



DATE _____
TABLE _____
RECORDER _____
FACILITATOR/SPOKESPERSON _____

SMALL GROUP WORK ACTIVITY

SOCIAL EMOTIONAL HEALTH AND WELL-BEING

WEDNESDAY, MARCH 26, 2014 • 7:00 P.M. – 9:00 P.M. • NAPERVILLE CENTRAL HIGH SCHOOL

TUESDAY, MARCH 27, 2014 • 8:30 A.M. – 10:30 A.M. • GRACE UNITED METHODIST CHURCH

Instructions:

Each group should select a recorder and a facilitator/spokesperson. The recorder is responsible for completing the information requested on the worksheet printed on color paper and located in the center of the table. Be sure to complete the information in the box in the upper right corner of the activity sheet. This activity sheet will be collected at the conclusion of the session.

The facilitator/spokesperson should facilitate discussions and keep the group focused to complete the work in the allotted time. At the end of the session the facilitator/spokesperson from each table will be asked to report his/her group's information.

Please make sure the information recorded on the group's work activity reflects the *consensus* or general agreement of everyone at the table, not just the opinion of one or two individuals

ACTIVITY

TASK #1: GREATEST CONCERN/GREATEST NEED

When you think of your own child's social and emotional development, what do you see as the greatest area of concern?

GREATEST CONCERN: _____

What supports does your child need to be successful?

GREATEST NEED: _____



CASEL'S FIVE SEL COMPETENCIES

Self-Awareness

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

Social Awareness

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

Self-Management

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal setting
- Organizational skills

Relationship Skills

- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

Responsible Decision Making

- Problem identification
- Situation analysis
- Problem-solving
- Evaluation
- Reflection
- Ethical responsibility

TASK #2:**PART A: REVIEW CORE COMPETENCIES**

You may wish to reference CASEL'S FIVE SEL COMPETENCIES list when working on Part B.

PART B:

Based on the greatest concern your group identified in Task 1, discuss specific strategies that could be used to develop core competencies at home, in school, and throughout the community. **In the chart below, please list the supports needed in each setting to build resilient children.**

GREATEST CONCERN IDENTIFIED IN TASK 1: _____

STRATEGIES AT HOME	SUPPORTS AT SCHOOL	SUPPORTS FROM COMMUNITY

TASK #3: REPORT OUT**PART A:**

Please share your greatest concern and ONE way that concern can be addressed at home, at school and throughout the community.

PART B: What resources/supports do you still need to address your greatest concern?