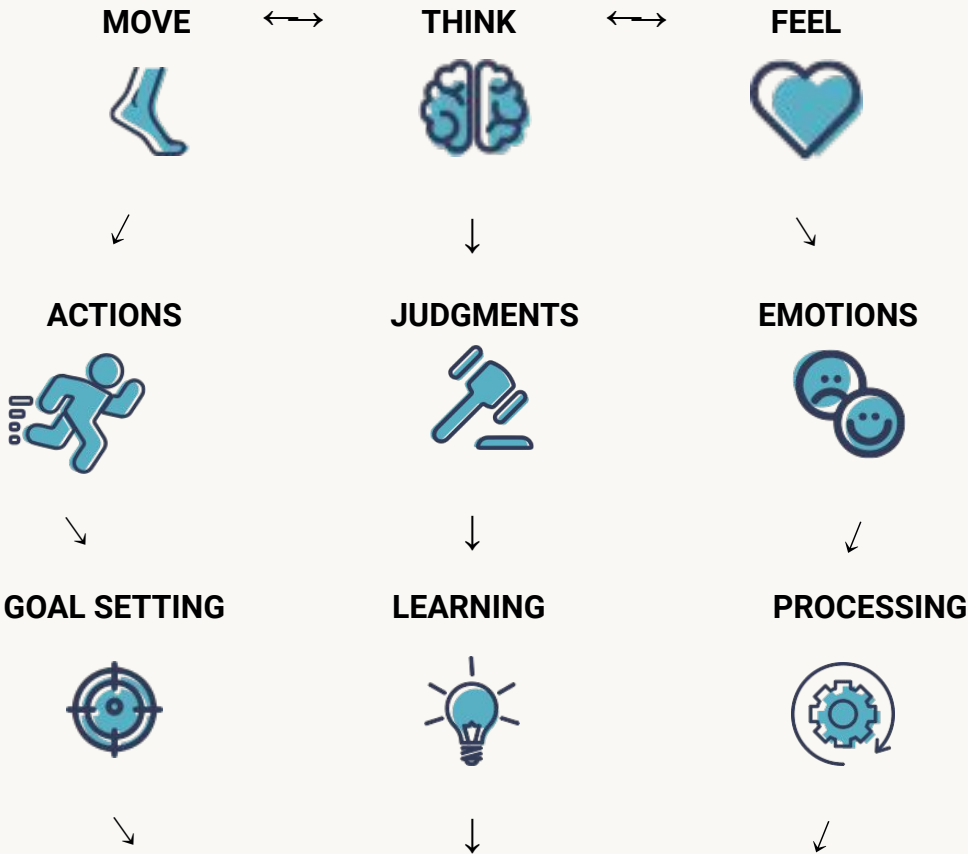


SELF-AWARENESS/ SELF-EFFICACY



SELF-CONFIDENCE/ THRIVING

“When you connect to the truth living inside of you, everything becomes possible, you become.”

How Social and Emotional Learning Happens with BECOME



What is BECOME?

BECOME is a self-discovery process designed to provide participants with the opportunity to build awareness and confidence.

It is an acronym for ***bold, energized, compassionate, open-hearted, mindful, empowered*** and walks individuals and groups through what it means to be each of these words.

Each letter of the acronym BECOME represents a word that defines what it means to be a powerful change maker with awareness and confidence.

The toolkit will guide you through exercises, tools and strategies to help your students connect their mind, body and heart to develop a greater understanding of who they are as individuals and members of the school community.



What is the purpose of the BECOME Educator's Tool Kit?

The tool kit is designed to provide teachers and school staff with exercises, movements and strategies to build a classroom environment that is supportive to all students. It will challenge you to establish new classroom norms for learning, setting goals, and connecting with students and staff in order to create a fun, safe and inclusive community in which to learn.



What are the goals of the Tool Kit?

1. Increase self-awareness and social awareness within school community
2. Incorporate social and emotional learning into existing curriculum
3. Create a compassionate and inclusive classroom/ safe space for all
3. Learn effective communication to self-advocate and advocate for others
4. Develop tools and strategies to set and accomplish learning goals

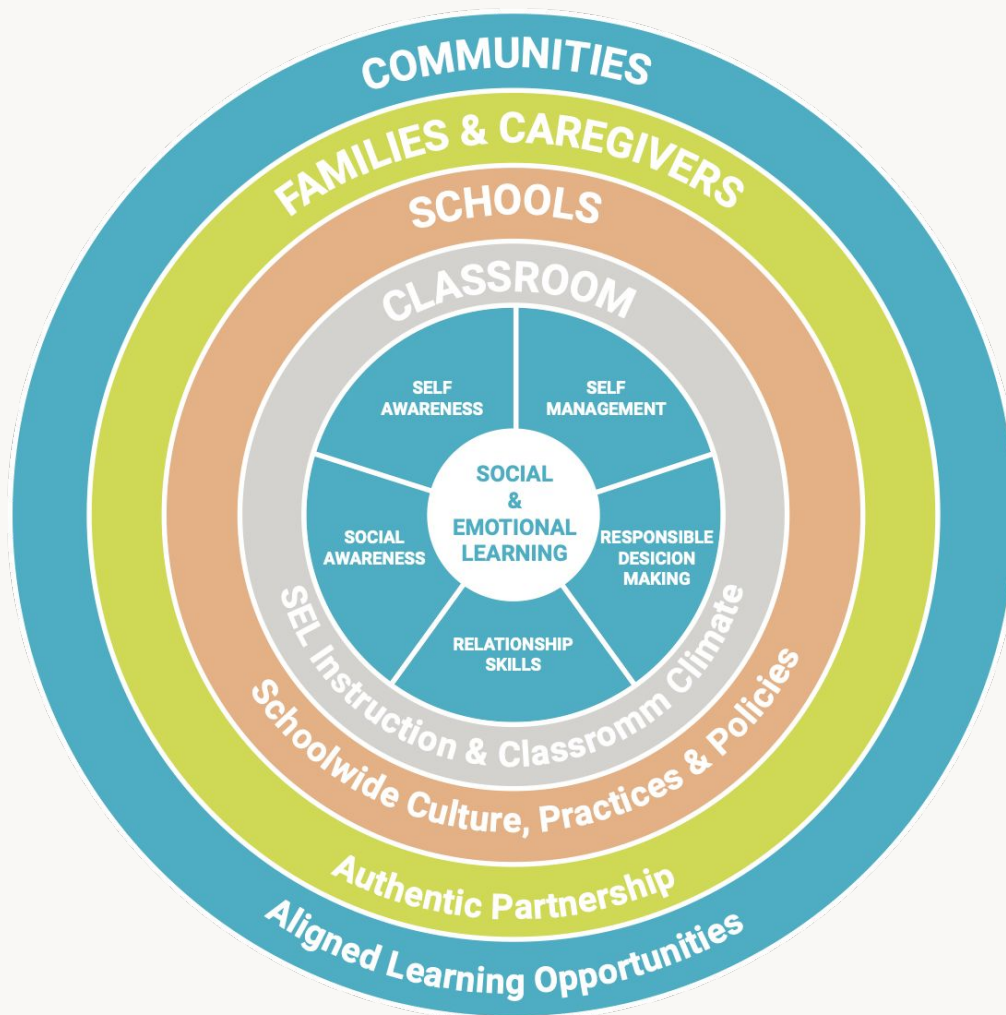
"Conformity is a mask behind which students can hide their identity or the fact that they haven't yet figured out their identity."

– Alexandra Robbins, *The Geeks Shall Inherit the Earth*

What is 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.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.



The following self-compassion survey is a great tool to measure self-compassion at different points throughout the school year as a check in. It can provide an opportunity to have a conversation around self-compassion and draw in characters and events from their assigned reading.

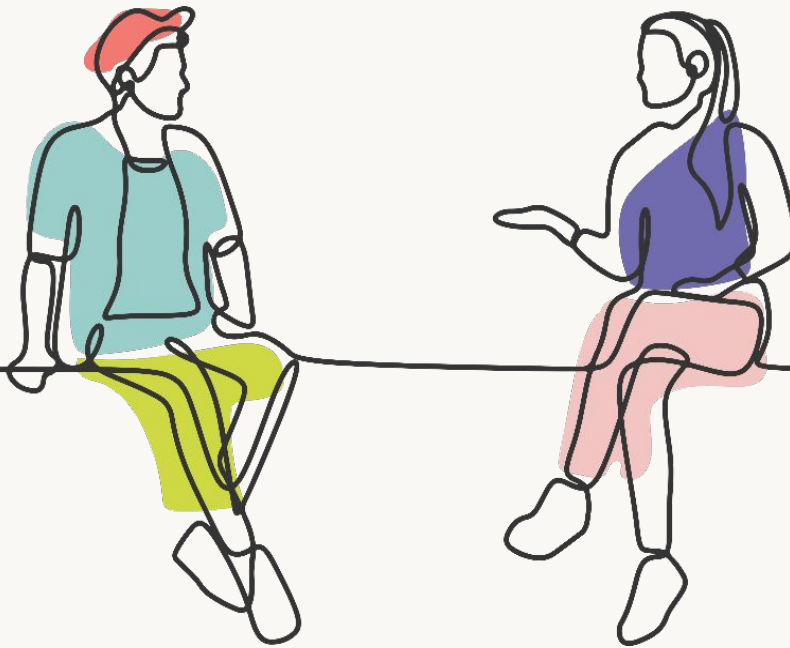
This is a tool for your students and they do not have to share the outcomes for it to be effective. It can simply be used to help them build their self-awareness and become more compassionate members of the school community.

If you have a student you believe is in crisis, you can request they share the survey so it can be used to help provide some insight to how they are feeling and get them appropriate support.



Establishing Classroom Culture

- Prior to completing this survey ask the following:
 - Have you taken the opportunity to focus on how you feel and/ or think about yourself?
 - Is it difficult to think about being kind to yourself and forgiving yourself for making mistakes?
- After completing the survey ask the following:
 - What was it like to answer the questions?
 - Are there things we can do as a class to help each of us feel better or think better about ourselves?
 - What are some acts of kindness we can create as a class and do throughout the school year? Think about what can be done within the classroom and the school community at large to help others feel better.



"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream."

-Dr. Martin Luther King, I Have a Dream Speech

LEARNING

- Look for characters from the assigned reading who are suffering in some way and ask questions to foster empathy.
- Perhaps they are able to draw a parallel between how they are feeling and a character who is experiencing the same feelings.
- Are students more or less compassionate after living through the pandemic? Have them self-assess.
- What does it mean to have self-compassion?
- Is it easier or harder to be compassionate toward yourself or others?
- What has the past 3 years taught you about self-compassion?

“He closes his eyes. A jungle in there, inside his head. He opens them quickly.”

– Judith Guest, *Ordinary People*

