

# Social and Emotional Learning in Garland ISD



Social and Emotional Learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

— CASEL, 2020

## OUR MISSION

To advance educational equity and excellence through the implementation of Social and Emotional Learning by: EMPOWERING all learners through the development of social and emotional skills, FOSTERING environments of educational equity and inclusion, and CULTIVATING collaborative partnerships for the holistic development and well-being of our stakeholders.

## OUR VISION

All Garland ISD students and adults will co-create thriving schools and contribute to safe, healthy, and just communities with the social and emotional skills needed to become responsible decision makers and productive contributors of the 21st century global society.

## The “SEL Fundamentals” of Garland ISD

<p><b>Relationship Building</b> Involves increasing connectedness and a sense of belonging.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Morning meetings</li> <li>• Connecting at the door</li> <li>• Buddy Up</li> <li>• Peer-to-peer homework help</li> <li>• Restorative practices</li> </ul>	<p><b>Whole Child Development</b> Promotes student academic, social, and emotional learning, physical well-being, and college, career, and life readiness.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Mood meters</li> <li>• Positive school climate and culture</li> <li>• SEL instructional strategies</li> <li>• Family and community engagement</li> </ul>
<p><b>Building Resilience &amp; Grit</b> Enables all learners to react positively to disappointments or setbacks.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Mindfulness practices</li> <li>• Calming areas</li> <li>• Breathing exercises</li> <li>• Conflict resolution</li> </ul>	<p><b>Engaging Learning Spaces</b> Nurturing and welcoming environments that foster academic and social and emotional growth.</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Turn &amp; Talk</li> <li>• Brain Breaks</li> <li>• Announcements include student voice</li> <li>• Interactive displays</li> <li>• Sensory pads</li> <li>• Wellness rooms, calm down kits and calm down corners</li> </ul>

The SEL Fundamentals shape the implementation of SEL in Garland ISD. All campuses engage in activities addressing the “Three Signature Practices.” These practices include: Welcoming Rituals, Engaging Practices and Optimistic Closures. Additionally, all campuses provide explicit instruction of Social and Emotional Learning Skills using a curriculum specifically designed for the needs of our scholars. Tier 2 and Tier 3 SEL interventions are provided to students in need of additional assistance contributing to a multi-tiered approach.

**Guidance and Counseling**  
askcounseling@garlandisd.net  
garlandisd.net/SEL

@gisdssel  
#GISDSEL  
#GISDSELSTRONG



# Creating a home-school connection through SEL

GISD encourages families to establish activities that address the “Three Signature Practices” at-home similar to the school environment. When students observe that home and school are engaged in a respectful partnership for their benefit, they are likely to develop more positive attitudes about school and show greater success overall. Social and Emotional Learning (SEL) has a direct correlation in establishing and building connectedness among staff, students and parents.

## 1

### WELCOMING RITUALS AT HOME

- Say a good morning greeting to everyone in the household.
- Discuss what everyone in the family is grateful for before leaving the house in the morning.
- Have a morning affirmative chant or phrase to say as a family to start the day.

## 2

### ENGAGING PRACTICES AT HOME

- Cook a family meal together and have dinner together.
- Enjoy a weekly family game night.
- Allow your child to have a voice in expressing their emotions.
- Practice problem solving skills and conflict resolution scenarios.

## 3

### OPTIMISTIC CLOSURE AT HOME

- Engage in a Mindful Minute before going to bed. (Mindful Minute ideas can be found in the family coping kit resources)
- Tell a family member what you appreciate about them before going to bed at night.
- Have each family member set a goal for the next day.

## CREATING A FAMILY COPING KIT

Adapted from  
[confidentparentsconfidentkids.org](http://confidentparentsconfidentkids.org)

- Use “emotion emojis”, “the feelings wheel” or create your own family set of emotional emojis to name and acknowledge emotions children may be experiencing. *Remember, there are no “bad” emotions—it’s ok for them to feel whatever they feel.*
- Practice calming breathing techniques and mindfulness activities to reduce stress.
- Try yoga or other movement and stretching activities.
- Do fun indoor physical activities and games.
- Provide a private journal or sketchbook where children can express their emotions through writing or drawing.



Scan the QR code to access additional family coping kit resources.

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