



## Vignette Guide

# Cheryl Hollis

### Vignette Overview

While Cheryl Hollis, Director of Programs at Wings for Kids describes the importance of teaching social and emotional skills to children, she also discusses the necessity of learning, living, and demonstrating these skills as adults. The best teachers of social and emotional learning are adults who practice these skills themselves so youth are surrounded by models of what these skills look like throughout their daily life.

### Resources in this Guide

- Words to Live By

### Making Connections

Any adult who interacts with children can be a role model for social and emotional skills. As Cheryl explains, the process of being a role model may sound more intimidating than it actually is. You are likely already modeling positive behavior. You just don't know that you're doing it *or* the impact that you're having!

Take a moment to reflect on the five core competencies of social and emotional learning below. Think about how these skills apply to your own life *and* how you can exemplify and model each skill when you are around children. Teaching through your actions is even more important than teaching with words.

### Self-Awareness

**Words to Live By:** I love and accept who I am on the inside and know my emotions are nothing to hide.

**Related Skills:** Self-Perception, Self-Confidence, Self-Efficacy

#### Moments in my life that require Self-Awareness:

For instance, when you are experiencing a challenging time you work to recognize what your true emotions are and identify people or things that could help you.

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#### Opportunities when I can model these *Words to Live By* to students:

For example, when I make a mistake during a lesson, I can draw attention to it and acknowledge that everyone has weaknesses and makes mistakes!

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## Self-Management

**Words to Live By:** Life's full of surprises that make me feel different ways. If I can control myself, I'll have much better days.

**Related Skills:** Impulse Control, Executive Function, Stress-Management, Self-Discipline

**Moments in my life that require Self-Management:**

For instance, when I am frustrated with something at home, I try not to bring it to school.

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**Opportunities when I can model these Words to Live By to students:**

For example, I can share my To Do list with my students and explain how I use it to help me stay on task every week.

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## Responsible Decision-Making

**Words to Live By:** I understand the choices I make should be what's best for me to do, and what happens is on me and not any of you.

**Related Skills:** Identifying Problems, Analyzing Situations, Solving Problems, Resisting Negative Pressure, Reflection

**Moments in my life that require Responsible Decision-Making:**

For instance, I know it would be fun to hang out with my friends this weekend, but I have a major homework assignment due for the class I'm taking so I stay home and work on it.

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**Opportunities when I can model these Words to Live By to students:**

For example, I can help students learn healthy strategies for saying no to negative peer pressure and provide opportunities for role play.

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## Social Awareness

**Words to Live By:** I understand others are unique. I want to learn more about everyone I meet. I want to step in their shoes and see what they are going through.

**Related Skills:** Empathy, Appreciating Differences, Respect

**Moments in my life that require Social Awareness:**

For instance, I take time to get to know my new neighbors and welcome them to the neighborhood. I know how hard it is to be the new kid on the block.

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**Opportunities when I can model these Words to Live By to students:**

For example, I could help my students create a welcoming committee in my classroom to help new students feel more comfortable in the classroom and teach them our processes and routines.

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## Relationship Skills

**Words to Live By:** I am a friend. I support and trust. Working together is a must. Kind and caring I will be. I listen to you. You listen to me.

**Related Skills:** Communicating Clearly, Listening, Cooperation, Resolving Conflicts, Supporting One Another

**Moments in my life that require relationship skills:**

For instance, I try to communicate my perspective and needs to my partner and help them do the same with me.

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**Opportunities when I can model these Words to Live By to students:**

For example, I could model active listening, demonstrate how to work together on a project, and teach students how to use I statements.

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*For further ideas and resources about how to teach social emotional skills through your actions, visit [wingsforkids.org/soar](http://wingsforkids.org/soar).*