

National Webinars

Click logos for recordings



Former
student panel

SEL and
Mental Health



Ed week article



Coach Rudy's PD Resource Room



Managing Emotions
Video



Roots To Leaves
Building an SEL
Program



Please click to follow me on twitter
I am constantly sharing resources here:



The Atlantic article



SEL
Launchpad
Website



School-
Connect

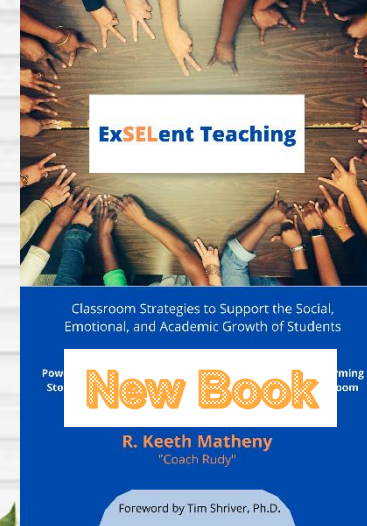


Check In
Video

2021 CASEL Mary Utne O'brien Award

Thank you educators!
Follow up resources

Click links on board above and / Check out new book (top right) on Amazon/ Please reach out if I can help your school





Students need you now more than ever.

**"It is enough
to be grateful
for the next breath."**

Br. David Steindl-Rast

Let's try a grateful breath



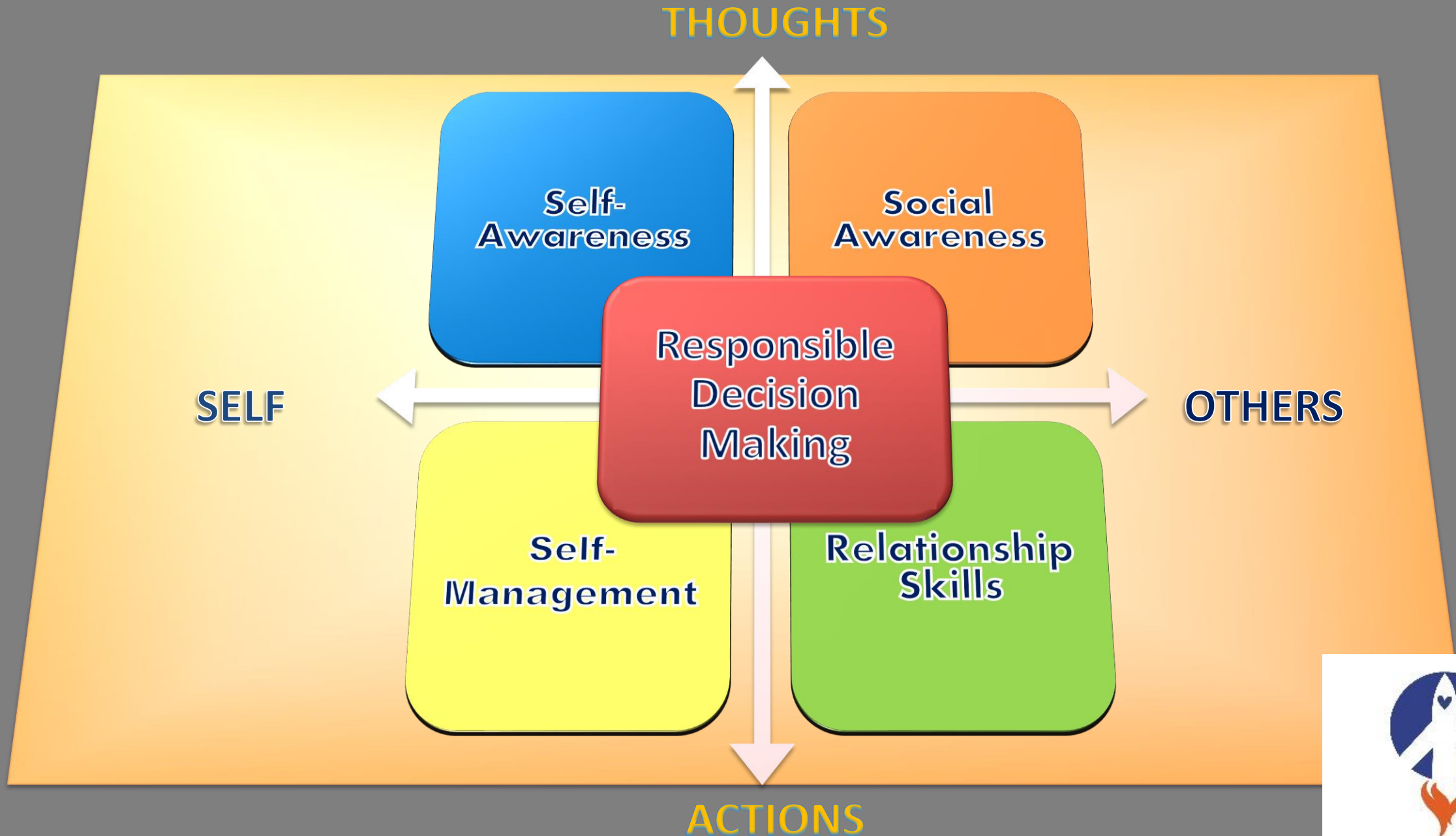
**When little people
are overwhelmed
by big emotions,
it's
our
job
to share our
calm, not
to join their chaos.**

L. R. Knost



How can we make our classrooms a calm and positive oasis?

Emotional Intelligence Competencies

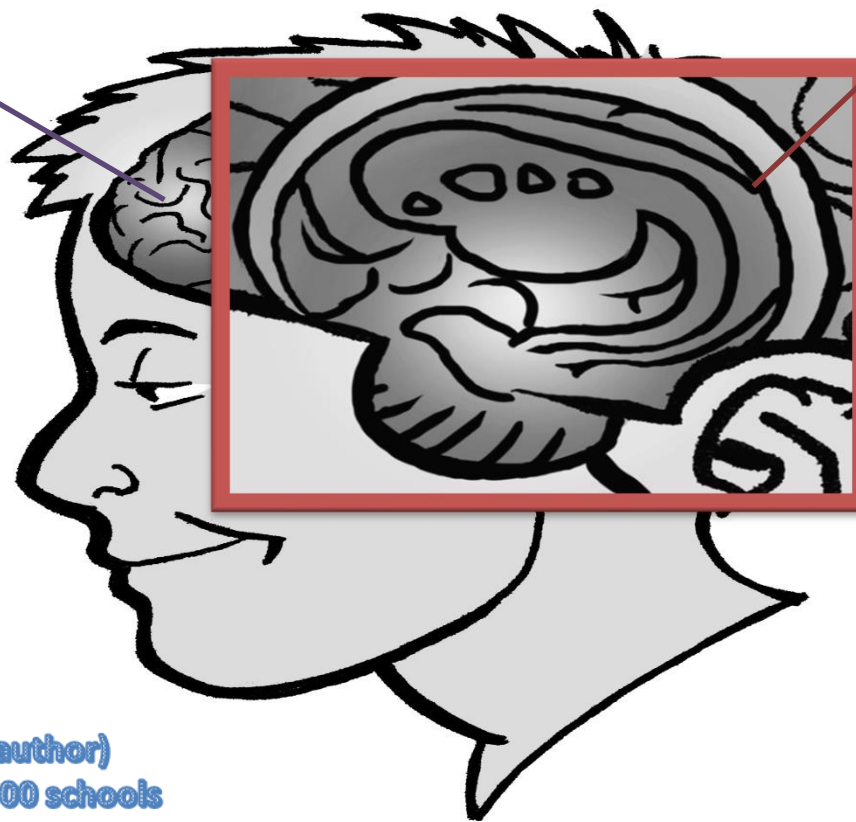


Emotional Hijacking --“Flipping Your Lid”

(In highly emotional situations — the limbic system can take over)

FRONTAL LOBE (disconnects)

- May feel numb or unable to think clearly and rationally



LIMBIC SYSTEM (hyper alert)

- Senses heightened
- Signals “fight, flight or freeze”
- Blood pumping, adrenaline racing, cortisol released
- **SURVIVAL MODE**

These slides are from School-Connect (I am a co-author)

A research and evidence-based SEL Curriculum in 2500 schools

link: www.school-connect.net

Functional IQ

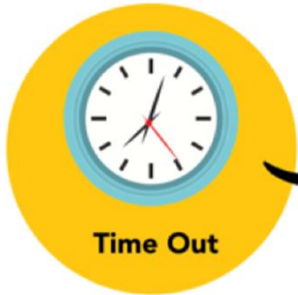
Dr. Bruce Perry

State Dependence of Cognition

Functional IQ	120-100	110-80	90-60	70-50
PRIMARY Secondary Brain Area	NEOCORTEX <i>Cortex</i>	CORTEX <i>Limbic</i>	LIMBIC <i>Diencephalon</i>	DIENCEPHALON <i>Brainstem</i>
Cognition	Abstract Reflective	Concrete Routine	Emotional Reactive	Reactive Reflexive
Mental State	CALM	ALERT	ALARM	FEAR

Emotional Management Strategies

Strategy:



Time Out

Why it works:

Gives you a chance to cool down away from the pressure of the situation

Strategy:



Walk It Out

Why it works:

Releases natural chemicals that help you let go of tension and feel better

Strategy:



Talk It Out

Why it works:

Helps you understand the source of your stress and connect with others

Strategy:

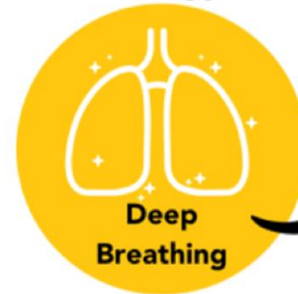


Write It Out

Why it works:

Helps you get some distance, think things through, and review your progress

Strategy:



Deep Breathing

Why it works:

Moves your focus from your stress to your breath, helps you release tension, and gets more oxygen to your brain for clearer thinking

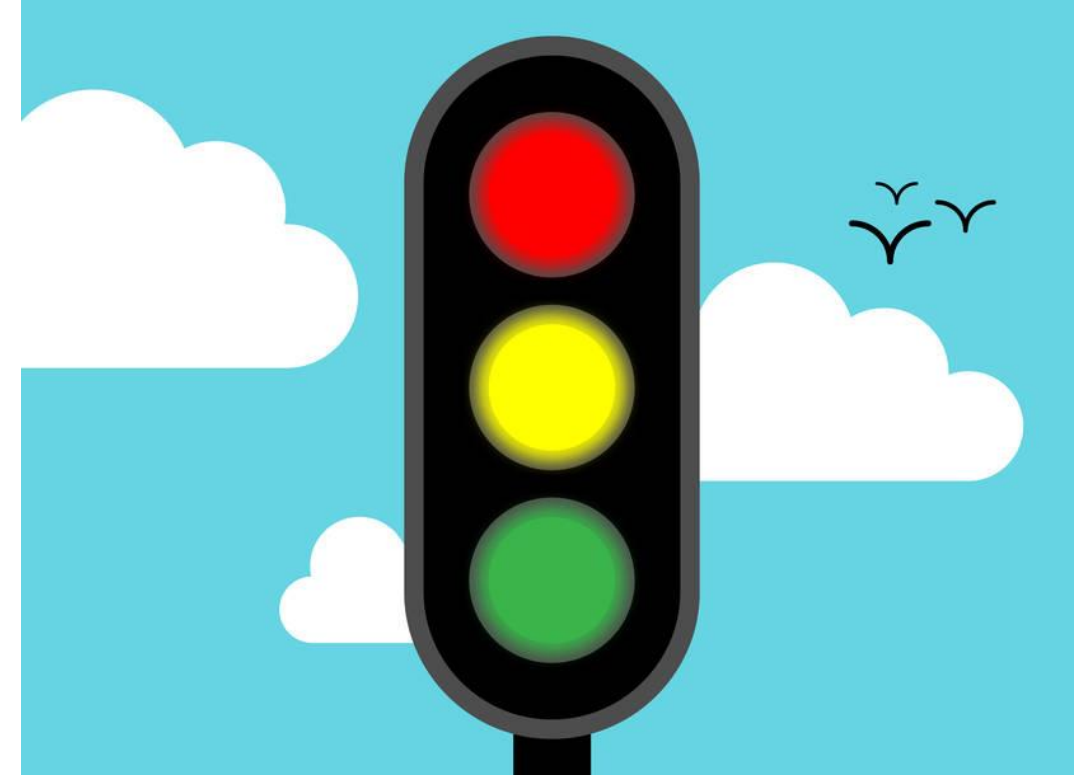
Strategy:



Mindful Moment

Why it works:

Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus



Stop-
Time Out
Intervene
Keep it green

Instead of CALM DOWN!

- **Connect**

- Listen (100% - ask open questions- hold advice)
- If you don't listen to the little things they won't share the big things.

- **Relate**

- Find common ground in their experience (next slide)
- Show empathy

- **Co-Regulate**



- Share your calm, help them find theirs.
- Birthday Cake, Star, Walk, Talk, Write (**practice for life**)
- Only solve problems or give consequences after calm

This is in no way avoiding accountability

Great at the door

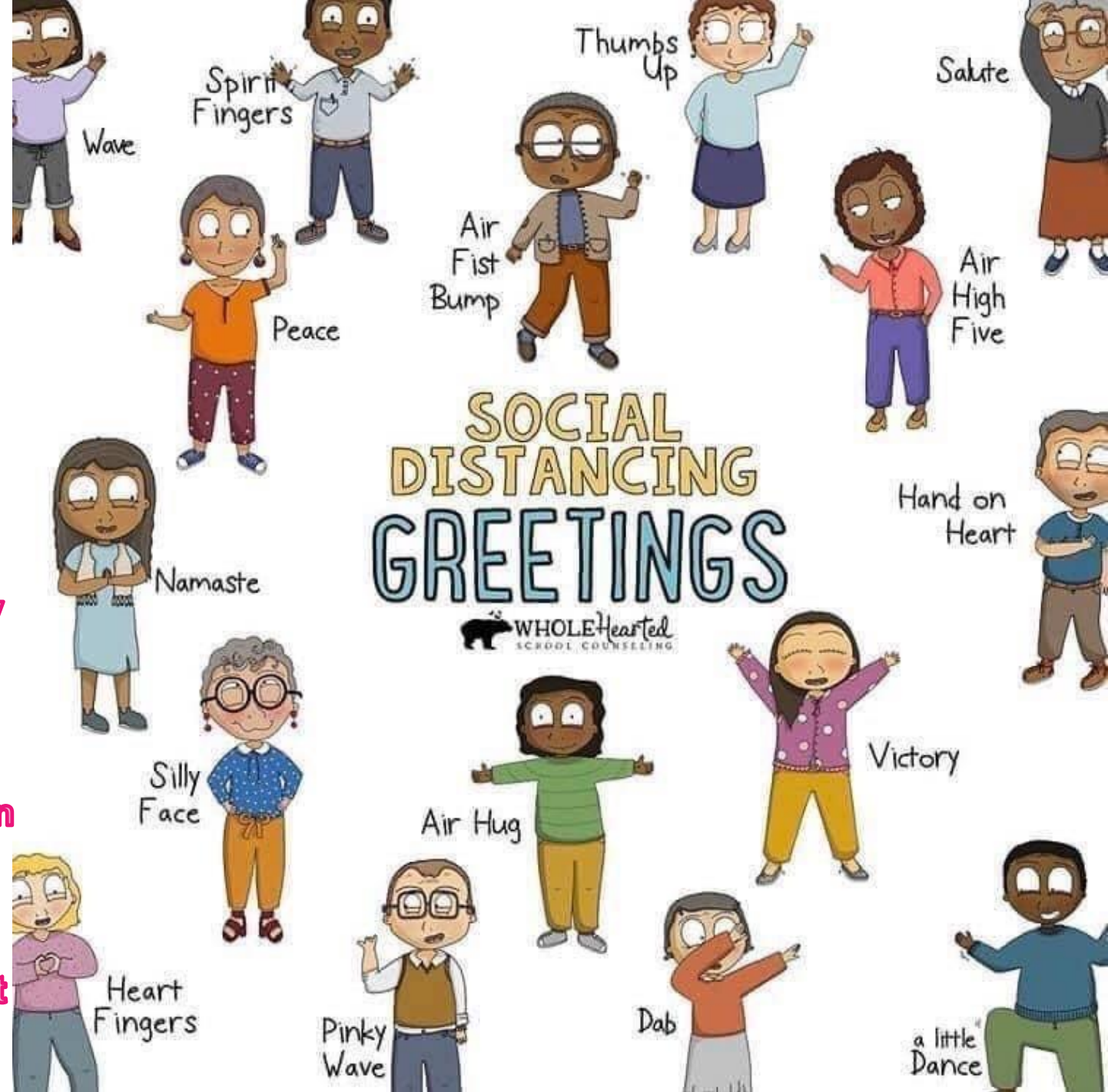
Build safe procedure
Make relationship
deposit
Check in
Direct to instant activity

Allday and Parkur

Classrooms where teachers greet at the door on average increase engagement by 45%

Bhaemann and Kopp

Students are significantly less likely to drop out
If one adult knows and uses their name in a positive way.



How do we reach students with this work?

How does your school and your classroom feel to all the members of the learning community?



How are you intentionally teaching the knowledge and skills of SEL?

Remember to integrate SEL into your activities-

Use the pirate strategy

- **Anticipate-**

- What SEL skill will be needed in this activity?
- Ex: Disagree w/o disagreeable, empathy, turn taking, active listening, summarize, keep focus, emotional control

- **Reinforce-**

- What are tips and reminders for that skill?
- Ask the class to draw out then add a comment if needed.

- **Reflect-**

- How did you do?
- EX:Fist to five, What did partner do to show, why is Important, knock on desk if.., how did it feel to.....

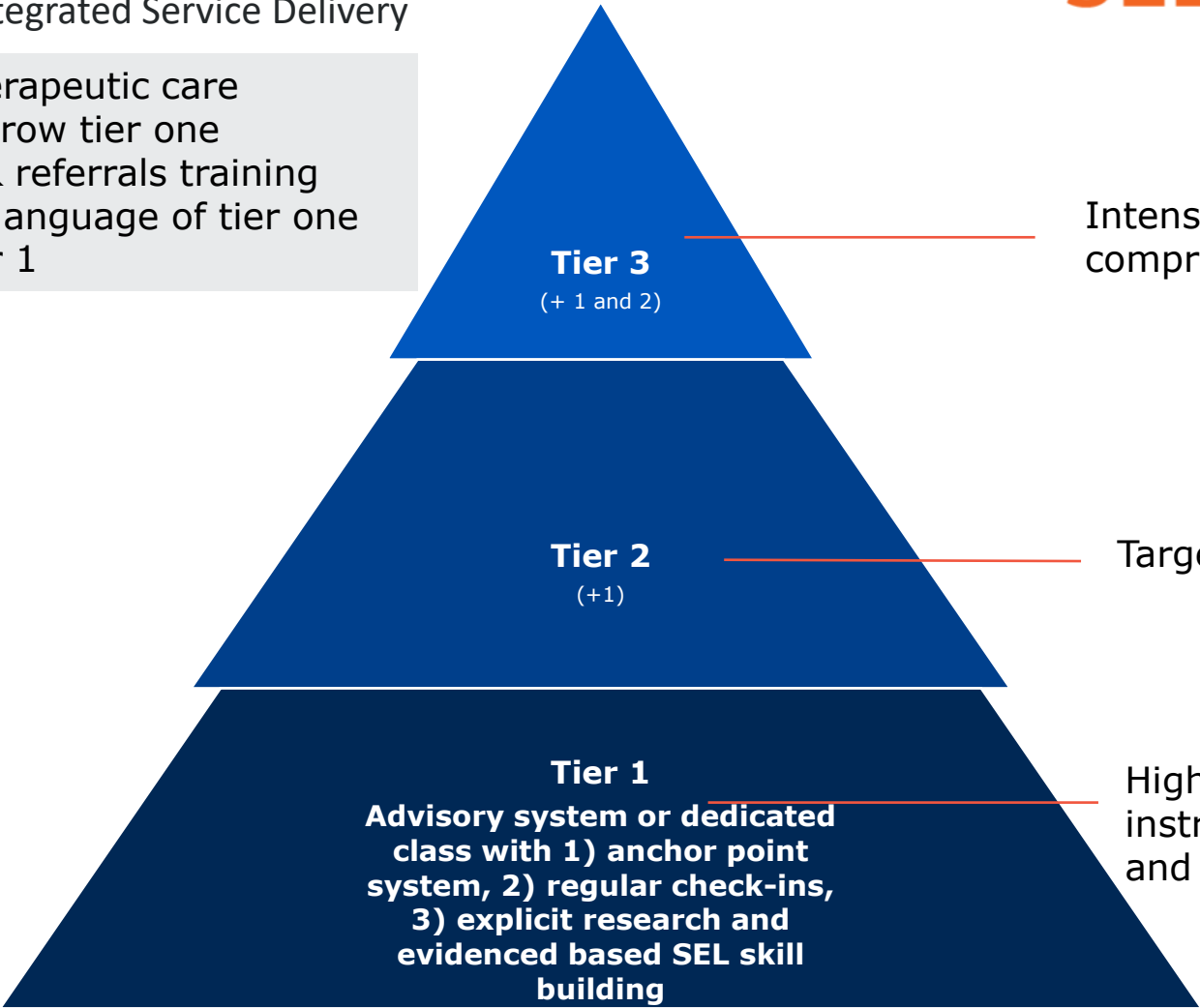
AARRRRGH!



Mental Well Being RTI and Triage

*Response to Intervention/Integrated Service Delivery

- Triage—therapeutic care
- Support—grow tier one
- Red flags & referrals training
- Speak the language of tier one
- Inform Tier 1



Intensive interventions and comprehensive evaluations

Targeted interventions

High-quality classroom instruction, screening, and group interventions



- Skill development
- Red flags & referrals
- Common language
- Safe Space

There should be strong communication, effective collaboration and a coherent narrative through the MTSS/RTI levels.

A wellness model not a sickness model

“We have to become a wellness model instead of a sickness model. We have to teach skills to all students so they have them before challenges escalate to crisis”

R. Keeth Matheny

www.SELlaunchpad.com



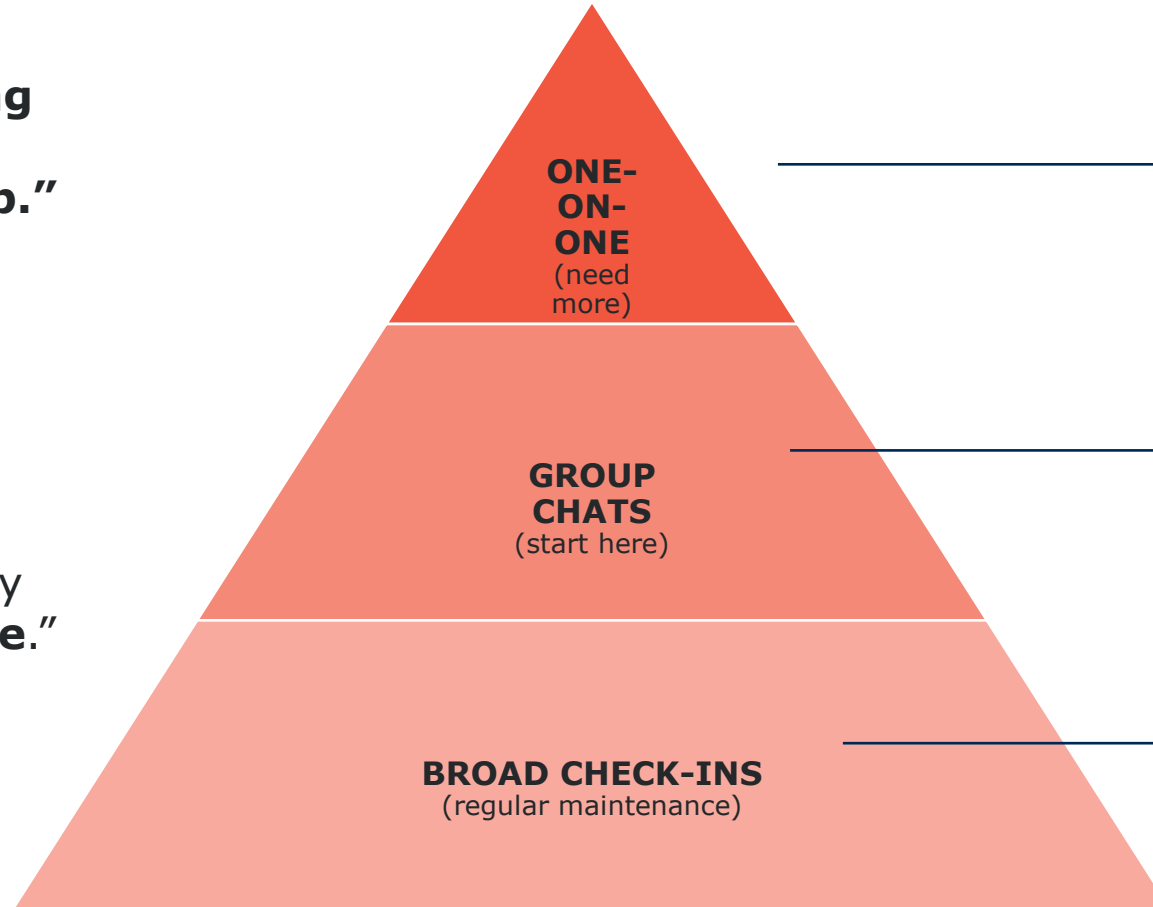
Levels of Check-In

“No significant learning occurs without a significant relationship.”

—Dr. James Comer

“People **don’t care how much you know until they know how much you **care**.”**

—Theodore Roosevelt



- One on one
- Calls
- Video chats

- Zoom
- Lunch Bunch
- Google Hangouts
- Circle Check-In

- Padlet
- Flipgrid
- Mood meters
- Remind
- Google Forms
- Survey Monkey

1.0- Explicit instruction with research and evidence based curriculum students and adults

2.0 Integration into core academics, electives and extra curriculars

3.0 Push out into community partners, afterschool programs, and parents.

Federal grants are available for this work



**THE MORE HEALTHY RELATIONSHIPS A
CHILD HAS, THE MORE LIKELY THEY WILL
RECOVER FROM TRAUMA AND THRIVE.**

Bruce D Perry



Check In-

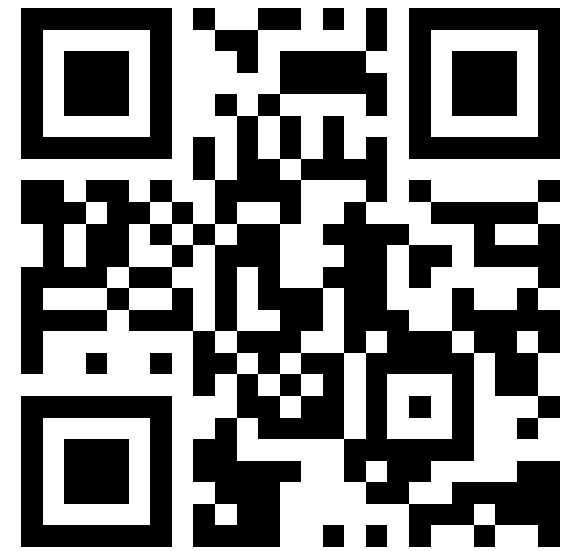
by Coach Rudy

Click image for
“how to host a check in”
video



- Find a talking piece or virtual
- Norms:
 - Open up and speak your truth
 - The speaker has our full and undivided attention and support
 - What is said in circle stays in the circle
- Everyone shares
- How are you feeling on a scale of 1-10 today, give me a feeling word (ie I am feeling about a five, I am somewhat frustrated).
- Tell me why you think you are feeling that way.
- Knock for support or “jazz hands” in virtual (facilitator help)

How to host a check in.



Dashboard | Which advisory strategy just cover | QR Code Generator | How to Host a Check In on Vimeo

vimeo.com/401045325

vimeo Manage videos Watch Product Upgrade

Search videos, people, and more

+ New video

Scale of 1-10 How are You Feeling?

Waiting for api.vimeo.com...

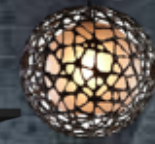
Dream advisory p...png | tenor.gif

Show all

Type here to search

7:22 AM 4/13/2020

The image shows a web browser window displaying a Vimeo video player. The video is titled 'Scale of 1-10 How are You Feeling?' and features a man with a beard speaking. The background of the video shows a painting of a vase with flowers and the text 'where you are planted'. The browser's address bar shows the URL 'vimeo.com/401045325'. The Windows taskbar at the bottom shows various application icons and the system clock indicating 7:22 AM on 4/13/2020.



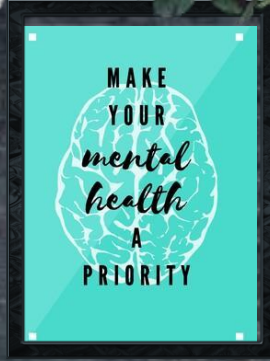
Please follow me on.

Virtual Calming Room

Hope these help you find calm

Just about anything you see, you can click on! It will take you to an activity or a website.

For example: The plants all link to breathing activities.



TRAITS OF A LIFE-CHANGING TEACHER



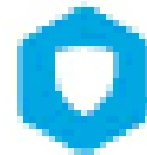
Help students
feel safe



Model
patience



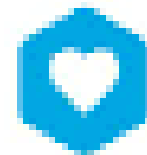
Believe in
their students



Know when
to be tough



Possess
contagious
passion



Love their
students

edutopia

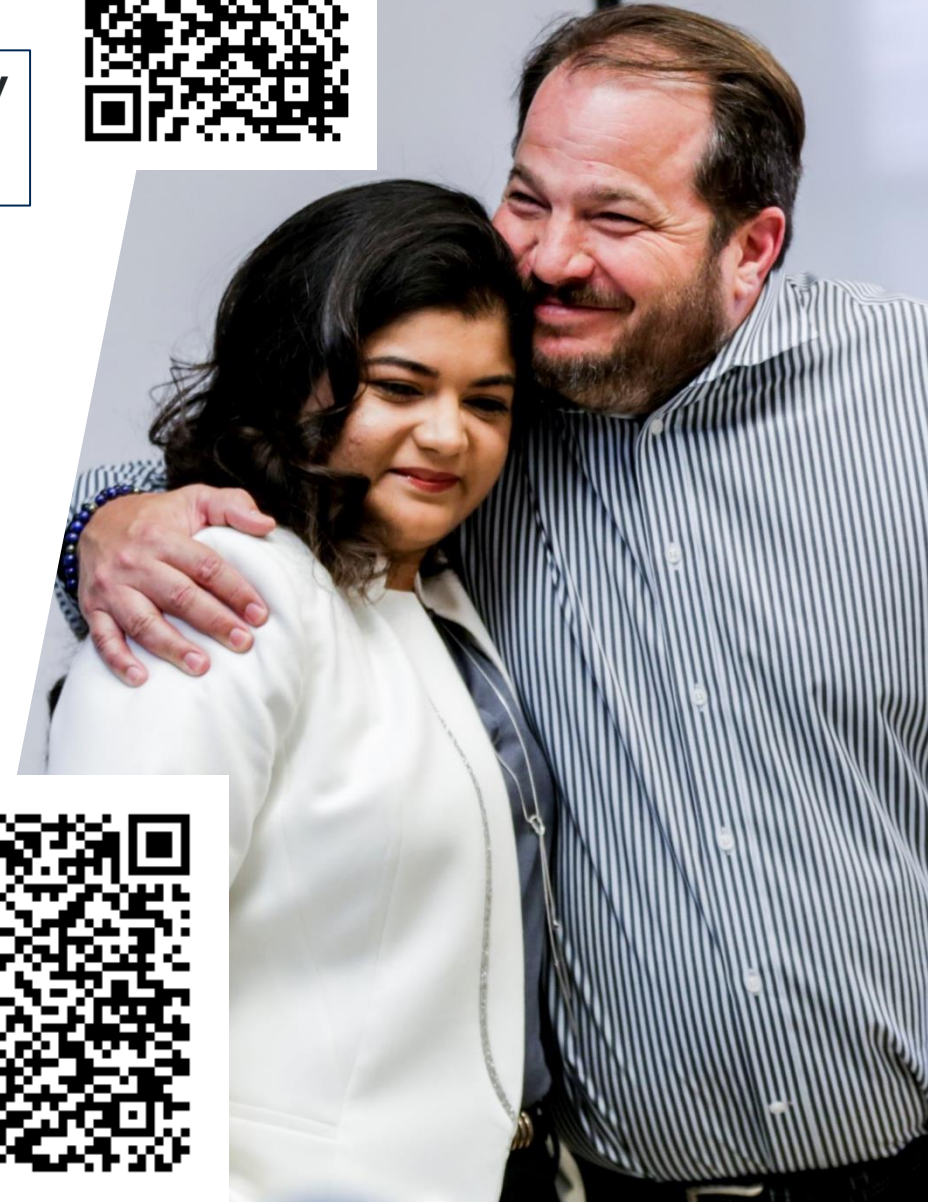
Follow Up Meta-Analysis 2017

“SEL is not a Band-Aid approach; it is a game-changer.”

—Denise Hausauer, Principal Damonte Ranch HS

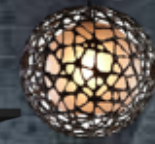
- 97,000 students receiving high-quality explicit SEL interventions
- 3.5 years after receiving the last intervention, the academic performance of students was, on average, 13 percent higher than non-SEL peers
- At other follow-up periods, conduct problems, emotional distress, and drug use were all significantly lower, and positive attitudes towards self, others, and school were higher
- SEL participants were less likely to have a clinical mental health disorder, ever be arrested or become involved with the juvenile justice system, and had lower rates of sexually transmitted infections, and pregnancies.
- Results were similar regardless of students’ race, socioeconomic background, or school location

**Case Study
Damonte
Ranch**



**Monica Rios and
House Bill 4454**





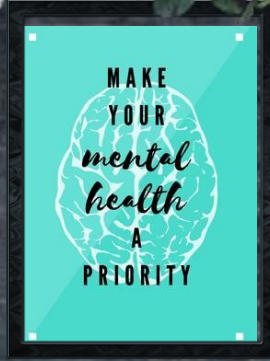
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SEL LAUNCHPAD

With R. Keeth Matheny "Coach Rudy" and #xSELnt guests

February 6th next session

First Saturday* of Every Month 10:30am Central Standard Time

virtual office hours

Open session to ask SEL questions,
share SEL stories, or just say hello.

Please register using link below and please
use your district email. See you zoom😊

<https://us02web.zoom.us/meeting/register/tZMkfuipqTkuGdM7tMjKaOPJwtrf0j5Gn34H>





ExSELEnt Teaching

Classroom Strategies to Support the Social,
Emotional, and Academic Growth of Students

Powerful Pedagogy, Actionable Strategies, and Heart Warming
Stories from a National Award-Winning Teacher's Classroom

R. Keeth Matheny
"Coach Rudy"

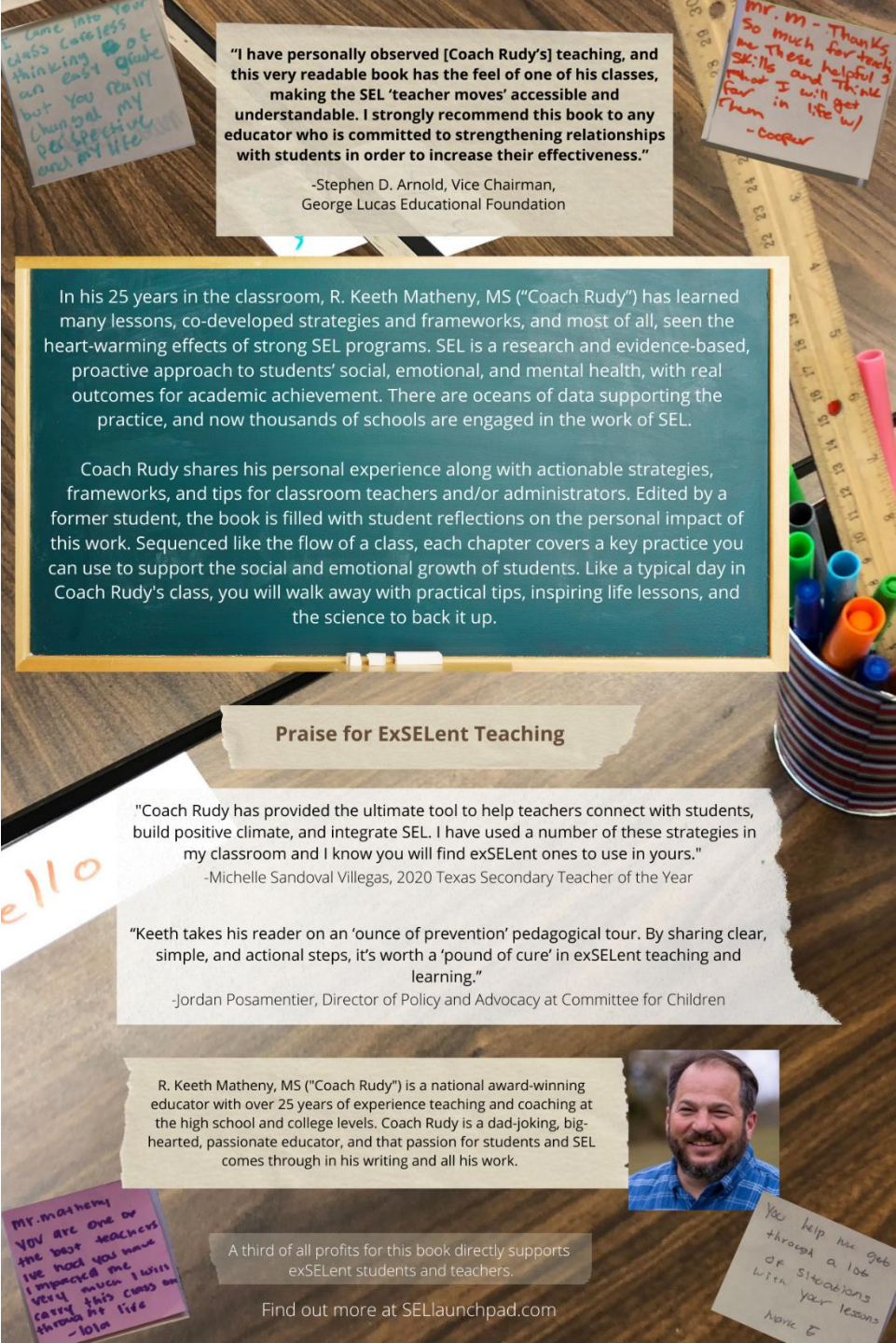
Foreword by Tim Shriver, Ph.D.

**New Book
Available in February
On Amazon**

**Tons of actionable
strategies every
teacher can use.**

**Heart warming
classroom stories,
positive results, and
authentic student
reflections.**

**One third of all proceeds go towards
clearing the classroom wish lists for
exSELEnt teachers and towards
scholarships for first generation
college students and students who
contributed to the book.**



"I have personally observed [Coach Rudy's] teaching, and this very readable book has the feel of one of his classes, making the SEL 'teacher moves' accessible and understandable. I strongly recommend this book to any educator who is committed to strengthening relationships with students in order to increase their effectiveness."

-Stephen D. Arnold, Vice Chairman,
George Lucas Educational Foundation

In his 25 years in the classroom, R. Keeth Matheny, MS ("Coach Rudy") has learned many lessons, co-developed strategies and frameworks, and most of all, seen the heart-warming effects of strong SEL programs. SEL is a research and evidence-based, proactive approach to students' social, emotional, and mental health, with real outcomes for academic achievement. There are oceans of data supporting the practice, and now thousands of schools are engaged in the work of SEL.

Coach Rudy shares his personal experience along with actionable strategies, frameworks, and tips for classroom teachers and/or administrators. Edited by a former student, the book is filled with student reflections on the personal impact of this work. Sequenced like the flow of a class, each chapter covers a key practice you can use to support the social and emotional growth of students. Like a typical day in Coach Rudy's class, you will walk away with practical tips, inspiring life lessons, and the science to back it up.

Praise for ExSELEnt Teaching

"Coach Rudy has provided the ultimate tool to help teachers connect with students, build positive climate, and integrate SEL. I have used a number of these strategies in my classroom and I know you will find exSELEnt ones to use in yours."

-Michelle Sandoval Villegas, 2020 Texas Secondary Teacher of the Year

"Keeth takes his reader on an 'ounce of prevention' pedagogical tour. By sharing clear, simple, and actional steps, it's worth a 'pound of cure' in exSELEnt teaching and learning."

-Jordan Posamentier, Director of Policy and Advocacy at Committee for Children

R. Keeth Matheny, MS ("Coach Rudy") is a national award-winning educator with over 25 years of experience teaching and coaching at the high school and college levels. Coach Rudy is a dad-joking, big-hearted, passionate educator, and that passion for students and SEL comes through in his writing and all his work.



A third of all profits for this book directly supports
exSELEnt students and teachers.

Find out more at SELlaunchpad.com

Please help us reach more!

Please contact me at...

R. Keeth Matheny

Emotional Intelligence
Teacher/Speaker/Author
Austin, Texas

www.SELlaunchpad.com

SEL  **LAUNCHPAD**

@coach_rudy

Tweet some SEL goodness
and tag me!

"Give me some fin!"

PLEASE reach out and connect

Twitter @Coach_Rudy

Linkedin: R. Keeth Matheny

Email: coachrudy@me.com

