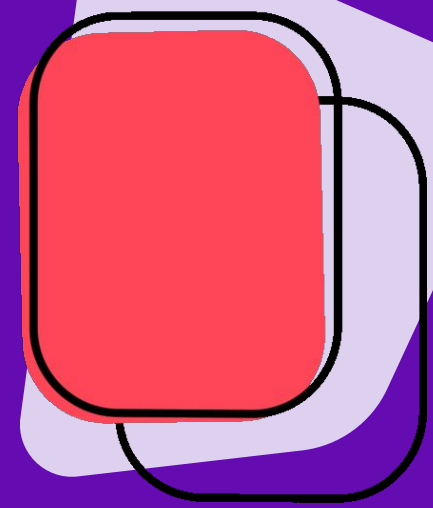
The goal is to take what we learned about mental health and well-being in the last session and use it to think about happiness.

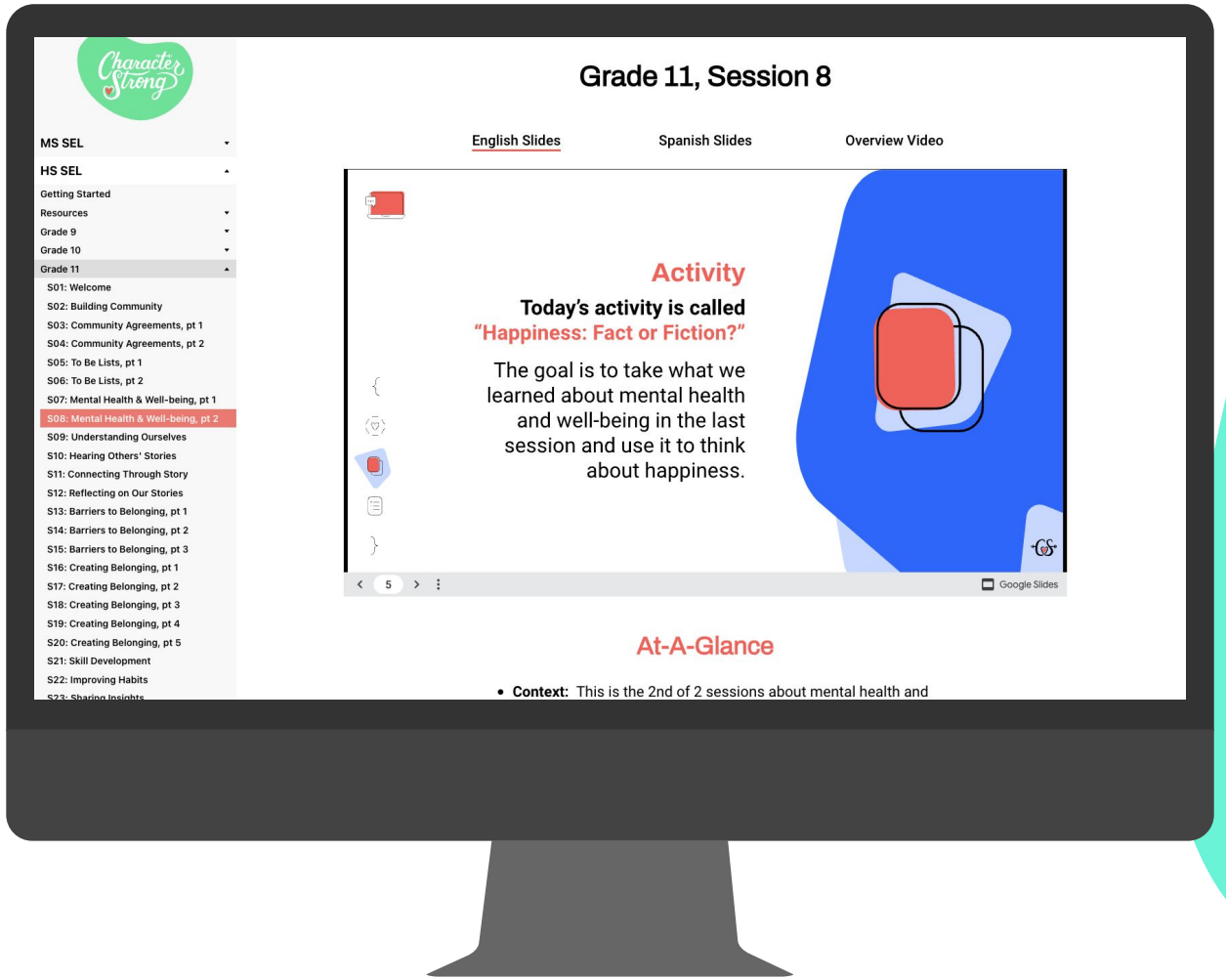


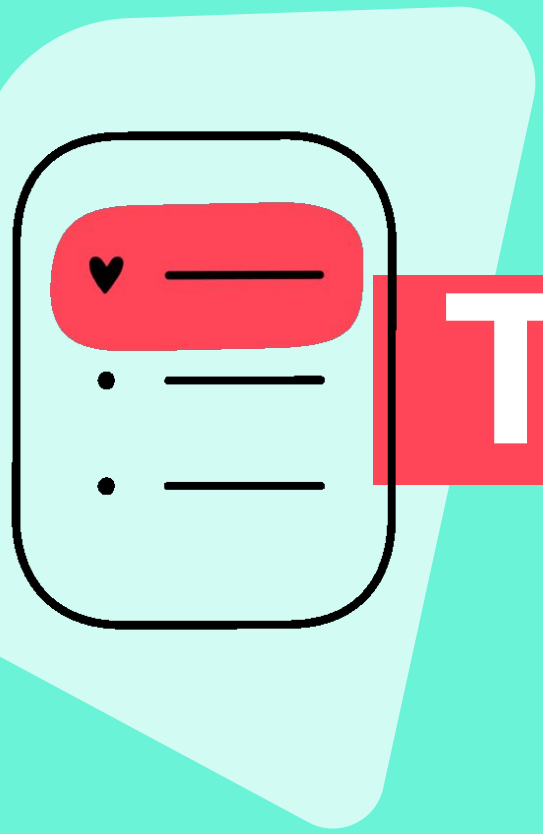
Activity

Today's activity is called
"Your Power to Influence"

The goal is to discuss our influence (and how we can use it thoughtfully) by reflecting on our To Be Lists.




Character Strong
MS SEL
HS SEL
Getting Started
Resources
Grade 9
Grade 10
Grade 11
S01: Welcome
S02: Building Community
S03: Community Agreements, pt 1
S04: Community Agreements, pt 2
S05: To Be Lists, pt 1
S06: To Be Lists, pt 2
S07: Mental Health & Well-being, pt 1
S08: Mental Health & Well-being, pt 2
S09: Understanding Ourselves
S10: Hearing Others' Stories
S11: Connecting Through Story
S12: Reflecting on Our Stories
S13: Barriers to Belonging, pt 1
S14: Barriers to Belonging, pt 2
S15: Barriers to Belonging, pt 3
S16: Creating Belonging, pt 1
S17: Creating Belonging, pt 2
S18: Creating Belonging, pt 3
S19: Creating Belonging, pt 4
S20: Creating Belonging, pt 5
S21: Skill Development
S22: Improving Habits
Grade 11, Session 8
English Slides
Spanish Slides
Overview Video
Activity
Today's activity is called
"Happiness: Fact or Fiction?"
The goal is to take what we learned about mental health and well-being in the last session and use it to think about happiness.
5
Google Slides
At-A-Glance
Context: This is the 2nd of 2 sessions about mental health and



To Be Lists

To Be: SUPPORTIVE

Choose 1 person in your life to practice support with.
Choose 1 small action to show them support.

This Session's

To Be List

Discuss:

- How will you decide who you offer support to?
- What could very small support look like? Very large support?

To Be: COMMITTED

Before we next meet, choose your top word from 1 of the 3 elements of well-being lists. Put that word into practice in some small (or large) way.

This Session's

To Be List

Discuss:

- What word do you want to practice before we next meet? Why?
- Give an example of how you could put 1 of these words into practice.

To Be: CURIOUS

Before we next meet, choose 1 person you have made an assumption about and see if you can learn 1 thing about their story.

Discuss:

- True or false: assumptions are automatic?
- What is a powerful question that could help you learn more about someone?

This Session's

To Be List

To Be: INTENTIONAL

Before we next meet, do **1 small action** to make someone **FEEL 1 of the words** discussed today (safe, inspired, or your group word)

This Session's

To Be List

Discuss:

- How can you act on a value from your To Be List to make people feel safe, inspired, or your group word?
- What is the value of small actions?

Optimistic Closure

Reflection

To End

Provide 3 words you feel sum up what we experienced today.

Reflection

To End

2 people will share
1 way you will take care
of your mental
health today.

Reflection
To End

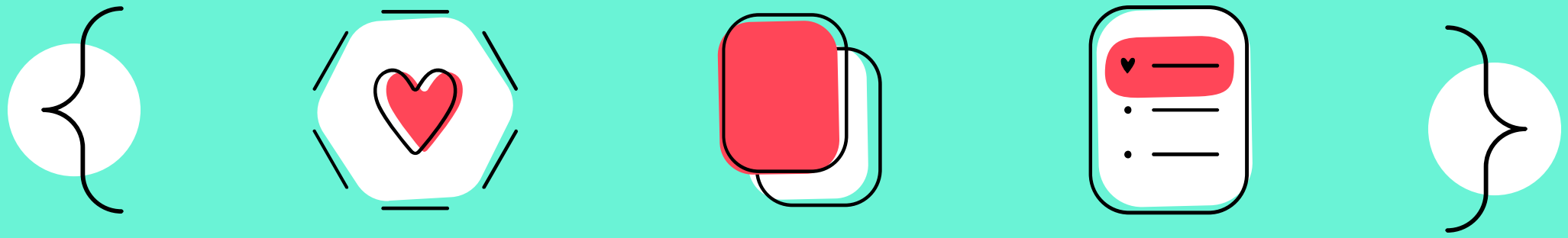
2 people will share how they'd fill in these 3 blanks for themselves personally:

- I care about _____.
- I'm afraid of _____.
- I am powerful because _____.

Reflection

To End

As an educator in this space, I'll share 1 word on my To Be List that I want to focus on this year and why it's important to me.



Upcoming Events

Later today // Live Elementary Demo/ Leadership Demo

April 28th // Live MS/ HS Demo

May 4th // Overcoming the Challenges of High School SEL

May 5th // 5 Low-Burden and High-Impact Interventions

May 5th // CIS Demo

July 21st // Virtual Conference Bands

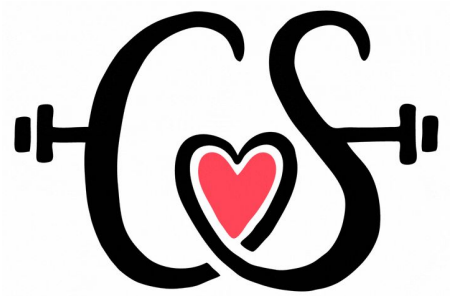
The CharacterStrong National Conference

Join us In-Person

August 12-13, 2022 - Tacoma, WA

January 20-21, 2023 - Austin, TX

Learn More: **CharacterStrong.com/NationalConference**



@characterstrong