



Vignette Guide

Bridget Laird

Bridget Laird, CEO of Wings for Kids, describes social and emotional learning as heart smarts: It teaches children how to use both their heart and their brain as they learn, grow, and interact with others. When these heart smarts are combined with the head smarts already being taught in classrooms, learning becomes whole and truly successful.

Resources in this Guide

- Words to Live By

Making Connections

In order for students to focus on academic subjects and stay in school, they must be able to manage their emotions, set goals, create and maintain relationships, and make responsible decisions...which is where Wings for Kids comes in!

Wings for Kids focuses on the five pillars of social and emotional learning, as identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL): Self-Awareness, Self-Management, Responsible Decision-Making, Social Awareness, and Relationship Skills.

To help you begin to incorporate these components of social and emotional learning into your classroom, read the overview of each core competency below. Then brainstorm a few instances throughout the school day that you could turn into *teachable moments** to reinforce these social and emotional skills.

*A teachable moment is any opportunity to help your students learn in real time. During a teachable moment, you can acknowledge and reinforce positive behavior, proactively address an event or circumstance that is about to occur, or reflect on something that just happened.

Self-Awareness

Children learn to recognize their own emotions and thoughts while understanding how they influence their behavior.

Teachable Moment Opportunities

For example, before passing back a test, I could take a moment to talk through how students may feel when they see their grade.



Self-Management

Children learn how to regulate their emotions and behavior in a variety of situations, as well as how to set and work toward goals.

Teachable Moment Opportunities

For instance, when I see students struggling to understand a skill or concept, I could talk through how frustration is a natural emotion and share strategies for persevering.

Responsible Decision-Making

Children learn how to evaluate the consequences of their actions, make positive choices, and take responsibility for both positive and negative outcomes.

Teachable Moment Opportunities

For example, after the class gets corrected for being too noisy in the cafeteria, I can discuss actions and consequences and to help students identify more positive, acceptable choices.

Social Awareness

Children learn how to empathize with others, including those from different backgrounds.

Teachable Moment Opportunities

For instance, during read aloud, I could spend time asking how the characters feel, why they think that, and how this same situation might make someone else feel.

Relationship Skills

Children learn how to relate well to others, which includes communicating clearly, listening well, resolving conflicts, and cooperating with each other.



Teachable Moment Opportunities

For example, when conflicts arise in my classroom, I can model positive conflict resolution strategies helping students calm down and discuss their differences.

For additional ideas and resources about how to integrate Wings for Kids into your classroom, visit wingsforkids.org/soar.