



NATIONAL ART EDUCATION ASSOCIATION

ART EDUCATION AND SOCIAL-EMOTIONAL LEARNING

Taking Care of Our Learners and Ourselves

TUESDAY, NOVEMBER 17 | 7-8 PM ET

View panelist bios, conversation recording, and more
at www.arteducators.org/community/town-hall

Social Emotional Learning (SEL) has always been a critical component of learning and is often an elegant fit in the art room and studio. Our expert guests share their various SEL strategies to support learners, including trauma-informed education, as well as share ideas for teacher self-care at this uniquely taxing time. Gain national, district, and classroom perspectives, solutions, and support!



Zerric Clinton

Art Educator
Dutchtown High School
McDonough, GA



Karen Van Ausdal

Senior Director of Practice
Collaborative for Academic, Social,
and Emotional Learning (CASEL)
Chicago, IL

3 TIPS FOR SEL SUCCESS

1. Identity development is a huge part of the high school experience.
2. Managing emotions can be difficult during stressful times.
3. Having supportive relationships to assist students as they matriculate through high school is essential.

GO-TO SEL SUPPORT RESOURCES

Csikszentmihalyi, M. (1993). *The evolving self*. HarperCollins.

Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. HarperCollins.

Efland, A.D. (2002). *Art & cognition: Integrating the visual arts into the curriculum*. National Art Education Association.

King, P.M., & Kitchener, K.S. (1994). *Developing reflective judgment: Understanding and promoting intellectual growth and critical thinking in adolescents and adults*. Jossey-Bass.

SELF-CARE SHARE

When I am creating art, this is a therapeutic time as I am able to work through many of the socio-emotional aspects that I encounter. I listen to inspirational speeches in the morning and after I leave the classroom. Exercising is a way to remain fit and mentally strong. Our fine arts department is always joking and saying something funny in stressful work situations. That helps a lot. You cannot always be so uptight.

3 TIPS FOR SEL SUCCESS

1. Social-emotional learning is deeply intertwined with all learning.
2. Social-emotional learning is for all young people AND adults.
3. Social-emotional learning is more than just a program.

GO-TO SEL SUPPORT RESOURCES

The CASEL Guide to Schoolwide Social and Emotional Learning:
<https://schoolguide.casel.org>

Reunite, Renew and Thrive: SEL Roadmap for Reopening School:
<https://casel.org/reopening-with-sel>

SELF-CARE SHARE

I'm very intentional about my time so I begin every day with some form of physical activity, end each work day with a walk and an audiobook, and spend time with my family and friends in whatever form that takes.



Alexandra Burnside
Elementary Art Educator
Carthage R-9 School District
Carthage, MO



Lindsey D. Vance, ATR-BC, LPC
Art Therapist, Fine Artist,
Educator, and Arts Administrator
with DC Public Schools
Washington, DC

3 TIPS FOR SEL SUCCESS

1. Choosing a behavior management system schoolwide helps support students with high needs. My building adopted BIST (Behavior Intervention Support Team), a behavior model based on grace and accountability. Consistent implementation of this program helps stop gateway behaviors before they become problematic and helps students have caring confrontations and open dialogues about behavior, emotions, and what they need to be successful.
2. Be mindful about student behaviors and don't take them personally. I try to reframe these thoughts from "What is wrong with you?" to "What happened to you?"
3. Create a safe, consistent, and friendly environment for students. Students love art class and need the mental escape art provides from the daily routine. After developing a routine and gaining student trust, I feel I can help students work through issues and give them extra love.

GO-TO SEL SUPPORT RESOURCES

Art Feeds (<https://artfeeds.org>) Educator Training—in part taught by a child traumatology expert. Art Feeds offers a "Trauma Curriculum" for students after a natural disaster, personal trauma, or for anyone who needs the extra love.

Self-Guided Research: I spend time listening to TED Talks on SEL, researching therapeutic art activities, or seeking information that best suits the needs of my student(s).

School Counselor/Personal Counselor/SPEd Teachers: In my building, I can reach out to our school counselor for specific students' needs. My personal counselor has been practicing for many years and has been a great help when I bring her questions to better myself or my students' experience. Who better to ask about SEL and therapeutic approaches in the classroom than my own SPEd folks? They are on the ground every day with the kids who need SEL and art therapy support the most.

SELF-CARE SHARE

I began a daily drawing challenge from March to May 2020. I drew a single drawing each day and posted those drawings on my social media platforms. The exposure I gained from the challenges brought me a public mural commission and enough commission requests that I was able to stay busy, work on my studio art skills, and enjoy my time at home. Also, seeing my counselor monthly was so important for my mental health!

3 TIPS FOR SEL SUCCESS

1. Even in virtual and hybrid learning, relationships and regulation are the keys, and art makes this process easier!
2. Understanding the whole child and whole teacher leads to the best outcomes.
3. We are all experiencing some aspects of collective trauma, and yet we still need to hold space and establish routines to give students a felt sense of safety.

GO-TO SEL SUPPORT RESOURCES

1. Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov
2. Trauma-Sensitive Schools Conference www.attachmenttraumanetwork.org/conference
3. The National Child Traumatic Stress Network (NCTSN) www.nctsn.org

Also, the internet is a go-to resource. YouTube videos—I can get great ideas and learn how to do just about anything! And Pinterest is basically endless idea generation.

SELF-CARE SHARE

I make room to create, even when it is difficult. I spend time in nature and get grounded. I find community in the safest socially-distant ways possible and give myself permissions.

Find out more about NAEA Town Hall Conversations at www.arteducators.org/community/town-hall

Online Professional Learning for Art Educators and FREE for NAEA Members! Convenient, relevant webinars to support your learning needs.



Professional Learning

WEBINARS

virtual.arteducators.org

Art educators worldwide are asking important questions and sharing ideas on Collaborate, NAEA's 24/7 online community!

COLLABORATE
INSPIRE AND BE INSPIRED

collaborate.arteducators.org

Not an NAEA Member? Join your vibrant professional community for support, resources, opportunities, and inspiration!



www.arteducators.org

The NAEA Remote Learning Toolkit is a repository of resources to help visual arts educators navigate the 2020–21 school year!



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