

# Social-Emotional Teaching in the 3-4 Learning Center

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In our class meetings, we are reading books and talking about some social skills and awareness. This helps us set up a caring community and build life-long problem solving skills.

*A little time spent in care is less time spent in repair!*

We have learned and practiced two ways to help us use our powerful voices:

## 1) The "I" Message

- I feel . . . (describe one or two feelings: hurt, angry, sad - or use feelings chart)
- When I . . . (what happened: *When I am ignored. When I am disrespected, etc.* )
- I need . . . (what do you need? *I need respect. I need to be included*)
- Will you . . . (ask for what you want: *Will you help me next time? Will you include me?*)

The "I" Message is used when you need or want to say something to someone but you don't know how to say it. It could be used when a friend hurts your feelings or when you're feeling angry or sad. An "I" Message is used when you want the other person to really hear you.

## 2) The "Clean Up"

- I know that I . . . (describe what you did: *I know I hurt your feelings.*)
- I apologize.
- What can I do to make it right? (let the person tell you what he/she needs)
- Next time I will . . . (repeat back what the person needs if you agree)
- Will you forgive me?

The "Clean Up" is used when you need or want to apologize to someone and you don't know what to say. It could be when you hurt someone's feelings or when you did something you knew you weren't supposed to do. We all make mistakes and messes - this tool helps to clean them up.

We will also start to use the tools below school- wide. They will be introduced 1 at a time.

## Toolbox Tools:

- **Breathing Tool** - *I calm myself and check in.*
- **Quiet/ Safe Place Tool** - *I remember my quiet / safe place.*
- **Listening Tool** - *I listen with my ears, eyes, and heart.*
- **Empathy Tool** - *I care for others. I care for myself.*
- **Personal Space Tool** - *I have a right to my space and so do you.*
- **Using Our Words Tool** - *I use the "right" words in the "right" way. Also, see the "I Message," above.*
- **Garbage Can Tool** - *I let the little things go.*
- **Taking Time Tool** - *I take the time-in and time-away.*
- **Please and Thank You Tool** - *I treat others with kindness and appreciation.*
- **Apology and Forgiveness Tool** - *I admit my mistakes and work to forgive others. Also see "The Clean Up" above.*
- **Patience Tool** - *I am strong enough to wait.*
- **Courage Tool** - *I have courage to do the "right" thing.*

## Our Class Constitution (developed as a class in September):

