Lessons to Support ELL’s Sense of Self

Tara Napolitano
Lakewood Public School District
NJTESOL Spring Conference 2019
Name

Who gave you your name?

What does your name mean?

Where does your name come from?

Is there a story behind your name?
ELLs need to be confident in their bilingual/bicultural identity so that they can share their experiences with the world to know that who they are and what they have to say matters, even if it isn’t said in perfect English.
Why Social Emotional Learning?

SEL teaches children to:

- Recognize and understand their emotions
- Feel empathy
- Make decisions
- Build and maintain relationships
Why Social Emotional Learning?

Immediate benefits of SEL include:

- Mental health
- Social skills
- Academic achievement
Why Social Emotional Learning?

Lasting benefits of SEL include decreased:

- Conduct problems
- Hyperactivity
- Aggression
- Anxiety, stress, depression
- Drug use
- Rates of arrest and/or involvement in the juvenile justice system
- Rates of STIs and unplanned pregnancies
Why Social Emotional Learning?

Lasting benefits of SEL include increased:

- Academic performance
- High school and college graduation rates
- Quality of relationships
- Prosocial behavior and attitudes
How is this relevant to ELLs?

Compared with their English proficient peers:

Asian language speaking ELLs rate themselves lower in peer relationships

Spanish-speaking ELLs are at a greater risk for both internalizing and externalizing problems

ELLs challenged by poverty and economic hardship are at a greater risk for the development of psychological and behavioral concerns
How is this relevant to ELLs?

SEL can:

- Alleviate or reduce the impact of ELL’s worry and anxiety
- Be the foundation of an inclusive and supportive classroom culture
- Positively impact current and future ELL achievement as well as the quality of their school experiences
SEL Competency 1: Self-Awareness

The ability to accurately:

Recognize one’s emotions, thoughts, and values, and how they influence behavior

Assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a growth mindset
SEL Competency 1: Self-Awareness

Identifying emotions
Accurate self-perception
Recognizing strengths
Self-confidence
Self-efficacy
Feelings

How are you feeling today?
Identifying Emotions

Feelings

Emotions vocabulary with emojis

Students create groups

Shades of Meaning with Examples Graphic Organizer

Sentences, illustrations, rubrics
Identifying Emotions

Feelings

Expressing Feeling Rubric

<table>
<thead>
<tr>
<th>Expression</th>
<th>Student</th>
<th>Ms. Napolitano</th>
</tr>
</thead>
<tbody>
<tr>
<td>My face shows my feeling</td>
<td></td>
<td>/5</td>
</tr>
<tr>
<td>My background matches my feeling</td>
<td></td>
<td>/5</td>
</tr>
<tr>
<td>My sentence includes my feeling</td>
<td></td>
<td>/5</td>
</tr>
<tr>
<td>My sentence includes my reason</td>
<td></td>
<td>/5</td>
</tr>
<tr>
<td>My sentence matches my scene</td>
<td></td>
<td>/5</td>
</tr>
<tr>
<td>Capitalization</td>
<td></td>
<td>/5</td>
</tr>
<tr>
<td>Punctuation</td>
<td></td>
<td>/2</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>/32</td>
</tr>
</tbody>
</table>

Managing Emotions

Mrs. Sardano’s class worked with Ms. Napolitano to acquire new vocabulary to express their emotions. They completed a variety of activities applying the words to different situations.
Identifying Emotions

Feelings

How are you feeling today?
Identifying Emotions

Feelings

What words did you learn through this activity?

Were there any words that you especially liked because they can help you to better express yourself?
Identifying Emotions

Managing anger

What angers me?

- A student thinks they are the adult in the room
- A friend lies to you
- You get blamed for something you did not do
- Your friends get invited to dinner and you do not get an invitation
- A friend does not call, text, or email you back
- A colleague purposefully withholds information from you
- Misinformation about you gets posted on social media
- A student mimics you in front of the class
- A person you are eating with loudly chews with their mouth open
- Your supervisor does not listen to or accept your suggestions for improvement on project you have been asked to review
- A kid in your class is bossing you around
- A friend lies to you
- Your teacher yells at you when it's not your fault
- A group of kids on the playground do not let you join their game
- A friend cuts you in line
- A person in your class will not share his or her scissors
- A friend tells the teacher that you are not doing your work
- A kid in your class copies everything you say
- The person who sits next to you is constantly singing under his or her breath
- You follow the rule and raise your hand to answer a question and another student in your class often just calls out the answer
Identifying Emotions

Managing anger

What angers me?
Identifying Emotions

Managing anger

What does anger look/sound/feel like?

We brainstormed to recognize how anger looks, sounds, and feels and created an Anger Toolkit to help us cool down.
Accurate Self-Perception

Self-Acceptance

https://www.youtube.com/watch?v=A2RIHM8xfmM

Acknowledging every part of yourself and accepting yourself for who you are is a powerful thing to do.

What makes it hard to accept some of these parts of yourself?

What would it mean for you to truly accept and love yourself for who you are?

What can you do to help yourself accept and love yourself for who you are?
Accurate Self-Perception

Self-Acceptance
Accurate Self-Perception

Self-Acceptance

Rooms 101 and 108 worked with Ms. Napolitano to recognize and share personal qualities that they are proud of and ones that they would like to improve. As part of our mindfulness series, we acknowledge and accept our imperfections and practice love and respect as we work through our frustrations.
Accurate Self-Perception

What does “we are all different, we are all the same” mean to you?

Do you think people value similarities or differences more? Why?

Why is it good that we different/the same?

Let’s Talk About Race by Julius Lester  [https://www.youtube.com/watch?v=UXW5R3IVABo](https://www.youtube.com/watch?v=UXW5R3IVABo)
Accurate Self-Perception

Collages
Accurate Self-Perception

Collages

How easy or hard was it to find pictures that represented you?
Accurate Self-Perception

Collages
Accurate Self-Perception

Collages
Recognizing Strengths

Standing Up for Each Other: Expressing Our Super Selves

What are my strengths and how can use them to help others in school and/or solve a problem in the world?

Wings by Christopher Myers  https://www.youtube.com/watch?v=9-71ClpnSWE

What is an upstander? How is the narrator an upstander?
Recognizing Strengths

Standing Up for Each Other: Expressing Our Super Selves

Possible Super Skills to be Upstanders Graphic Organizer

Include skills related to biliteracy/biculturalism

Include name, sidekick, accessory

Share and Appreciate

Thank you for sharing. I like the way you _____.
Recognizing Strengths

Standing Up for Each Other: Expressing Our Super Selves
Recognizing Strengths

Standing Up for Each Other: Expressing Our Super Selves

Share and Appreciate

Thank you for sharing. I like the way you _____.
Names

My Name is Jorge on Both Sides of the River Poems in English and Spanish by Jane Medina, illustrated by Fabricio Vanden Broeck

https://www.youtube.com/watch?v=ANTSWkDkGfw

Practice correcting mispronunciations and asking for pronunciations
Self-Confidence

Names

Graphic Organizer

Who gave you your name?

What does your name mean?

Where does your name come from?

Is there a story behind your name?

Posters, share, post
Self-Confidence

Names
Self-Confidence

Names

¿Hay una historia sobre tu nombre?

¿Quién te dio tu nombre?

¿De dónde viene tu nombre?

¿Qué significa tu nombre?
Self-Efficacy

Personal Space, Boundaries, Consent

**Personal Space Camp** by Julia Cook, illustrated by Carrie Hartman

https://www.youtube.com/watch?v=44bQRoEmHAY

Personal space, privacy, boundaries, consent

Discussion and role play
Self-Efficacy

Personal Space, Boundaries, Consent

Boundaries are

Self-created

Can change

Need to be respected
Self-Efficacy

Personal Space, Boundaries, Consent

Consent is

An active process

Activity specific

Can be taken back at any time

Must be given in a free and clear mindset
Carousel (with names)

Questions

Books

Sub-competencies