



Excellence. For each and every student.

**BOARD OF EDUCATION**

Working Meeting - October 24, 2022 - 4:15 PM  
Wayzata Public Schools District Office  
210 County Road 101 North  
Plymouth, Minnesota 55447

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**AGENDA**

1. **ROLL CALL/CALL TO ORDER**
2. **Human Resource Services Reports**
  - A. **Sabbatical Presentations**
3. **ADJOURN**

**2**

# Social Emotional Learning (SEL)

Shelly Mozey

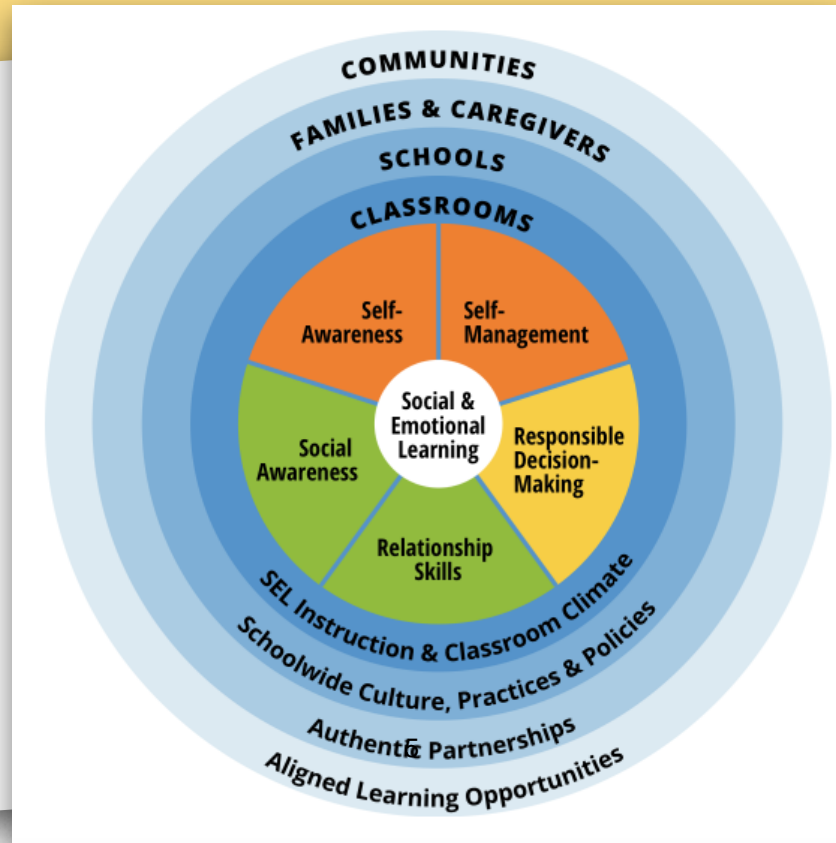
SEL is defined as an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal goals, feel and show empathy for others, establish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

## Why SEL matters...

Social-emotional learning seeks to develop the connection between the mind and body. In Physical Education, all students, regardless of physical fitness levels or abilities, can have an enriching experience when SEL is integrated. It also makes perfect sense to add SEL elements to Physical Education classes to ensure success for all students.

"WE'RE ALL IN"

# Five Competencies of Social Emotional Learning



# Self-Awareness

Emotion Identification

Emotion Expression

Mindfulness

Self-Confidence

Strength Regulation

# Self-Management

Emotional Management

Resilience

Stress Management

Impulse Control

Self-Motivation

# Social-Awareness

Empathy  
Discovering Differences  
Diversity Appreciation  
Civic Engagement  
Respect for Others

# Relationship Skills

Resolving Conflicts

Active Listening

Cooperation

Teamwork

Communication

# Responsible Decision Making

Identifying Problems

Solving Problems

Thinking Critically

Setting Goals

Leadership Skills

## What is SEL Curriculum?

SEL curriculum describes the mindsets, skills, attitudes and feelings to help students succeed in school, career and life. At its core, SEL focuses on students basic needs for motivation, social connectedness and self regulation as the basic fundamentals of learning.

# Benefits of SEL in Physical Education

~A core practice in SEL is to strengthen the mind-body connection. This makes perfect sense to implement SEL into PE curriculum as we strive to strengthen the mind-body connection and center mental, social and emotional health along with physical health.

~ Authentic situations to practice social and emotional skills in PE class, lends itself naturally to experience

# Improving Class Climate

- Learn to transfer skills to different environments
  - Benefits students throughout the day
  - More self aware, collaborative environments
  - Working with others and recognizing strengths
  - Focused and productive throughout the day
- Movement improves the brain's ability to learn and retain information

## Strengthening the mind-body connection:

Emotions! Called feelings because we feel them

How we feel- our thoughts, attitudes and beliefs- can impact our physical body

Your body gives us clues when we need to care for ourselves socially, emotionally, physically or mentally

Students listening to their bodies to notice stress & anxiety and how they can manage it

# Elementary Themes (K-5)

Cooperation

Honesty

Perseverance

Respect

Kindness

Courage

Empathy

Gratitude

Responsibility

# Our Values

SERVICE: We lead with heart. We champion community.

PASSION: We love what we do. It fuels our purpose.

INTEGRITY: We do what we promise. We own our actions and decisions.

RESPECT: We earn by giving it. Everyone deserves it.

INNOVATION: We never stop trying to be better. For ourselves  
and our community.

TRANSPARENCY: We are committed to openness and honesty in  
everything we do.

## Applying what I've learned with students~

- Building awareness of others
- How physical & mental health impact each other
- Learning how to navigate failures & successes
- Working on a team with peers
- Recognizing emotions in our bodies
- Mindfulness strategies

# Professional Growth

Continuing Education  
University of Concordia, St. Paul  
Health Degree

"Believe In You" Program (Gr. 3-5)

Move this World Organization (Gr. K-5)

Happiness Challenge (Gr. K-2)

Thank you!

I am very grateful for the experience and support Wayzata has provided me during this fulfilling opportunity.