



Ready, Set, Soar!

A DIY Social & Emotional Learning
kit to help model, shape
and reinforce social skills

Reading about Social and Emotional Learning (SEL) is one thing; but weaving it into your life takes a little more intention and a lot less reaction.

Here are some practical ways to understand and implement SEL into everyday life. Our strategies, tips, and techniques are innovative, fun, and easy to use, no matter your age or environment!

SKILL

Responsible Decision-Making

WINGS
helping kids soar®

OBJECTIVE

Kids will understand their responsibility for positive and negative outcomes.

Show your I.D.



At WINGS, we teach kids the importance of responsibility and accepting fault when appropriate. We help them to “Show your I.D.” by having kids start with the sentence, “I did...” Your “I.D.” is when you are able to stand up and say “I did...” and then tell how you were part of either a positive or negative situation. The next time you have a positive or negative outcome, remember to show your I.D. and take responsibility for your actions.

In order to help your kids learn this technique, try this:

Have your child design a “fake I.D.” Take their picture and glue it onto the corner of an index card. Allow them to carry their ID in a wallet or coin purse. Each time your child uses the “Show your I.D.” technique, give them a star (sticker or hand drawn). Once your child collects 10 stars, they win a small reward.



Kids will learn alternative responses to stress including: deep breathing, physical exercise, and creative expression.

Less Stress

It's normal to get mad and lose control when life gets hectic. We teach the kids at WINGS to learn different ways to cool off when they are fired up or stressed out.

Give kids (and adults) other options when they feel annoyed, agitated, nervous, or any other stressful emotion by teaching them the steps of STRESS.

**S**

tand back, remove yourself from the stressful situation

T

ake a deep breath, count to 5, and think about the choice that's best for you

R

elax, do something that relaxes you: take a bath, read a book, listen to music, etc

E

xercise, get that stressful energy out in a way that works for you

S

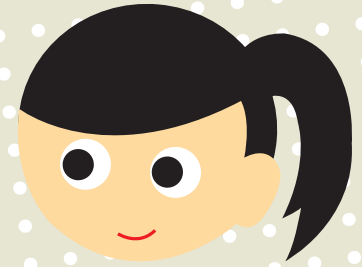
leep, take a nap or just rest up for a while

S

peak to someone about it, share your emotions

Kids will recognize the need to consciously encourage themselves. Kids will monitor negative self-talk and replace critical comments with supportive ones.

Push & Pull



Instead of saying

“I’m not good at basketball,”

push out that negative thought and
pull in a positive one by stating

**“I am good at passing the ball
and being a team player.”**

This lesson is all about your kids’ ability to use supportive comments to encourage themselves. This is not about encouraging others, but instead using words and techniques to encourage themselves. Kids should learn how negative comments affect their daily lives and supportive comments and thoughts can help them have better days and feel better overall.

When using positive self-talk, you need to make sure you use the Push and Pull:

- **Push** out the negative thoughts and keep them out
- **Pull** in the positive thoughts and stick to them

SKILL

Responsible Decision Making



OBJECTIVE

Kids will demonstrate personal decision-making skills. They will know how to identify alternative actions and their consequences.

Go For The Goal!!



Kids (and often adults) want instant gratification, and it's important to realize that sometimes it takes a series of small actions to lead to a big result! There are times when kids have to do several things in order to get the results they want. For example, if a child wants an A+ on their spelling test, it's best to study a little each night while working on spelling homework daily. At WINGS, we teach kids to remember how to achieve GOALS.



When you have a goal in mind, mentally prepare by setting a deadline for it. Then, think of what you need to do in order to achieve it.



Layout all of the things you need to do in order to make your goal happen.



Find people and things that can help you get closer to your goal.



Get moving! Start working on everything you need to do.



Look back on what you've done and think of anything else you could do or could have done better.

Sit down with your child and review these steps when creating goals that he/she wants to achieve. Once you've modeled the process, they can feel confident going through the process by themselves.

SKILL

Relationship Skills



OBJECTIVE

Kids will be able to identify components of a trusting relationship, communicate honestly and work cooperatively with others.

Good Cents

The more attention people get for the good things they do, the more they want to repeat the behavior. Psychological research demonstrates that positive feedback has a huge impact on motivating behavioral change. Yet we can easily find ourselves focusing instead on what others do wrong. Commit yourself to giving someone (your child, a co-worker, your partner) five pieces of positive feedback every day for a week, and see the difference it makes.

Start each day with five pennies in your right-hand pocket or on one side of the window sill. Each time you praise the person, move a penny to the left-hand pocket or the other side of the sill. By the end of the day, all of the pennies should be moved to the other side. Remember that effective feedback describes the situation, describes the behavior, and states the effect.

Earlier this afternoon when I was busy preparing lunch and your sister was asking for help with her homework, you stepped in and assisted her without me having to ask you. That not only helped me out, but it really showed me how responsible you're becoming.

Tonight, when I came home late from work and you had already fed the dog and taken out the trash, I felt supported and was able to immediately relax on the couch with you! Thanks.



Kids will increase their sensitivity to individual preferences and differences of others. Kids will acknowledge and appreciate the points of view of others. Kids will learn methods to express their understanding and support.

March to Your Own BEAT

There is no one in the world that is just like you. You are unique. Even you and your best friend are different in some ways and that's a good thing. If we were all the same, life would be pretty boring.

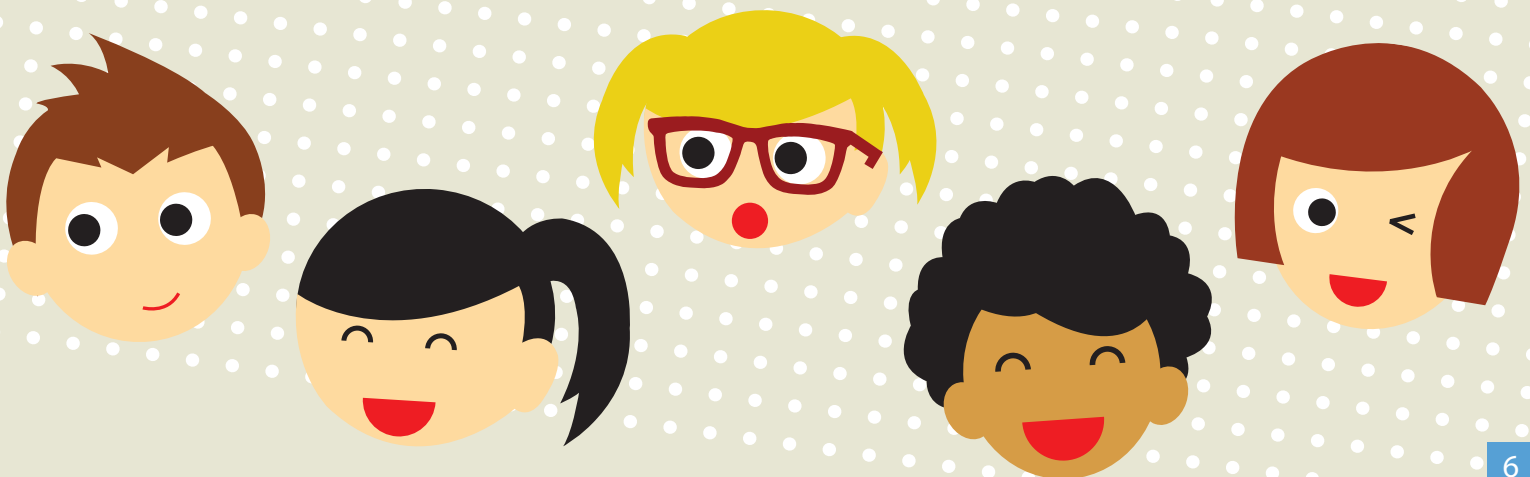
At WINGS we remind kids to march to their own BEAT! Do what *you* want or like, not what everyone else is telling you to do. When you meet others, think about the word BEAT and remember to be kind and caring!

Be Comfortable
Be proud of who you are

Express Yourself
Share how you feel or your opinions

Accept Everyone
Don't forget, everyone is unique

Treat Others Fairly
Remember the Golden Rule





This information is taken directly from the WINGS for kids training manual and curriculum.
For more information on WINGS for kids, please check us out at www.wingsforkids.org