

# LEARN SEL AS YOU TEACH

## Built-in Supports for Developing Teacher SEL:

Most SEL Programs are video and discussion-based with little to no support for a teacher's own SEL development. You have to fall back on your own SEL knowledge and skills as you try to answer student questions and attempt to fill in the missing gaps in those lessons.

However, the Mindset Mastery SEL Curriculum provides tools that develop student and teacher SEL simultaneously because the **resources were written at a level that is an engaging and accessible** to middle schoolers, high schoolers, teachers, college students, and beyond!

**MINDSET MASTERY** Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Self-Compassion Self-Assessment**

How (frequently) do you experience these inner distress signals?

Please read each statement carefully before answering. To the left of each item, indicate how often you believe you think it is the stated manner, using the following scale:

Size	Almost Never	1	2	3	4	Almost Always
1.	I find it hard to be kind to myself.					
2.	If something goes wrong, I automatically blame myself.					
3.	I don't deserve to receive things from myself.					
4.	I am very critical of myself when things aren't going well.					
5.	When I am having a hard time, I wouldn't even think to look after myself like I would for a friend.					
6.	I focus a lot on my flaws and how and can't let them go.					
7.	If I make a mistake, I give myself an overly hard time.					
8.	When I'm struggling, I don't treat myself with much love.					
9.	My high expectations are very hard for me to meet and cause me pain when I fail to reach them.					
10.	I think over and over about things I can't let go about myself.					
11.	I am not very gentle with myself when I am suffering emotionally.					
12.	If I make a mistake, I feel like I should be punished or that I must punish myself.					
13.	I feel like I'm not very good at being kind to myself.					
14.	I compare myself to others and get frustrated with myself.					
15.	Social situations stress me out because I worry about my flaws, making mistakes, and people thinking of me.					

Add up your score and find the summary: Total Score: \_\_\_\_\_

1-3 Very Self-Compassionate  
4-6 Self-Compassionate in some areas and Self-Critical in other areas  
7-9 Self-Critical  
10-12 Very Self-Critical

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**15 Powerful Ways to Manage Stress**

- 1. Take deep breaths** Breathe in, hold for 4 seconds, breathe out, hold for 4 seconds, repeat.
- 2. Calm down emotions** Count backwards from 100 by 7's. Use your fingers to count. Breathe in, hold for 4 seconds, breathe out, hold for 4 seconds, repeat.
- 3. Scale it down** If you're overwhelmed, break it down into smaller steps. Do one step at a time.
- 4. Stop the Inner Critic** Be aware of your inner critic. Challenge it. Ask yourself: "Is this really true? Or am I just being negative?"
- 5. View it differently** Change your perspective. Look at the situation from a different angle. Ask yourself: "What if this is a challenge I can overcome?"
- 6. Organize a Single-Task** Organize your work. Break it down into smaller steps. Do one step at a time.
- 7. Communicate** Talk to someone you trust. Share your feelings. Get support.
- 8. Rest Well** Get enough sleep. Eat healthy. Exercise. Take breaks.
- 9. Gratitude & Self-Love** Don't be too hard on yourself. Be kind to yourself. Love yourself.
- 10. Chat with great friends** Talk to someone you trust. Share your feelings. Get support.
- 11. Relax, self-care, & fun** Take a break. Do something you enjoy. Relax.
- 12. Nutrition** Eat healthy. Drink water. Get enough sleep.
- 13. Exercise** Exercise makes you feel better. It releases endorphins.
- 14. Eliminate the stressor** If you can, remove the source of stress. If not, find a way to cope with it.
- 15. Seek help** If you need it, ask for help. Talk to a professional.

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**MINDSET MASTERY** Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Research Card #1: Happiness promotes health and good habits**

Researchers have found that feeling happy and more positive leads to greater participation in activities that are healthier, including exercise, eating healthy, and good sleeping habits (Dr. Markowitz & Whitley, 2015).

Being happy can lead to your life being better (Dr. Markowitz, Paul & Gosselin, 2015) and heart attacks (Bhatnagar, Whitfield, Bhatnagar & Deaton, 2016).

**Research Card #2: Happiness and a stronger immune system**

Scientists found that feeling happy and more positive can help support our immune system in fighting against bacteria and viruses by increasing our production of antibodies, our immune system's fighting weapons (Dr. 1995).

Participants who had reported being in a happy mood for two weeks were less likely to get sick when exposed to the common cold virus (Cohen et al., 2005).

**Research Card #3: Happier people feel less pain**

Zakari, Johnson & Davis (2020) found that happier people are better able to manage pain when experiencing chronic illness. Participants with chronic pain, such as arthritis, were asked to rate their pain levels across a three-month period. Their personal experiences of pain-relieving that their mood was also measured. Those who reported higher ratings of positive feelings also reported lower increases in pain. Similar studies found similar results (Zakari, Smith, Affleck, & Thomas, 2005; and Brakke et al., 2006).

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**MINDSET MASTERY** Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Listening Survey**

Listening is finding commonalities and connections. Thinking, "That happened to me too!"

Listening to share my own story. I think, "I feel the same way about this." I can't wait to share how I overcame that challenge. I can't wait to share...

Listening to decide if I agree or disagree with that person.

Listening and asking clarifying questions if necessary to better understand them.

Listening to understand the other person's point of view.

Listening and asking my body language also shows that I'm listening.

Listening to ask probing questions so I can learn about the details I'm more interested in.

Listening to try to solve a person's problem or give advice.

Listening in order to empathize with the other person or out myself in their shoes.

Listening to find something I can criticize or disagree with.

Listening so I can also share something impressive about me to tell that I've read it well.

Listening with impatience, waiting the other person would finish saying what they have to say.

Active Listening Sentence Stems

- What I hear you saying is...
- I'm hearing many things. Did I miss anything?
- Are there any other things... that anything else you feel I should know?

Active Listening Tips:

- Focus on listening, not being interesting, or trying to impress.
- Ask questions respectfully to clarify and understand. Ex: "Can you say more about that?"
- Empathize. Try to see the other person's point of view, and respond to their understanding of what is shared.
- Paraphrase what the speaker says without over-interpreting their words or over-repeating.
- Validate the speaker's emotions. Ex: "That must feel terrible." "That must feel great."
- Show that you're listening: Maintain eye contact, lean in, and face the speaker.
- Remove distractions: Put phone, reading material, headphones, etc.
- Do not interrupt, offer advice, or give suggestions. Do not bring up similar feelings and problems from your own experience. Listen for your personal emotions, disagreements, options, and other feedback (unless you are asked for it).

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**The Secret to Making Friends and Influencing People**

Don't criticize, condemn, or complain. Instead, give honest praise and appreciation.

Be genuinely, smile, and say their name.

Never argue or say "you're wrong."

Encourage the desire to do the right thing and assume positive intent.

Address mistakes wisely and praise the person's improvement.

Apologize and protect their pride.

Ask questions and pose challenges.

Eliminate all giving order lines.

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**MINDSET MASTERY** Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Implementation Intentions**

A study in the British Journal of Health Psychology (2001) found that 71% of people who planned their intention to exercise by setting down when and where they would exercise each week ended up following through. Implementation intentions increase your chances of sticking to your habits and eliminating bad habits like procrastination, unhealthy eating, and even negative thinking. Start setting your implementation intentions like this:

**I will (behavior) (of) (date, time) (location).**

Ex 1: I will study hard for 20 minutes or 30 minutes in my garage.

Ex 2: I will exercise after walking up for 15 minutes in my garage.

**Habit Stacking**

Habit stacking is one of the fastest ways to develop a new habit. You simply take the new habit you want to gain and stack it next to an existing behavior you do. It follows the following structure:

**After/Before [CURRENT HABIT], I will [NEW HABIT].**

Ex 1: After I pour my cup of coffee each morning, I will meditate for one minute.

Ex 2: After I take off my work shoes, I will immediately change into my workout clothes.

Ex 3: After I get down for dinner, I will say one thing I'm grateful for that happened today.

**Design Your Environment to Make Habits Easier**

Successful people design their environment so that it removes distractions and makes good habits easier to do.

**Make your cues for your new habit obvious and visible.**

Ex 1: If you want to drink more water, carry a water jug.

Ex 2: If you want to turn in the morning, put your gym clothes and running shoes by your bed.

**Eliminate or reduce bad habit cues.**

Ex 1: If you're trying to turn off social media use, turn off notifications or remove your social media apps.

Ex 2: If you're trying to stop playing video games, unplug and hide your console.

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## You Don't Need To Be an SEL expert!

Trying to "know it all," all the time, can be stressful and it makes you unapproachable, according to research. Credibility in content knowledge is important, but in terms of SEL, your life experiences provide that expertise! More importantly, you don't need to be an SEL expert.

**Appropriate vulnerability** — being honest about your strengths, growth areas, admitting when you're wrong, and sharing with your students that you too are trying to improve your SEL skills makes you more human, encourages a growth-mindset, strengthens rapport, and builds trust.

Be curious along with your students, **share your excitement** as you teach the lessons and engage in the activities alongside them, **share personal stories** of hardships, fears, hopes, dreams, mistakes, failures, and you'll inspire students to open up and make personal breakthroughs too!

