Supporting Social-Emotional Learning through Collective Impact
A Community Model
Today’s Approach

• Why social-emotional learning?
• Norwalk’s need and response
• The museum’s participation
The Museum’s Participation

- Express Yourself exhibit
- Mutt-i-grees® programs
Express Yourself Exhibit

- Arts for Healing
- Child Guidance of Mid-Fairfield County
- City of Norwalk
- Connecticut Association of School Psychologists
- Connecticut AEYC
- Dream Jam World Productions
- Edward Zigler Center in Child Development and Social Policy
- Fairfield University School Psychology Program
- Family and Children's Agency
- Norwalk Early Childhood Council
- Norwalk Housing Authority
- Star Rubino Center
- Yale Center for Emotional Intelligence

Founding project partners include:
- Children’s Health Environmental Coalition
- Connecticut Commission on Children
- Connecticut Public Television
- Connecticut State Library
- Edward Zigler Center in Child Development and Social Policy
- Norwalk Housing Authority
- State Department of Education
- State Department of Public Health
- Yale University
- Yale School of Medicine
Express Yourself exhibit

• Exhibit goals
  – Encourage positive behavior (and discourage negative behavior) in children
  – Empower parents with information, tips and tools that help them encourage positive behavior in their children
  – Convey the importance of social-emotional learning and skill development in a fun, engaging and relevant way
Express Yourself exhibit

• CASEL (Collaborative for Academic, Social and Emotional Learning) and Mutt-i-grees®

Five SEL Competencies
– Self-awareness (achieving awareness)
– Self-management (finding feelings)
– Social awareness (encouraging empathy)
– Relationship skills (cultivating cooperation)
– Responsible decision-making (dealing with decisions)
Express Yourself
Practice with your child.

Check in with each other.
- Tell your child how you are feeling. “I am feeling happy. It makes me want to dance.”
- Ask your child, “How are you feeling?”

Explore identifying feelings.
- Faces
  - Look in the mirror together and make different faces.
  - Make a face and ask, “How do you think I’m feeling now?”
  - Look at the faces of book or television characters and talk about how they feel.
- Body Language
  - Talk about what your body looks like when you are angry, excited, sad or calm. Where in your body do you feel your emotions?
  - Act out feelings. Walk around in an angry way (stomping) or an excited way (jumping).
- Voices
  - Choose a phrase such as, “It’s my birthday,” and say it in different ways (pretending to be angry, excited or sad).

Find ways to stay calm when angry.
- Stop. Try taking deep breaths and counting to five or ten.
- When you feel calm, think about what to do next and then do it!
Self Awareness

How are you feeling today?

Helping children identify and label their feelings is the first step toward them managing their feelings.
Express Yourself

Self Awareness activities

Self Awareness

How do your eyebrows look?
How do your eyes look?
Do you feel emotions in your body? Where?
How does your mouth look?

Take a look at how you’re feeling today.
Express Yourself

Self Management

How does it make you feel? What do you think about while listening?

Grab a partner and play a game of copy cat.
Copy your friend is the name of the game. Whatever drum beats they make, you do the same!

Active music making can help your child do better in reading and math, have better focus and control and play better with others! So turn on some tunes and let your child bang out a rhythm.

Mood Music Playlist

A B
C D
E F
Self Management
Express Yourself

• Social awareness activities
• Personal space

Social Awareness

When I talk to someone...
- I watch their face and body to see how they are feeling.
- If they lean away from me or back uncomfortable, I step back to give them more space.

Personal space

- Personal space begins at the elbow of my arm.
- Distance from me and body is very important to be comfortable.
Express Yourself

- Social awareness activities
- Feeling faces blocks

Social Awareness
Express Yourself

- Relationship skills
- Labyrinth
- Pattern talk
Express Yourself

• Relationship skills
• Labyrinth
• Pattern talk

Relationship Skills
Responsible Decision Making