

Using Technology to Support Students' SEL for Pre-K to 3rd Grade Educators during COVID-19 Outbreak

Technology in Early Childhood (TEC) Center
Erikson Institute

TEC Center resources and opportunities

TEC Center:

Main website: www.teccenter.erikson.edu

Twitter: www.twitter.com/TEC_Center

Facebook: www.facebook.com/teccenter.erikson/

Youtube: www.youtube.com/user/eriksonteccenter

Professional Development: www.teccenter.erikson.edu/services/

Educator Tips and Lesson plans: www.teccenter.erikson.edu/category/in-practice/

Research: Contact us at ALauricella@erikson.edu with subject line "Research Interest"

Erikson Institute:

Summer Institutes: www.erikson.edu/continuing-education/learning-institutes/

MSECE STEM Concentration Degree and Certificate programs:

www.erikson.edu/graduate-education/masters-degrees/online-master-science-early-childhood-education/concentration-early-childhood-stem/

Facilitating Attuned Interactions (FAN):

<https://www.erikson.edu/professional-development/facilitating-attuned-interactions/>

Personal self-care and self-compassion

- Give yourself grace
- Your teaching does not have to 100% translate to online learning
- Take it one day at a time: choose one or two activities to try

Why focus on SEL now?

- These times are new for every single one of us
- Children need their basic needs, like safety, met first
- Having social and emotional skills contributes to (Durlak, 2011):
 - improved academic achievements, attitudes, behaviors
 - less emotional distress

CASEL Five Core Competencies

- Self-awareness
- Self-management
- Social awareness
- Relationship Skills
- Responsible decision-making

Erikson Institute's 3 Components of SEL in Early Childhood

- That was hard, but I'm OK.
- I matter.
- I care.

Technology and Early Childhood

Technology can be one tool, among many others to:

- Practice self-awareness and self-management
- Tell stories
- Collaborate and support relationships

But it depends on Child, Content and Context (3 C's from Lisa Guernsey)

Tips, activities and tech tools to support students' SEL: Self-awareness and self-regulation

Tips

- Make it a priority to allow children space to feel anger, anxiety, fear, sadness
- Make this time consistent and reliable
- Encourage children to take mental and personal breaks
- Adults can model this behavior too

Activity Ideas and Technology Tools

- Music and dancing
 - GoNoodle: free to try, website, Pre-K-8
- Yoga and meditation for kids
 - Super Stretch Yoga HD: Free app, PreK-2
 - Calm: Free app, PreK-12
 - Mindful Powers: Free to try app, K-5
 - Breathe, Think, Do
 - Mind Yeti: Free app, website and YouTube channel, K-8
 - Stop, Breathe, and Think: Free app, 3-12
- Timers and reminders
- Self reflection tools
 - YouHue: Free app, 1-8

Tips, activities and tech tools to support students' SEL: Storytelling

Tips

- Provide multiple ways for students to tell stories
- Utilize story starters such as: "How has this changed your life? What's your story? What do you most miss?"
- Include time for introduction and exploration of new tech tools

Activity Ideas and Technology Tools

- Brainstorming ideas:
 - Popplet
- Recreate your favorite book/Create a new book
 - Storybird: Free to try, website and app, K-12
 - My Story Book Maker: Free app, 1-5
 - Book Creator: Free website and app, 3-12
 - Pages: Free app, 3-12
- Make a movie
 - Camera: Free app, Pre-K-12
 - Seesaw: The Learning Journal: Free app and website, K-12
 - Book Creator: Free app, 3-12
 - Animaker Class: Free website, 3-12
- Creating comics and cartoons
 - Superhero Comic Book Maker: Free app, Pre-K-1
 - Toontastic 3D: Free app, K-5
 - Pixton: Free to try website, 2-12
- Green screen at home

- Green Screen by Do Ink: \$2.99 app, 3-8
- Music and recording
 - GarageBand: Free app, 3-12

Tips, activities and tech tools to support students' SEL: Collaboration and Relationship Skills

Tips

- Maintain consistent relationships with students
- Encourage/support relationships between students
- Encourage students to share their work such as books, photos, or videos with other students

Activity Ideas and Technology Tools

- Teacher live/recorded reading books
 - YouTube: Free app and website, PreK-12
 - Zoom: Free app and website, PreK-12
- Sharing, merging and co-creating
 - Drawp Unlimited: Free to try app, Pre-K-12
 - MURAL: Free website, K-12
 - Google Drive: Free website and app, K-12
 - Explain Everything Whiteboard: Free to try app, 3-12
- Asynchronous collaborative activities
 - Seesaw: The Learning Journal: free and paid website and app, K-12
 - Class Dojo: Free website, K-6
 - Nearpod: Free website and app, K-12
- Social skills building games
 - Daniel Tiger's Grr-ific Feelings: \$2.99 app, Pre-K-K
 - Zoo Academy: Free website, K-1
 - Zoo U: Free website, K-5

Additional resources for you supporting students' SEL:

<https://casel.org/covid-resources/>

Supporting SEL at Home Casel Video: <https://www.youtube.com/watch?v=W8W-GkIHGX0>