

Promoting Social and Emotional Wellbeing in and out of the Library

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✦ WHAT IS SOCIAL AND EMOTIONAL LEARNING?

Recognizing and appreciating differences Managing emotions

Resisting negative pressure Positive relationships

Empathy and Compassion Goal Setting Self efficacy

Growth mindset Stress management

Anticipating and evaluating consequences Collaboration and teamwork

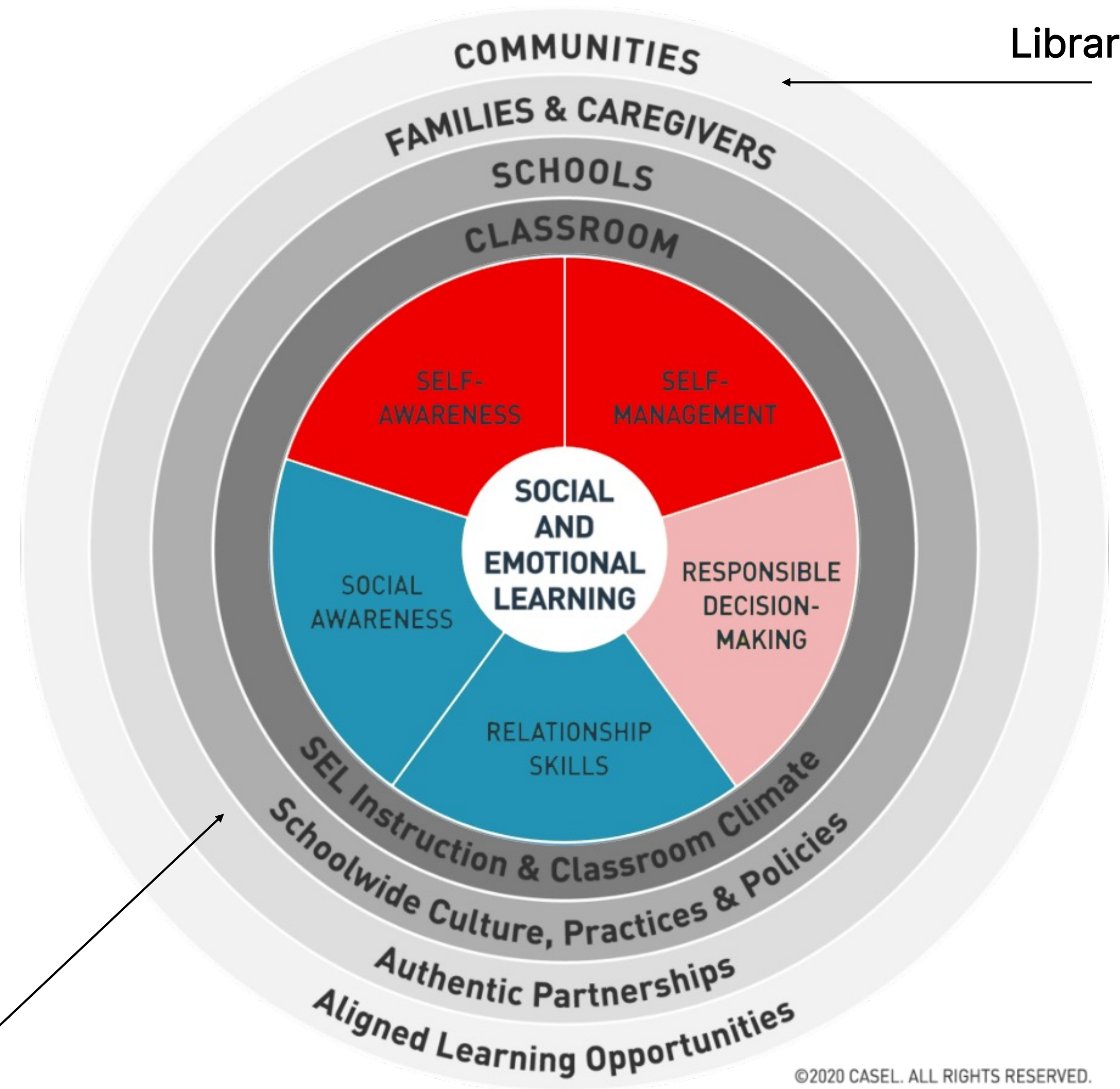
Problem solving Social Identity Growth mindset

Organizational skills Effective communication Sense of purpose

Curiosity and open-mindedness Perspective Taking Self initiative



WHAT IS SOCIAL AND EMOTIONAL LEARNING?



The "L" in SEL

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SEL Definition

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

Benefits of SEL



11

percentile-point gains in academic achievement¹



42%

less likely to be involved in physical aggression in schools²



\$11

return on investment for every dollar spent on SEL programs³

increases in...

college readiness, career success, positive relationships, better mental health, and engaged citizenship.⁴



LONG TERM



decreases in...

Violent and drug crime convictions, and lower risky sexual behaviors⁵

Selecting SEL Practices



ANALYZE

Determine the need



IDENTIFY

Identify SE Competencies



SELECT

Select appropriate practice(s)






SEL Practices

EXAMPLES

SEL DOMAIN	YOUNG CHILDREN	PRE-TEENS	TEENS	ADULTS
Self-Awareness	Identifying emotions	Interviewing relatives	Journaling about one's own identity	Develop self-care plan
Self-Management	Practice belly breathing	Researching actions, they can take to advance a cause	Develop stress-management strategies	Practicing mindfulness meditation
Social Awareness	Role playing activities	Celebrating Random Acts of Kindness Week	Community-based social justice project	Human Library Project
Relationship Skills	Community Circle Time	36 Questions Game	Team-based problem-solving exercises	Conversation Starter Cards
Responsible Decision Making	Classic games like Hide and Seek and Musical Chairs	Work collaboratively to identify and resolve problem at library	Journaling about one's own biases	Implicit Bias Training

SEL books

CATALOGIZING

SEL Domain	Book Themes
 SELF-AWARENESS	Books that explore personal and social identities; cultural traditions and experiences; emphasizing growth mindset; supporting emotion recognition
 SELF-MANAGEMENT	Books that explore how characters manage (or mismanage) emotions; provide stress management strategies; demonstrate courage to take initiative
 SOCIAL AWARENESS	Books on the theme of empathy and compassion; encourage perspective taking; emphasize expressing gratitude
 RELATIONSHIP SKILLS	Books on the theme of friendships and other types of relationships; promote conflict resolution skills; and encourage teamwork
 RESPONSIBLE DECISION MAKING	Books that model ethical and moral decision-making; strengthening critical thinking skills; and promoting curiosity and open-mindedness

Downloads

SEL PRACTICES + CATALOGIZING BOOKS



Navigate to chat and download these PDFs

Examples of SEL Practices

SEL DOMAIN	YOUNG CHILDREN	PRE-TEENS	TEENS	ADULTS
Self-Awareness	Identifying emotions	Interviewing relatives		
Self-Management	Practice belly breathing	Researching actions, they take to advance cause		
Social Awareness	Role playing activities	Celebrating Random Acts of Kindness Week		
Relationship Skills	Community Circle Time	36 Questions Game		
Responsible Decision Making	Classic games like Hide and Seek and Musical Chairs	Work collaboratively to identify and resolve problems		

SOURCES:
[Greater Good in Education](#), University of California
[Planet Spark](#), [Why and How to Teach Decision-Making](#)
[Collaborative for Social, Emotional, and Academic Learning](#)
[Human Library Project](#)

SEL-Themed Books

SEL Domain	Book Themes
SELF-AWARENESS	Books that explore personal and social identities; cultural traditions and experiences; emphasizing growth mindset; supporting emotion recognition
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SOURCE:
 Collaborative for Social, Emotional, and Academic Learning (CASEL), [SEL Framework](#)

Out-of-School Time Learning



Libraries are a significant asset to out-of-school time learning



A trusted, inclusive atmosphere with safe and flexible opportunities to read, create, discover, and explore



Experience delivering reading programs and supporting teachers



Access to and experience using diverse learning resources and approaches



Deep community connections to support learning inside the library and in external, accessible environments



Rapport with parents and families to encourage engagement in their children's learning

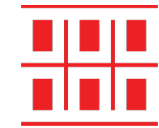
SEL and American Rescue Plan Act (ARPA) Funding

At least 20% of funds must be used to address learning loss through evidence-based interventions that respond to students' academic, social, and emotional needs


Libraries can partner with Local Education Agencies (LEA), local schools, and other organizations that receive ARPA Funding to address SEL





SEL Outcomes





According to CASEL - Opportunities to deepen systemic SEL implementation are fostered by community partnerships, that may create opportunities for students to:

-  **PARTICIPATE**
Participate in cross-age peer tutoring and self-directed activities that build their self-management and help them make new friends, learn about their communities

-  **PARTICIPATE**
Participate in service learning (social awareness, relationship skills, and responsible decision-making)

-  **INTERACT**
Interact with people of varying backgrounds, ages, concerns, and priorities (understanding, empathy, and cultural awareness)

-  **CONTRIBUTE**
Contribute to the larger community (social awareness and responsible decision-making)

-  **GAIN**
Gain mentorship from a caring adult (relationship skills)

SEL Partnership Example

SUMMER STRIDE



San Francisco Public Library and the San Francisco Human Rights Commission

Summer Stride is the Library's annual summer learning, reading and exploration program for all ages and abilities. The activities include:

- Author talks, reading lists and book giveaways
- STEM learning
- Mindful experiences in nature
- Workforce development opportunities for teens
- Meaningful connections for all ages for our diverse community



SUMMER STRIDE ACTIVITY TRACKER



Library SEL Program Example

Ericson Public Library Boone, Iowa

Librarian, Zachary Stier

Behind the Little Red Door Interactive SEL Learning Resource

Social Emotional Booklist

Library Afterschool Rocks

Online Programming

SEL Community Partnerships with Libraries Evaluating

DENVER PUBLIC LIBRARY SUMMER ACADEMY



Measure SEL competencies

PROGRAM GOAL

participants will gain or enhance their social and emotional skills

EVALUATION QUESTION

“What social and emotional skills do youth participants currently have?”

DESIGNED EVALUATION

Observation | Oral interviews | Reflection activity

SEL OBSERVATION RUBRIC

Self-management | Relationship Skills | Problem-solving

Questions and Discussion

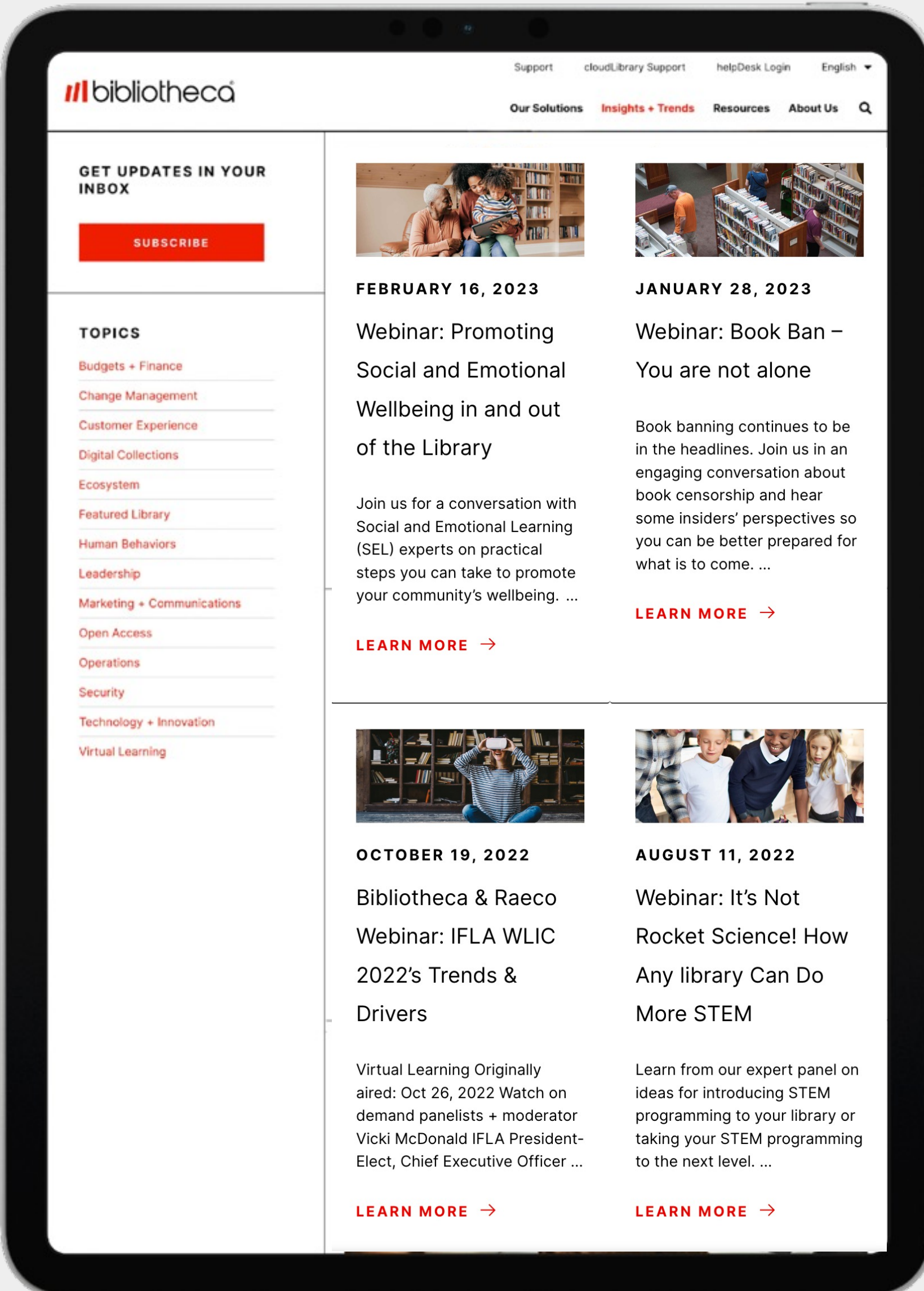
Learn from library leaders around the world

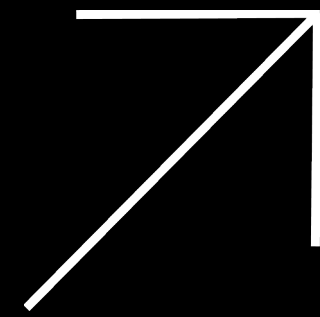
Catch up on-demand and join the discussion live with global leaders: bibliotheca.com



“This was great. I learned a lot, especially about what more I need to learn. The presentation was clear, precise, and at a great level of understanding. Thank you.”

Webinar attendee, 2022





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QUICK POLL

THANK YOU





Thank you.

Imagine what a library can be

