

#SELday



**Finding Common Ground/Pursuing Common Good
through Health Education, Health Promotion and SEL**



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Outcomes

- Understanding how health education and Social Emotional Learning can work together for student success
- Share, explore and practice quick and doable self-care tools and ideas
- Experience yoga techniques you can do anywhere, anytime with Cristina Stade

The Proposed MLRs for HE & PE

The Health Education and Physical Education Standards and performance expectations represent the essential knowledge and skills students need to be healthy individuals and lifelong learners. Being a lifelong learner involves the awareness and understanding of health and physical literacy. **“Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health related decisions and actions for themselves and others.” (US CDC).**

“Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person” (SHAPE America). **Social and emotional learning is naturally embedded in both health education and physical education. Students participate in an inclusive learning environment that values the interests of all Maine children through opportunities to learn and practice social and emotional skills and behaviors.** Through achievement of the Health Education and Physical Education Standards, students will practice an active and balanced approach to life, take responsibility for their own wellness and contribute to the health and well-being of their own community.

Health Education

Highly effective health education programs provide students with knowledge and the skills to thrive physically, mentally, emotionally, and socially across their lifetime. Health education can assist students to be better consumers of information, manage the complex world around them and be more inclusive of others. Through an effective skills-based health education curriculum, students will practice skills that protect, promote and enhance lifelong health.

2021 Proposed MLRs for HE

Standard HE 1 - Health Concepts

Standard HE 2 - Health Information, Products, and Services

Standard HE 3 - Health Promotion and Risk Reduction

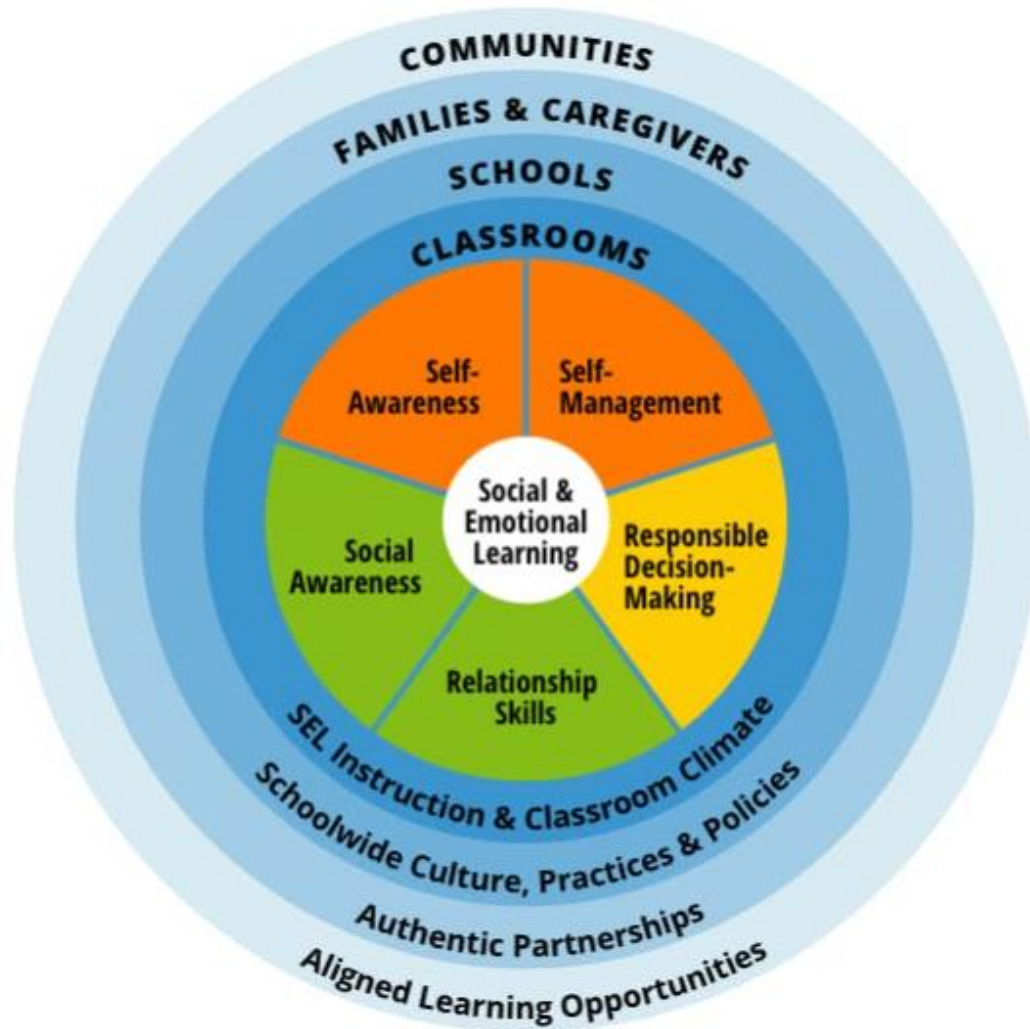
Standard HE 4 - Influences on Health

Standard HE 5 - Communication and Advocacy Skills

Standard HE 6 - Decision-Making and Goal-Setting Skills

Social & Emotional Learning

“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



Mary Connolly

TEACHING SOCIAL and EMOTIONAL LEARNING in Health Education

Applications in School and Community Settings



ISBN
CODE
HERE



NAVIGATE
eBOOK™



SHAPE
America

SOCIETY
OF HEALTH
AND PHYSICAL
EDUCATION

health. moves. minds.

Connecting HE & SEL

- Competencies and sub-competencies of SEL share a synergy with the HE Standards
- Both are skills-based
- Taught together HE & SEL provide the health content and personal and social skills to reinforce personal health and navigate life's challenges.

- SEL competencies and sub-competencies can be woven into health education curriculum and assessment
- Recommended that SEL competencies be woven into all content standards
- Best practices would support SEL being part of an interdisciplinary learning approach



Health Education/SEL Crosswalk

**Aligning the National Health Education Standards with
CASEL Social and Emotional Learning Core Competencies**



Box Breathing -

<https://www.youtube.com/watch?v=n6RbW2LtdFs>

Self-Care Tools and Ideas

- Share, explore and practice quick and doable self-care tools and ideas
- Yoga techniques you can do anywhere, anytime by Cristina Stade.

Self-Care Ideas

- Read a book or a magazine
- Walk in nature
- Meditate
- Sleep in on the weekend
- Watch the clouds
- Unplug from social media
- Color, draw, or paint
- Do yoga
- Breathe
- Exercise
- Give yourself permission to go slow
- Don't forget to breathe
- Take yourself out of the situation if you need, come back when ready
- Get enough rest and water
- Take a walk/go outside
- Unplug, spend time with family and friends without screens
- Make healthier food choices & drink
- Engage all your senses
- Focus on making fond memories
- Take time for yourself!

Self-Care Ideas

- Listen to music or dance
- Spend quality time with a loved one
- Look at the stars
- Pray
- Create a vision board
- Watch the sunrise or sunset
- Get out in the garden
- Light a candle
- Go to bed early
- Call a friend that makes you laugh... or cry when needed
- Stretch
- Take a nap
- Go for a swim at your local beach
- Start a gratitude journal
- Write a bucket list
- Watch a comedian on YouTube
- Take a bath
- Switch off your smartphone for 24 hours
- Write a list of compliments to yourself
- Do a jigsaw puzzle
- Declutter your social media

Tools/Resources

Apps

- [Calm](#)
- [Headspace](#)
- [Spotify Daily Wellness](#)
- [Obe' Fitness](#)
- [AllTrails](#)
- [Start Simple Myplate App](#)
- [FitMind Neuroscience-Based](#)
- [Virgin Pulse](#)
- [Dailyom](#)
- [Mindful.org](#)

Podcasts

- [The Happiness Lab](#)
- [Routines & Ruts](#)
- [Dr. Wayne Dyer YouTubes](#)
- [The Science of Happiness-Why You Should Make Small Goals](#)
- [The Fitmind -The Science of Compassion #77](#)
- [The Nourished Child](#)
- [The Ramsey Show \(financial wellness\)](#)

Your Thoughts and Ideas



Clip Art by Krista Wallden and Blair Turner

Your Thoughts and Ideas

Self-Care Ideas/Resources/Tools

Ideas

Walk the puppies

Bake or do DIY

Go snowshoeing to go in the woods where I haven't been since fall.

golf

Get extra sleep

Play with the dog

Zoom coffee breaks or social hours

Movie night

go to breakfast with a friend

Declutter my office

Swimming/ exercise

Resources/Tools

Youtube videos for meditation, relaxing music, wellness TedTalks

Pandora, Spotify, Amazon music and similar music apps

listen to music



breathe in

- Bubble Breathing - https://www.youtube.com/watch?v=iaQed_Xdyvw



Yoga with Cristina Stade





**Thank You
Take Care
Share Your Learning!**