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On-demand session presentation

SEL: Creating Culturally Responsive Safe Spaces Virtually

Available December 2, 2020

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GLOBAL
CRED



Learning Intentions

Discover ways to implement SEL into virtual meetings through:

- Mindfulness
- Brain Breaks
- Collaborative Spaces
- Unintentional Moment Creators

A green brushstroke background with a white rectangular frame containing text.

When have you felt the SAFEST
and most ENGAGED in a virtual
work setting?

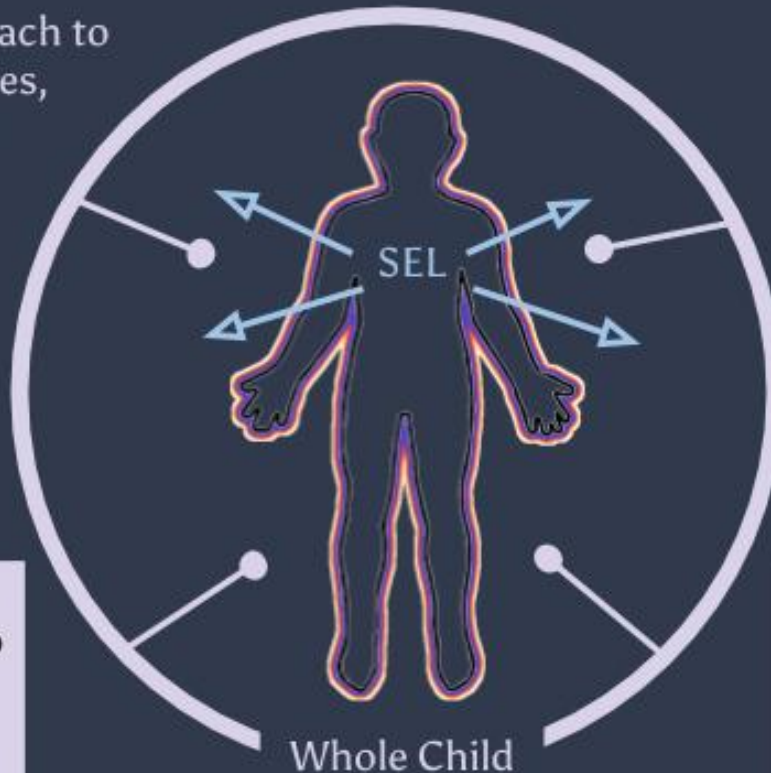


The Whole Child & Social Emotional Learning

The Whole Child is an approach to educational policies, practices, and relationships to ensure all students are

- healthy,
- safe,
- engaged,
- supported, and
- challenged.

(www.ASCD.org)



The Whole Child provides the systemic framework so that students can more effectively and efficiently develop social, emotional, and cognitive skills.

SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to

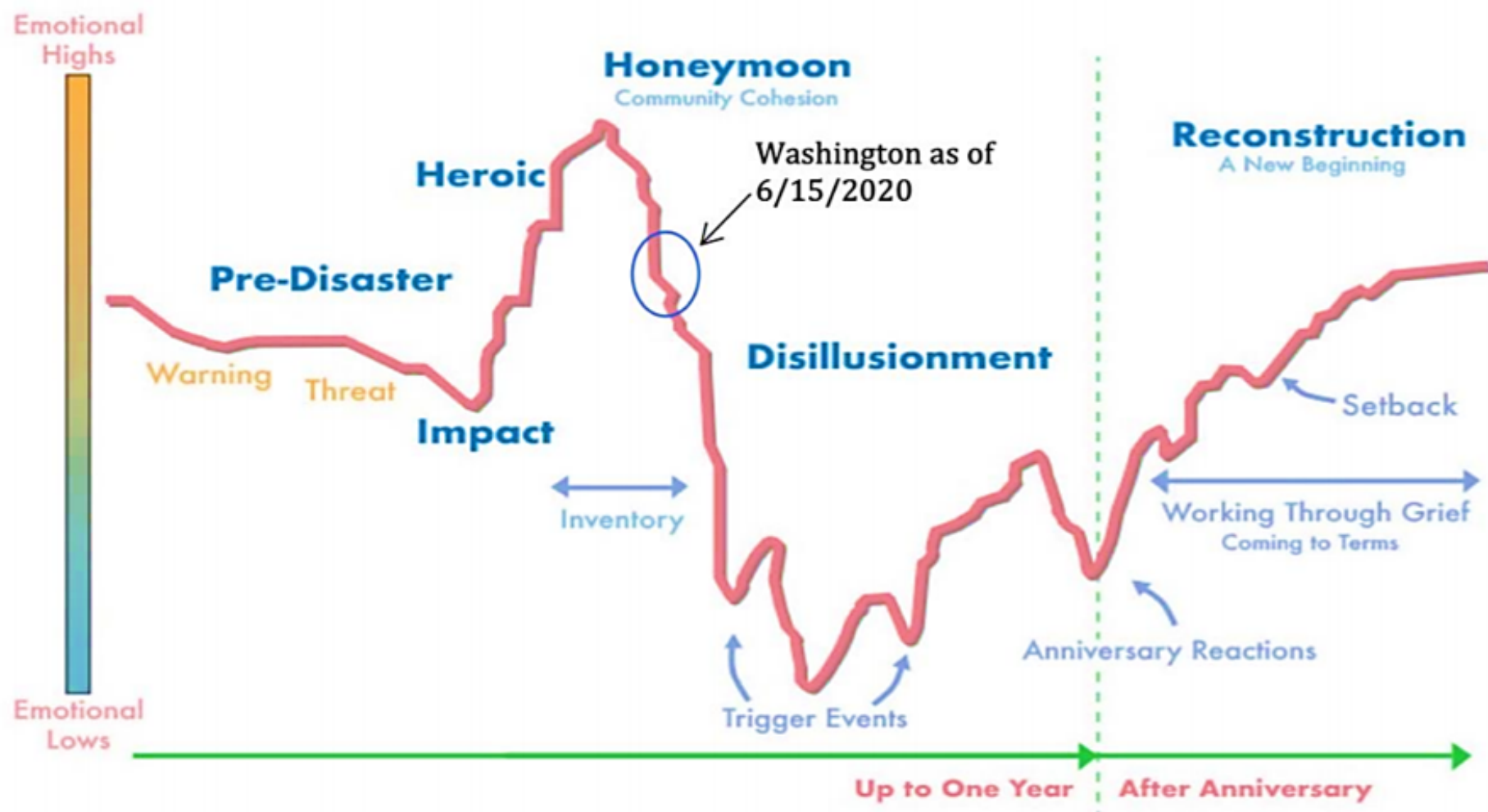
- understand their emotions,
- manage their emotions,
- feel and show empathy for others,
- establish and maintain positive relationships, and
- make responsible decisions.

(www.CASEL.org)

Educators can foster social emotional growth through modeling their own SEL development, establishing positive rapport with students, and providing opportunities for students to practice SEL skills.



Figure 1. Reactions and Behavioral Symptoms in Disasters

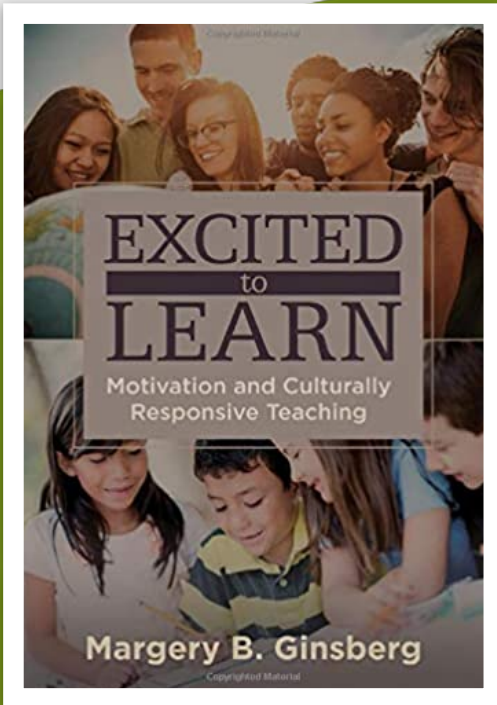


Adapted from the Substance Abuse and Mental Health Services Administration (SAMHSA)

WHOLE CHILD

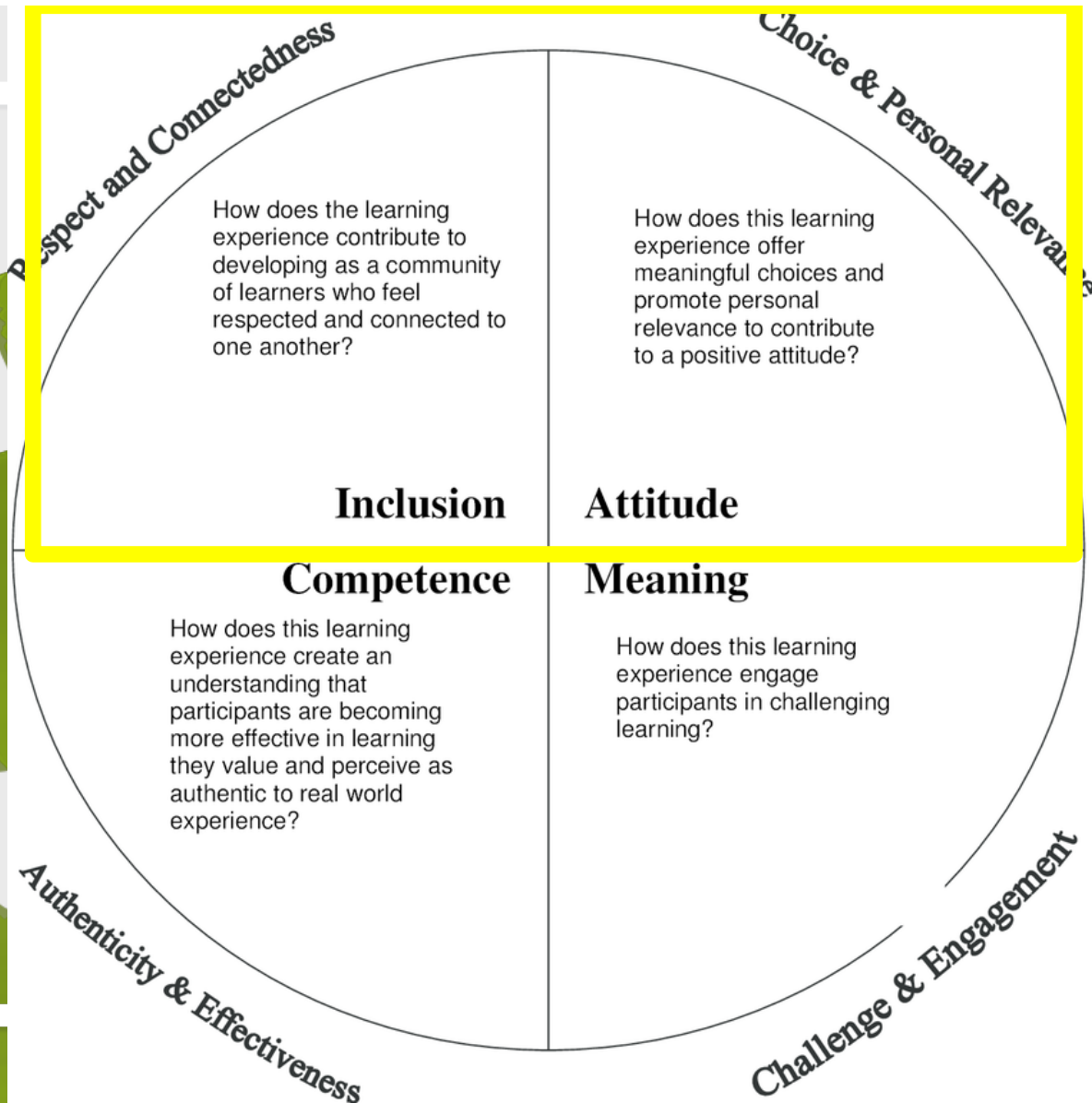


CULTURALLY RESPONSIVE



MOTIVATIONAL FRAMEWORK





HOW TO USE:

- Use it as a self-assessment
- Peer coaching
- Umbrella for specific instruction
- Assess a lesson plan
- Map out all four areas

- Routines and rituals are present
- Respectful learning and interactions occur
- Students are comfortable
- The teacher treats all students respectfully and fairly
- Student's lives and cultures are represented

Respect and Connectedness

How does the learning experience contribute to developing as a community of learners who feel respected and connected to one another?

Inclusion

Choice & Personal Relevance

How does this learning experience offer meaningful choices and promote personal relevance to contribute to a positive attitude?

Attitude

- Classes are taught with students' experiences, concerns or interests in mind
- Students make choices related to learning that include experiences, needs, values and strengths
- Students are able to voice their opinion

- There are clear criteria for success
- Grading principles are fair to all
- Performances and demonstrations have real-world connections
- Assessment takes into account students' perspective; there are multiple ways to reach standards

Authenticity & Effectiveness

How does this learning experience create an understanding that participants are becoming more effective in learning they value and perceive as authentic to real world experience?

Competence

Meaning

How does this learning experience engage participants in challenging learning?

Challenge & Engagement

- Student participation is active, they are challenged
- Questions go beyond facts and encourage different points of view
- The teacher builds on what students know
- The teacher respectfully encourages high-quality responses

The image features a dark green, textured brushstroke that spans horizontally across the middle of the frame. Overlaid on this stroke is a white rectangular border. Inside this border, the word "MINDFULNESS" is written in a clean, white, uppercase, sans-serif font, centered both horizontally and vertically.

MINDFULNESS

A large, diagonal green brushstroke graphic with a white border, containing the text 'Check Ins'.

Check Ins

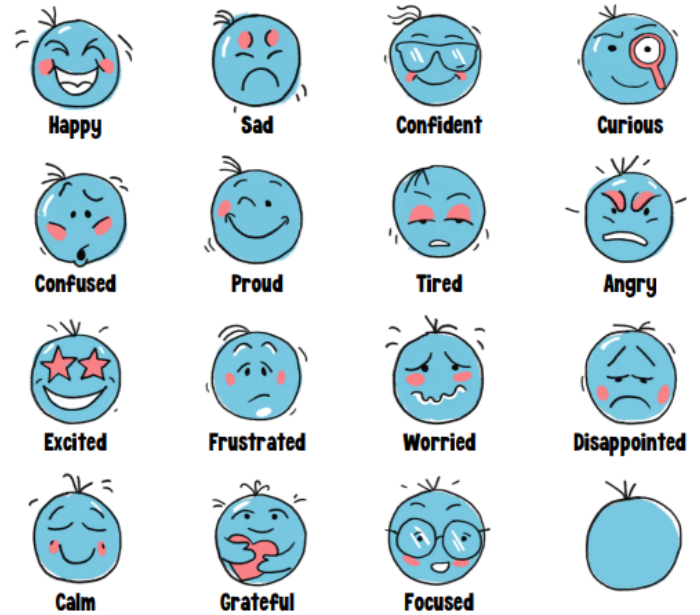
- What did it take you to get here?
- Top of the Head
- Mood In and Out

feelings poster for kids

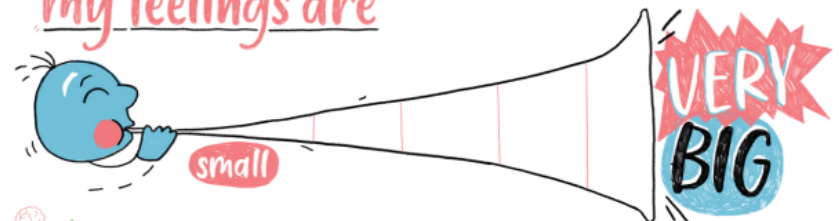
HOW DO YOU FEEL?



Right Now I FEEL...



my feelings are



One Minute Meditation

Breathing in through the nose,
Breathing out through the mouth.

Breathing in feeling the lungs expanding,
Breathing out feeling a sense of letting go.

Breathing in to feel the body getting fuller,
Breathing out to feel the release of any tension.

Breathing in feeling alive and awake,
Breathing out feeling muscles relaxing.

Breathing in that sense of fullness,
Breathing out that unnecessary tension in the body and mind.



TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



Vocabulary Practice Choice Board

Work through the Choice Board picking different vocabulary practices ideas!

<p>Draw a picture and hide 6 of the words in the picture. The chosen words must be placed in a picture associated to the definition. Example: The word mysterious written around the brim of a magician's hat.</p>	<p>Write a free verse poem or song using 7 of your vocabulary words, showing you know the meanings of the words. Be creative! Think with emotion! Use humor!</p>	<p>Make 6 "Mr. Stick" drawings with dialogue bubbles or captions. The bubble or caption must correctly use the word. Put details in your drawing so it is clear how your pictures relate to your words.</p>	<p>Create an illustrated dictionary for all 10 of your vocabulary words. Each entry should have the definition and an accompanying picture</p>
<p>Write 5 Haikus (3 lines that follow 5, 7, 5 syllables in each line) for 5 different vocabulary words that show you know the words' meanings. Example: "Dreary" Dark, sad, a tad blue A little puppy sat still Rain pattered its fur</p>	<p>Write dialogue between two people using the 10 vocabulary words. Make sure you include a dialogue tag (try to use words other than said) and punctuate the sentence correctly. Remember that each time a new person speaks, it is a new paragraph and must be indented. Example: "Put your coat on," reminded Mom. "I don't think it is too frigid out,"</p>	<p>Create specific descriptions of 7 different characters whose last names are your vocabulary words. List each person's personality, job, and appearance that have something to do with the word's meaning. Example: Mr. Stingy Personality – He does not like to spend money. Job – Accountant Appearance – All of his pants have zippers to</p>	<p>Write 2 declarative (.), 2 interrogative (?), 2 imperative (a command), and 2 exclamatory (!) sentences with different vocabulary words. Your sentences should give clues about the word someone could guess meaning using your clues.</p>

Language Practice Technology Choice Board

Technology Required (many just from a cell phone or tablet)

Work through the Choice Board picking different vocabulary practices ideas!

<p>Select a visual from this Pinterest board (Pinterest) and write a description or story about it.</p>	<p>Do some research online relating to the Benefits of Being Bilingual. Create your own infographic in English that summarizes what you learned.</p>	<p>Select an infographic about young people in a target language country. Create a Venn Diagram and compare the information from the infographic with young people in the U.S.</p>	<p>Choose one debate topic from this list: Debate Topics, create a script of your ideas, and record your presentation using your phone. Post your recording.</p>
<p>Watch a cartoon in the target language from this Pinterest board: Pinterest and create a storyboard about the episode.</p>	<p>Select an article from one of the magazines on this Pinterest board: Pinterest and create a graphic organizer about the article. You can pick: VennDiagram or Summarize the main idea.</p>	<p>Go to this magazine website and select the target language from the pulldown menu. Read an article of your choice and take notes. Record yourself summarizing the article and post it.</p>	<p>Go to Audio Lingua and select a recording in the target language. Create a list of key words from the recording and write a short summary of it.</p>
<p>Investigate the life and art of a famous artist from the target language culture. Create a visual presentation in the target language about the artist.</p>	<p>Have fun practicing your language skills on Digital Dialects</p>	<p>Investigate ecotourism in a target language country and create an itinerary for a future trip. Here are some resources for you.</p>	<p>Create a game board using your unit vocabulary. Here is a website where you can download a game board template.</p>
<p>Use Scrabble or Bananagram letters or make your own letter cards to create a crossword puzzle consisting as many target language words as you can think of.</p>	<p>Use Google Maps or Google Earth to design an itinerary for your family in a target language capital city.</p>	<p>Learn a song from the target language culture and record yourself singing it: Mama Lisa's World of Children and International Culture</p>	<p>Imagine that you have the equivalent to \$100 to spend on an outfit for a party this weekend. Select your clothing items from an online store. Create a shopping list with photos.</p>
<p>Choose a dance video: Dance Video and get moving!</p>	<p>Investigate recipes online in the target language for an upcoming event. Create a shopping list and make the dish if you can.</p>	<p>Investigate wildlife in a target language country (their habitats, what they eat, etc.) and create a children's book about an imaginary adventure you took there. Here are</p>	<p>Go online for your local public library and check out ebooks in the target language</p>

Reflective Protocols

3-2-1

What 3 new things did you learn?
What 2 ah-ah's popped in your mind?
What is one BIG question that you still have?

4 As

What Assumptions does the author of the text hold?
What do you Agree with in the text?
What do you want to Argue with in the text?
What parts of the text do you want to Aspire to (or Act upon)?

Connect-Extend-Challenge

How are the ideas and information presented CONNECTED to what you already knew?
What new ideas did you get that EXTENDED or pushed your thinking in new directions?
What is still CHALLENGING or confusing for you to get your mind around? What questions, wonderings or puzzles do you now have?

3-2-1 Bridge

Your initial response to the topic

- 3 thoughts/ideas
- 2 questions
- 1 analogy

Your new response to the topic

- 3 thoughts/ideas
- 2 questions
- 1 analogy

Tweet and Hashtag

What would you say if you were to tweet out the activity you did/resource in the target language you learned about and what would your hashtag be?

10 words/5 sentences

10 words to summarize what you learned from the activity you selected. Then write a sentence summary SOME (maybe required) of your 10 summary

Journal Writing Prompts

Pick a topic and write about it in the means most accessible to you (i.e. a notebook, Class Teams OneNote, in Google Word online...). Write as much as you can staying around these barometers (First Year: several sentences, Second Year: 2 Paragraphs, Third Year: 3 Paragraphs and 4 Year +: Write as much as you can for 20 minutes).

1. Write about going back to school after summer vacation.
2. Write a thank you note to a friend who gave you onion and garlic-flavored chewing gum.
3. Draw an imaginary constellation. Write a story such as ancient people might have told about it.
4. Describe a real made-up dream or nightmare. journal writing prompts
5. Write about your favorite childhood toy. journal writing prompts
6. Write out the best or the worst day of your life.
7. Finish this thought: if I could change one thing about myself (if you can't think of anything, you might want to consider telling how you got to be perfect!)
8. If and when I raise children, I'll never...
9. I have never been more frightened than when...
10. Persuade a friend to give up drugs.
11. Five years from now, I will be... journal writing prompts
12. Write about a day you'd like to forget.
13. Invent and describe a new food. journal writing prompts
14. Describe an event that changed your life forever or make up and describe an event that would change your life forever.
15. Describe someone who is a hero to you and explain why.
16. Write about a time in your life when you struggled with a choice and made the right one.
17. Imagine yourself in a different century and describe an
31. Describe the perfect day. Put in as many details as you can. Make it a possible day, not a "dream day."
32. Who is the person from history that you would most like to meet and talk to? Why? What would you like to ask?
33. Who is the person from literature that you would most like to meet and talk to? Why? What would you like to ask?
34. Compile a list of words that describe you as a child. Compile a second list that describes you as you are now. How are these lists the same? How are they different?
35. Compile a list of inanimate or animate objects to which you might compare yourself metaphorically. (I am a windmill. I change direction or my thoughts whenever someone talks to me...)
36. Tell about what triggers anger in you or someone else.
37. Invent a monster and describe it. Tell where it lives, what it eats, and what it does.
38. What is your favorite kind of weather? Why?
39. What is the best book you have ever read? Why did you like it? Did reading the book change you in any way? What way?
40. Write about what you didn't do this weekend.
41. Think about an incident that happened to you and exaggerate in the telling. Make it into a tall tale.
42. If you were ruler of the world, what things would you banish absolutely for all time (rain on weekends, eggplant, and so forth)? Make a list. Use your imagination.

and Write

Write a sketch to show what you learned from the activity you selected. Then write a summary about your image. Use at least 5 things you learned to connect at least 5 things you learned about.



BRAINBREAKS



MOVEMENT

- DANCE OFF
- FOOT DRAW
 - Stand on left leg. With right foot raised, draw out a given word. Switch, right foot down and left raised..
 - Stand on left leg and, pick a word to draw. Draw it. Then repeat on the right leg but this time say it backwards.

A large, diagonal green brushstroke graphic with a white border, containing the text 'PASS IT TIK TOK CHALLENGE'.

PASS IT TIK TOK CHALLENGE

- Students find a version of a similar object to pass, like the stuffed animal in this example or pick an object that has significance to them and as they pass, they can discuss/share why their object is important.
- Make it as simple or involved as you like.
-



DOES NOT BELONG

- Tell each student to find an object, that doesn't belong in the room they are in and place it somewhere in the room where it can be seen, but is not "obvious."
- For example, someone tapes a toothbrush to the wall next to a picture or has a shoe on a bookshelf.
- Give them a specific amount of time, like 60-90 seconds, and have them try to spot as many things as they can, searching screens for *What Doesn't Belong?* You can have students list items in the chat, "Tommy-toothbrush, Wendy- shoe" or "chime in" when they see something. See how many things the class can identify in 60-90 seconds.

A large, diagonal green brushstroke graphic with a white border, containing the text 'Brain Breaks'.

Brain Breaks

- Listen to a song and share with small group
- Have a student share a talent (i.e. play an instrument, tell appropriate jokes)
- Enjoy a minute of quiet
- Insist they must get up by going to grab something and then share out in small group
- Find a picture in your house to share out



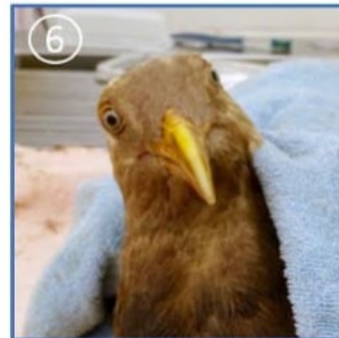
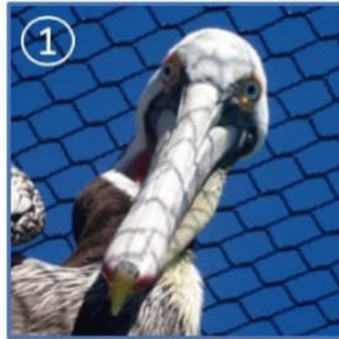


COLLABORATIVE
SPACES

Save



Today I Feel.....



Save

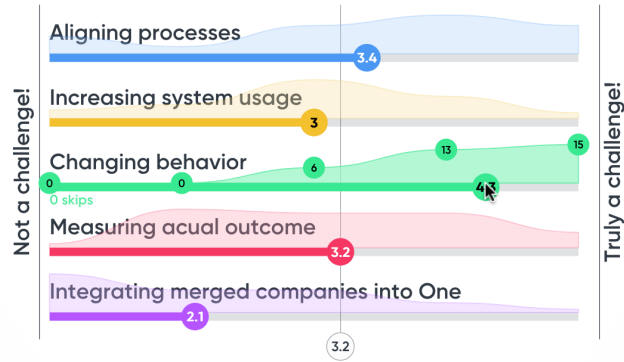
Meme Check-In...

On a scale of memes, how are you feeling?



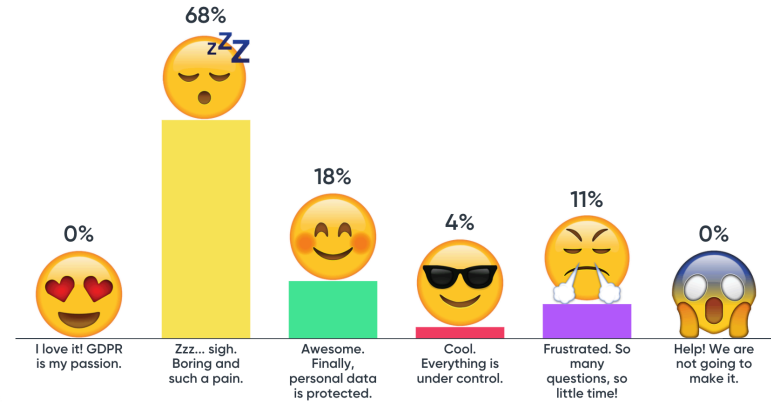
Go to www.menti.com and use the code 58 36 42

What are Your biggest challenges?



Which emoji best describes your feeling about the GDPR?

Mentimeter



What is important to remember as we move forward applying the engagement framework to our work (one word)?

Mentimeter



How could you use Padlet with your students?
Please click on the Padlet wall and add your answer.

Stacy
A great way to share ideas!

Kim
Brainstorming, assessment, sharing.

Debbie
Exit tickets for quick assessments.

Jessica
Great brainstorming site.

Jesse
Students can add a picture of their favorite read aloud book.

Stephanie
I used Padlet for Back to School Night. Students took a photo of themselves and wrote what they were looking forward to in the 4th grade.

Bob R
In the foreign language classroom, this allows kids who know the right answer a means to participate without having to speak (for fear of "sounding wrong"). Also, kids could share research on a subject or attach an example of a vocabulary word.

Michelle
It would be cool to use this as a way to check understanding after lessons or units

Melissa is over the moon inspired. **Now for some time...**

Patty
Use to hold a class tech projects Use to brainstorm

Robin
Taking a group poll and they can post their responses here.

Carla
Students sharing digitally in number talks

Jennifer
I'd like this so kids could add book suggestions. Yippee

FirstGradeFun
Students could use Dragon Dictation app to voice record their writing and then publish it to padlet.

Midge
Have a digital blackboard with kid's favorite reading activity this summer

Becki
I would pose science questions and have students answer them, such as, Why do you think the dinosaurs died out?

Laurel
Students can share their ideas about how they solved math problems or brainstorm ideas to solve design thinking challenges.

Laurel
Students can share their ideas about how they solved math problems or brainstorm ideas to solve design thinking challenges.

Becki
I would pose science questions and have students answer them, such as, Why do you think the dinosaurs died out?

I love crowdsourcing new ideas on Padlet.

Shannon Miller @shannonmiller
Please add your ideas to our wall too.

Novel Study
Students share ideas about characters or events.

Novel Study
Students share ideas about characters or events.

Stacy
I teach Kindergarten, and often receive emails from parents about websites, apps, etc that I have shared with the students during the school day because the students come home and tell their parents all about what they are learning/doing. This would be a great place to share this info for parents so they can connect the learning at home!

Kelly
I love the idea of having students post projects on padlet. And a whole class brainstorm, instead of the sticky notes on chart paper that I've used in the past.

Kelly K
Students can post digital animations and movies made in the art room.

Shannon Miller @shannonmiller
Please add your ideas to our wall too.

Word of the day: fascinate
Make a sentence with this word and post it here. Remember to put your name on the post.

Tim
Harry Potter books are very fascinating.

Anton
I have always been fascinated by the Japanese culture.

Roger
The Pyramids of Egypt are still very fascinating.

Sasha
Discovering some fascinating shows.

Jennifer
The magician fascinated the audience.

Tarun
Our fascination with technology is not good for our health.

Carol
Martin Luther King Jr was a fascinated speaker.

Mr Sha
Carol, fascinated is a verb. You need to use the adjective form of the word here. What is that?

Patrick
My 1 year old brother finds the vacuum cleaner very fascinating.

Corinne
Walt Disney world has fascinating fireworks every night.

Jose
I was fascinated by the animals in the zoo.

Aaron
My dog is fascinated to see me when I come home from school.

Mr Sha
Aaron, this is not the right use of the word. You want to try again?

Jessica
We should not be fascinated by new things easily as they often have unknown bad

Mr Sha
Jessica, good thought but you should try to make

Melody
I am fascinated by the Nintendo Wii.



padlet

padlet

The Official Padlet Blog +1 · 7mo

Create flow charts, infographics, and more with post connectors
Linking content together is easy and intuitive.

Connected posts are finally here!
This has been one of our most requested features over the years, and we're so excited to present a solution.

Follow these easy steps to get the most out of connected posts.

Follow me!

Start with the freeform layout

Layout

Choose how posts are arranged.

Freeform Grid Stream

Next step

Add more than one post
Because you can't connect a post to itself!

Next

Visit the [...] menu in the top right corner of a post
Select the option to "Connect to a post."

Next

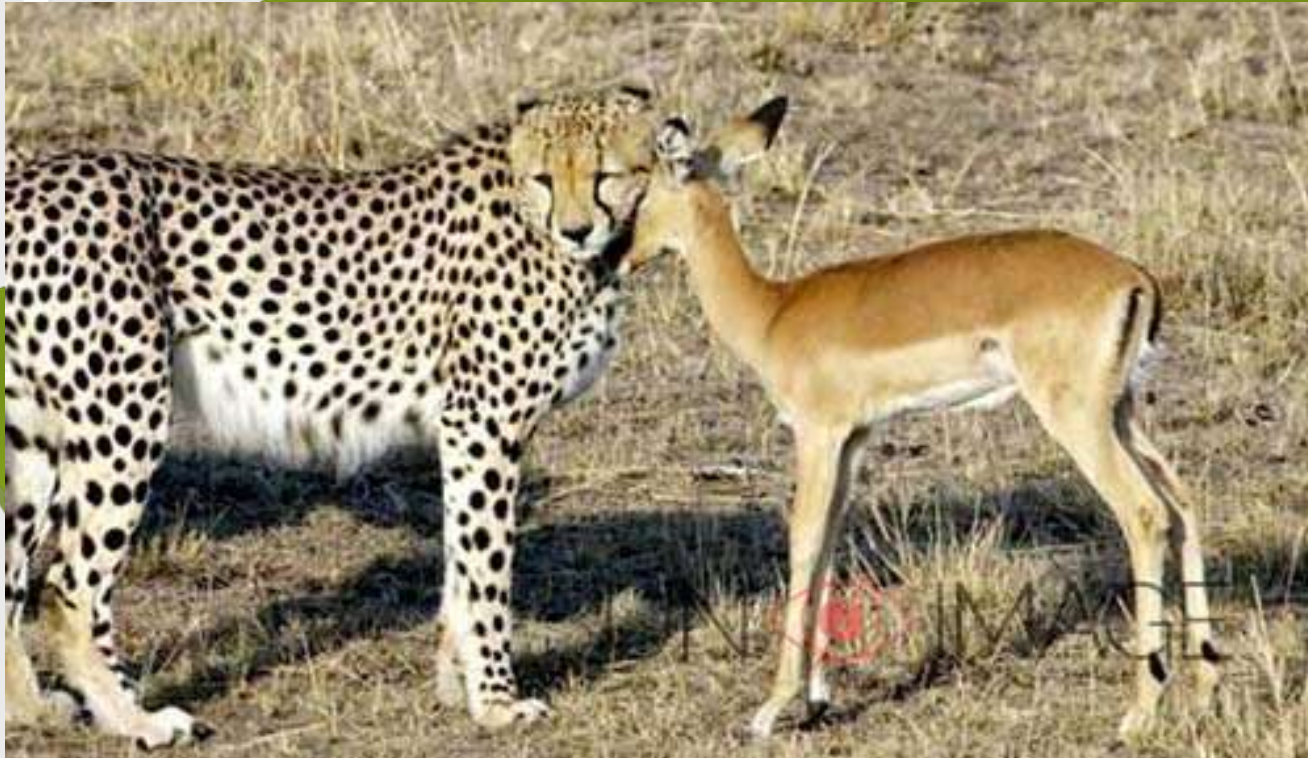
Connect your posts
You'll have the option to add a label. Labels help people read between the lines.

Finally!

And voila! You now have a series of posts that form a whole Harmony!

A few notes on design

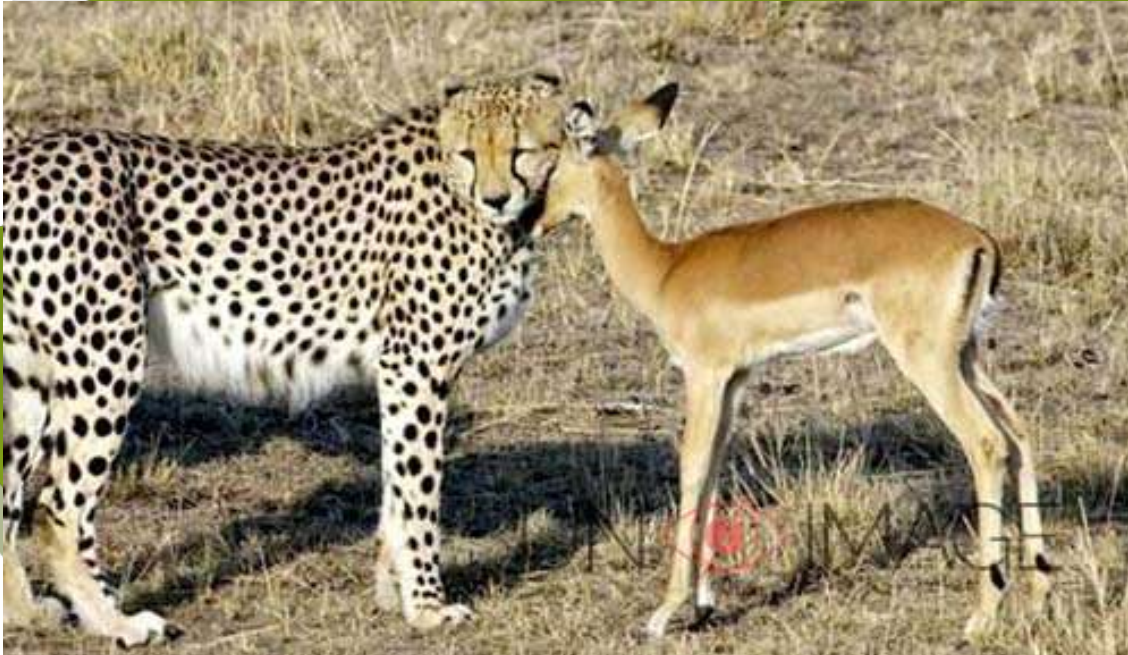
- Post connectors change colors depending on the wallpaper - so you'll always have visible, high-contrast lines
- We thought of many different styles for the connectors' appearance, eventually settling on Bézier curves, which are elegant and



padlet



- Describe this image with ONE word.

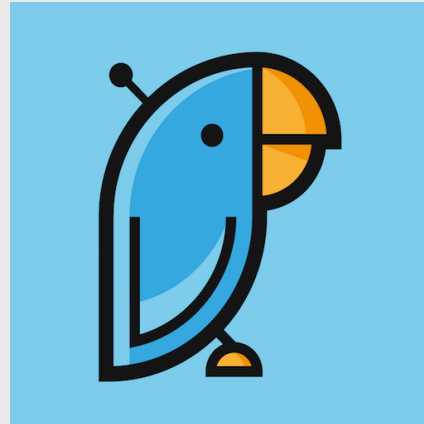


padlet



Now, write a sentence using several of the provided words.

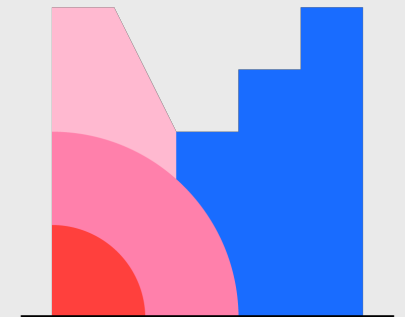
Get all the
VOICES



Poll Everywhere



Forms



Mentimeter

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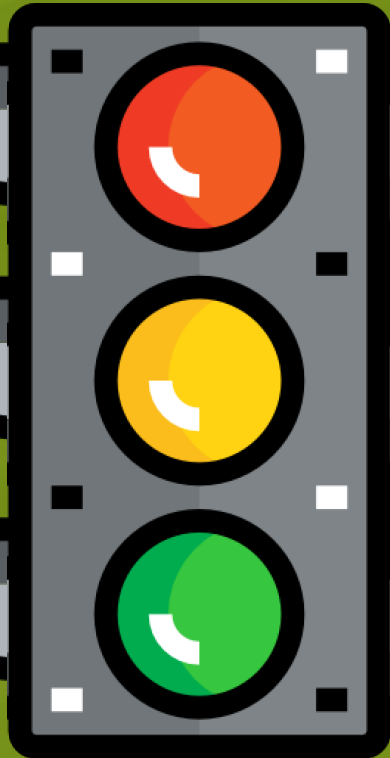
Collaborative Spaces

- Flip Grid
- Microsoft Teams and Channels
- Zoom Breakout Rooms
- Schoology Discussion Boards
- Shared Docs (Google Doc, OneDrive, OneNote)

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#TacomaProud

- Have your students fill out a shared about what makes them proud about your town/ community/school.



What will you **STOP** doing?

What will you **CONTINUE** doing?

What will you **START** doing?

Gamesies!

JUST LIKE ME

What was a response/ experience shared during our time that resonated with you?

ONE WORD

Go to [MENTI.COM](https://www.menti.com) and use this code: XX XX XX

FINAL THOUGHTS

HERE's WHAT

*new idea,
insight,
application..*

SO WHAT?

*significance to
my work*

NOW WHAT?

*actions I might
take, questions I
still have*









sbs
SHOT BY SHAR





UNINTENTIONAL
MOMENT CREATORS



Table Topics

- Is there such a thing as perfect?
- Where would you most like to go and why?
- Who's the funniest person you know?
- Would you rather live for a week in the past or the future?
- What is the meaning of 'peace' to you?
- Who do you trust and why?
- How would you describe your future in three words?
- If you can go back in time to your 15-year-old self, what advice would you give your 15-year-old self?
- What is your definition of being wealthy and why?
- What can you do today that you were not capable of a year ago?

A large, stylized green brushstroke graphic that sweeps across the left side of the slide, partially overlapping a white-bordered box.

Connector Questions

- What is the THING you look forward to each day or week?
- Last yummy food you ate
- What are you currently binge watching, reading?
- Last thing you did for yourself!
- What makes you go “aww” in your life?
- Current self-care thing(s) you are doing?

8 QUESTIONS FROM HARVARD

Harvard has come up with eight questions that they say will turn strangers into friends. You could have groups answer all or give them a few. If you want to get through all eight, I recommend using pairs and giving at least 10 minutes for this activity. Questions are below or you can click [HERE](#) for the article.

- What excites you right now?
- What are you looking forward to?
- What's the best thing that happened to you this year?
- Where did you grow up?
- What do you do for fun?
- Who is your favorite superhero?
- If you could pick one charitable cause to support, which one would it be?
- What's the most important thing I should know about you?



questions you can ask instead of "how are you?"

"what is something interesting that happened today?"

"have there been any changes in how you're feeling?"

"If you could do any part of today over again, what would it be?"

"what have you been reading/listening to/watching lately?"

"what made you smile today?"

"what would you like to be different tomorrow?"

"how can I make your day easier right now?"

"what has been hardest for you this week?"

"when did you feel appreciated/understood /loved today?"

"what has improved for you today?"

"is there anything you want to talk about from your day?"

"what are you most excited for this week?"

"what did you do to take care of yourself today?"

"what do you wish you did a little less of today?"

"what do you wish you did more of today?"

@sitwithwhit



THIS IS ME

- Participants turn off their cameras
- Facilitator reads different sentences
- If the sentence relates to you, you turn ON your camera.
- Wait 15 seconds
- Cameras off and Repeat

SENTENCES TO CONSIDER:

You like pineapple on your pizza

You speak a second language

You have been skydiving before

You have siblings

You have a summer birthday

You have more than two pets

You have travelled internationally

You listen to podcasts

You have run a marathon

You will begin the fall in distance learning/hybrid/

You miss being with your colleagues/students in person

Would you rather?

This or That

PIZZA OR PASTA

WHICH DO YOU PREFER?

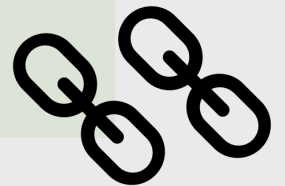


THIS

OR



THAT



- Would you rather give up pizza or pasta forever?
- Would you rather read the book or watch the movie version?
- Would you rather not be able to smell or not be able to taste?
- Would you rather have the ability to time travel or to stop time?
- Would you rather live without music or movies?
- Would you rather have breakfast food or dinner food?
- Would you rather be able to sing like Whitney Houston or cook like Gordon Ramsay?
- Would you rather win an Olympic gold medal or a Nobel prize?



SHARED TRUTHS

For finding ways we are more alike than different, try the Shared Truths protocol. I found this one from Kay Elle and loved it right away!

Protocol:

1. Fill in boxes w/work-friendly things that multiple team members likely have in common.
2. Introduce yourself and share one of the items that's true for you.
3. Any one team member who shares that truth can jump in and introduce themselves before picking another thing from a box that is true for them.
4. Any one team member who shares that truth can jump in and follow the same pattern until all team members have introduced themselves.

ADD SOMETHING THAT
WILL RESONATE
WITH YOUR
TEAM IN THESE BOXES
SAMPLES PROVIDED

I AM A MORNING PERSON

I COLLECT _____ AS A
HOBBY
OR MY HOBBY IS





ROUTINES

- Play music as people join (and exit)
- Check Ins
- Share Norms
 - Microphones
 - Cameras
 - Hand-raised
- Private Reasoning Time
- Collaboration Time
- Exit Slip
-



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On-demand session presentation

SEL: Creating Culturally Responsive Safe Spaces Virtually

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