

# INTRODUCTION TO SOCIAL EMOTIONAL HEALTH

## OBJECTIVES:

- Learn the definition and model of social emotional health.
- Understand the importance of social emotional health.
- Understand the value of self-reflection and how it influences classroom culture.

YOU  
NEED  
TO  
KNOW

SOCIAL  
EMOTIONAL  
HEALTH

is the ability to  
understand and manage one's  
*emotions, reactions* and *relationships*.

90% of high performers are high in emotional intelligence.

Social emotional health is a positive predictor of academic and life outcomes.

# SOCIAL EMOTIONAL HEALTH

**momentous**  
institute

Powered by Salesmanship Club since 1920



At Momentous Institute, we strongly believe self-reflection helps us to engage more effectively with others. Consider these questions:

How would you describe yourself?

How would others describe you?

What are you passionate about and what drives you?

What life events and situations have impacted your worldview and beliefs about what is considered right and wrong?

Who influences your day-to-day life, shapes your values and priorities, and guides your decision-making?

What people and experiences have shaped your views about race, gender roles, and power?

What really upsets you and makes it hard for you to be your best self?

RESEARCH REFERENCED IN THIS VIDEO:

Durlak, et al. The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. (2011)

Moffitt et al. A gradient of childhood self-control predicts health, wealth and public safety. (2011)

Jones et al. Early Social-Emotional Functioning and Public Health: The Relationship Between Kindergarten Social Competence and Future Wellness. (2015)

Center for Benefit-Cost Studies in Education, Columbia University. The Economic Value of Social and Emotional Learning. (2015)

WE ALSO RECOMMEND:

The Handbook of Social and Emotional Learning, Durlak et. al  
The Social Neuroscience of Education, Louis Cozolino  
How Children Succeed, Paul Tough  
Helping Children Succeed, Paul Tough  
Collaborative for Social and Emotional Learning, [www.casel.org](http://www.casel.org)

REFLECTION  
QUESTIONS

Which elements of social emotional health are you already doing well?

Which elements would you like to grow?

How can you incorporate more social emotional health practices into your daily work with children?

# ABOUT MOMENTOUS INSTITUTE

Momentous Institute, powered by the Salesmanship Club of Dallas, has for almost 100 years helped kids build and repair social emotional health so they can achieve their full potential. We believe in the power and the responsibility of expecting momentous outcomes for every child, because all children deserve that unwavering belief.

Our integrated approach to education and mental health benefits thousands of North Texas children and family members each year. At the nationally acclaimed Momentous School, children ages 3 years old through fifth grade, most of whom are growing up in poverty, receive an education that prioritizes social emotional health each day in concert with rigorous academics. Our strength-based therapeutic programs involve the whole family and are grounded in our commitment to never define people by limitations or diagnoses. With our help, parents who once felt overwhelmed and hopeless feel competent and confident, and kids having trouble learning or getting along with others because of trauma, abuse or other mental health issues are better able to reach their full potential.

In addition to our direct work with kids and their families, we invest in research, innovative program development and training in an effort to help far more children than we could ever serve directly.

## LEARN MORE

[www.momentousinstitute.org](http://www.momentousinstitute.org)

Our blog with strategies, tools and resources for educators and professionals  
[www.momentousinstitute.org/blog](http://www.momentousinstitute.org/blog)

Our shop with tools, posters, books and more to build social emotional health  
[www.momentousinstitute.org/shop](http://www.momentousinstitute.org/shop)

Our social media channels for engaging resources and content  
[www.facebook.com/momentousinstitute](https://www.facebook.com/momentousinstitute)  
[www.twitter.com/momentous](https://www.twitter.com/momentous)