



# Social-Emotional Learning and Leader in Me @ Condit

## THE YEAR IN PICTURES 2023-2024

Christy Nieto, School Counselor



# The Leader in Me Curriculum

This school year, we implemented LIM's **digital curriculum**. Thanks to our PTO, we were able to purchase a curriculum companion for each student.



# LIM Lessons -

Ms. Lara's first grade class practices the symbol for Habit #6: Synergize.







# LIM Lessons

Ms. McKay's fourth grade class learns about trust behaviors which are the foundation of relationships and the Emotional Bank Account (EBA).

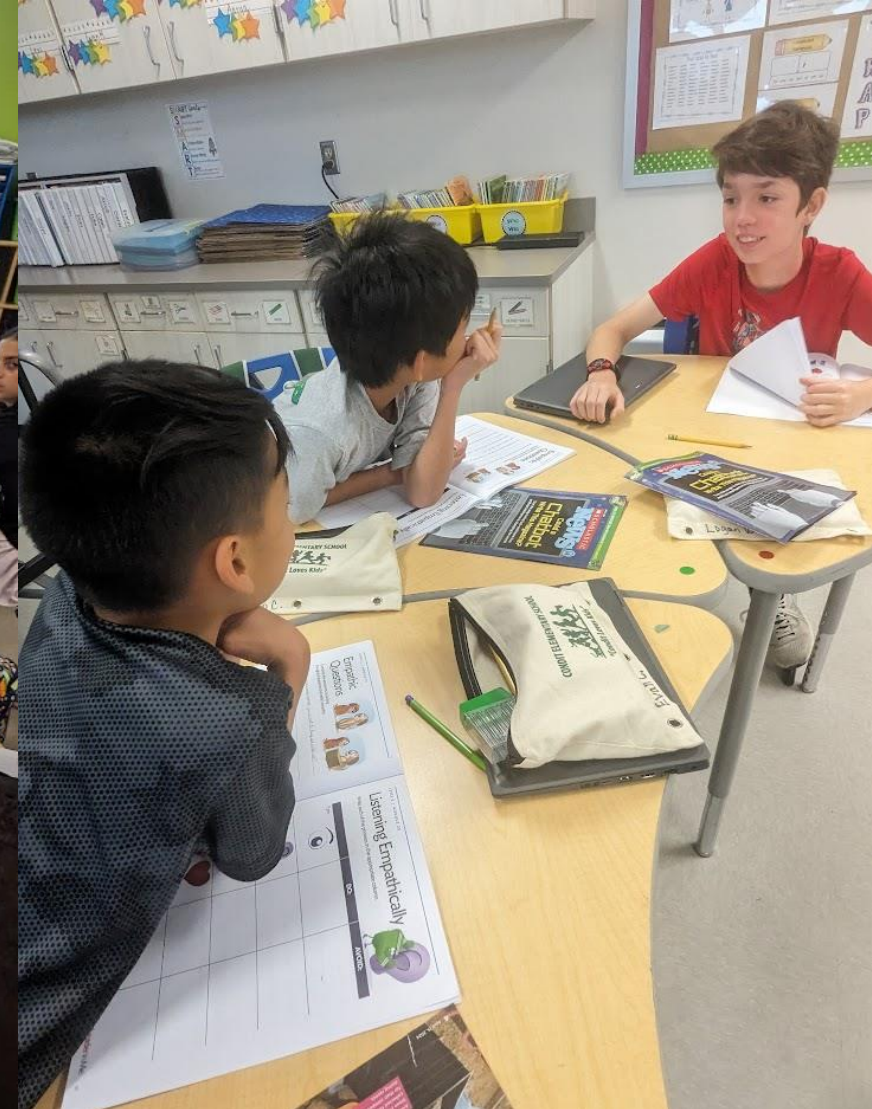




# LIM Lessons –

Ms. Richardson's first grade class learns about Habit #6: Synergize, and Ms. Ames's kindergarten class learns about Habit #4: Think Win-Win.





# LIM Lessons

Ms. Olsen's fifth grade students write in their LIM curriculum companions how empathy looks, feels and sounds.





# LIM Lessons

Ms. Allen's second grade class learns about Habit #1: Be Proactive and how it's connected to taking initiative.

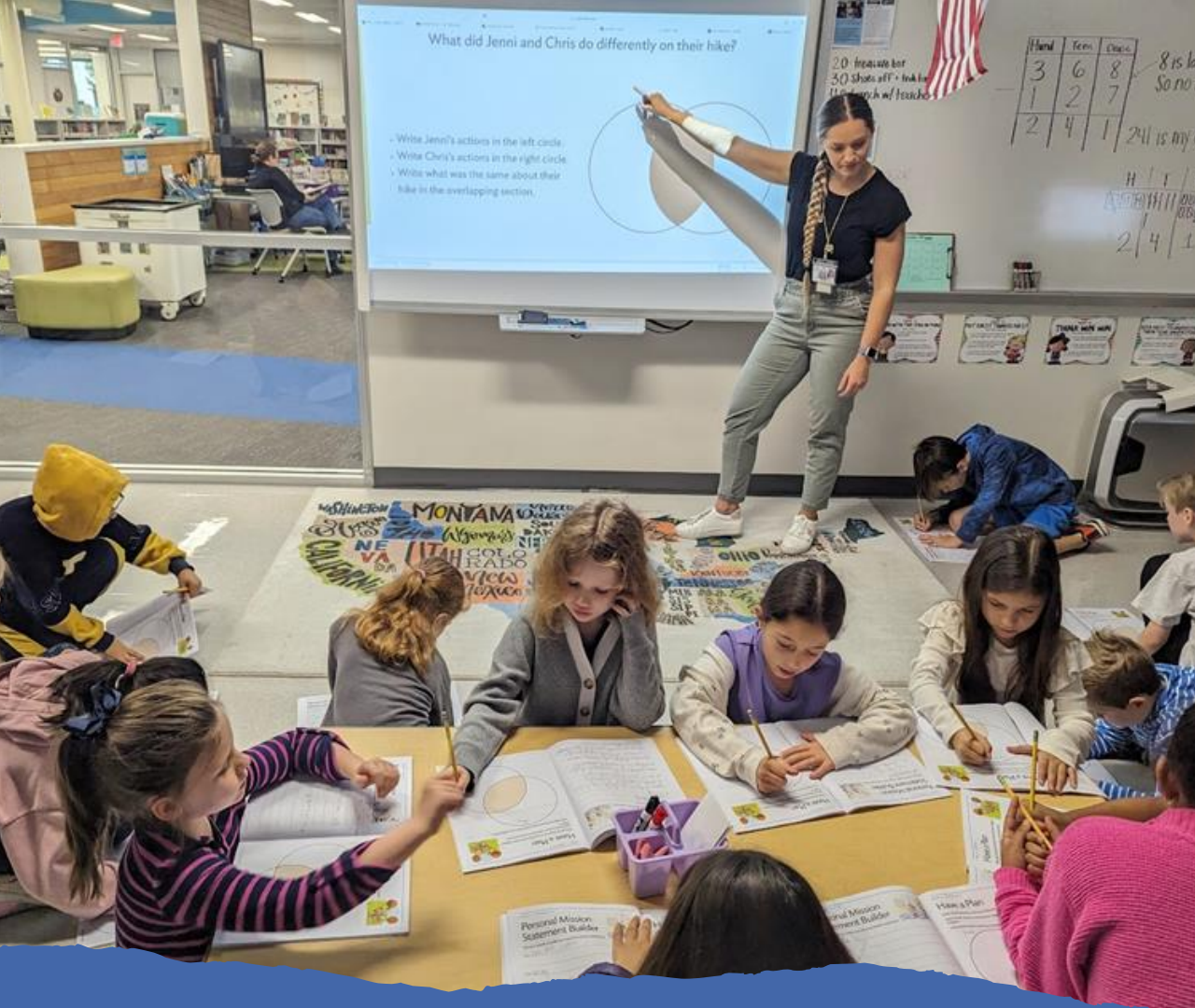




## LIM Lessons –

Ms. Gay's first grade class learns about Habit #3: Put First Things First by talking about what matters most to them. Ms. Farrell's first grade class learns about Habit #1: Be Proactive by talking about what it means to take initiative.





## LIM Lessons –

Ms. Jesina's second grade class works in their companion guides on Habit #2: Begin with the End in Mind – Have a Plan. Before starting their day, Ms. Jesina's students do mindful breathing during the morning announcements.





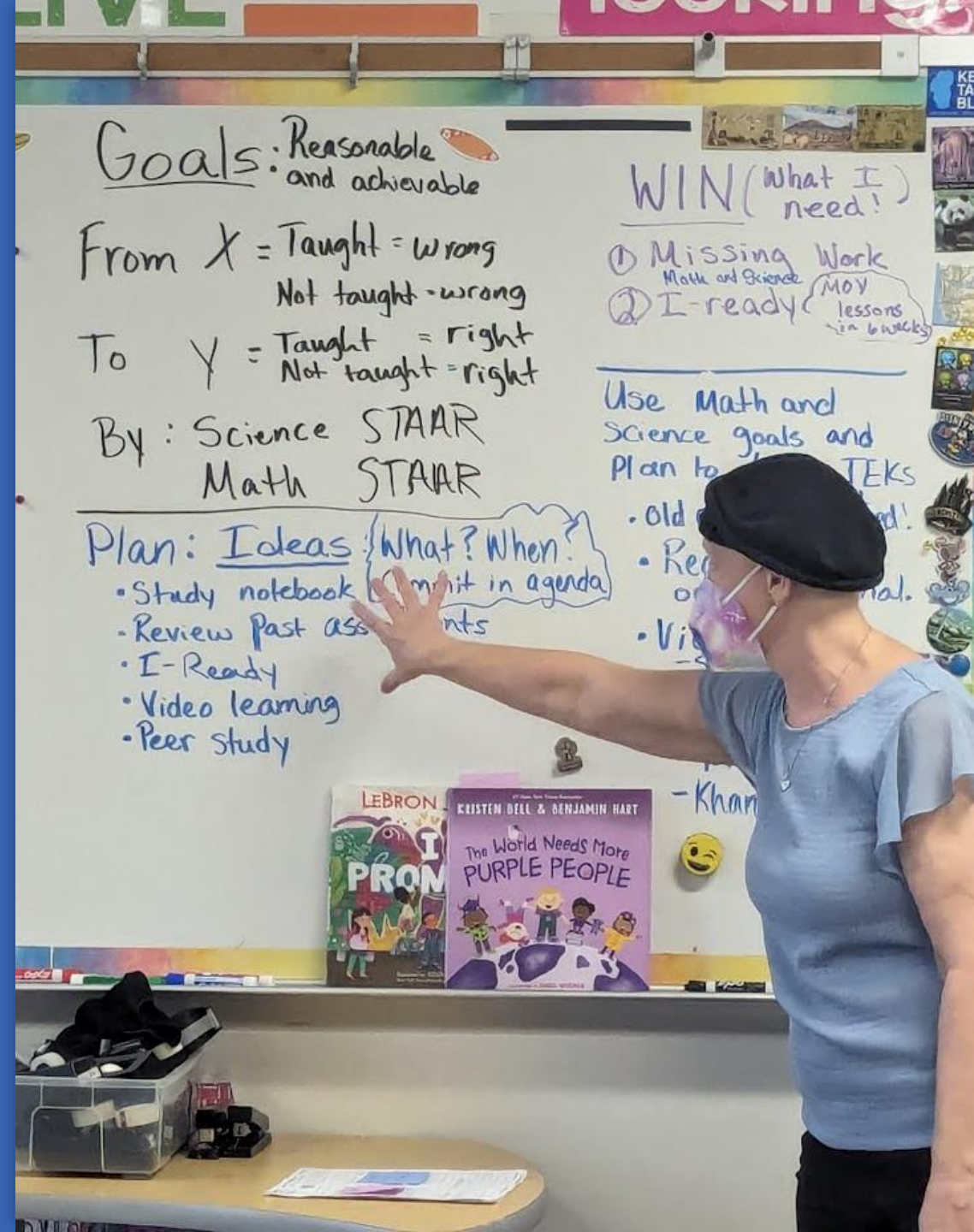
## LIM Lessons-

Ms. Grullon's fourth grade class does LIM lessons in Spanish! They apply Habit #2: Begin with the End in Mind by writing in their companion guides about their plans to have a successful fourth grade year.

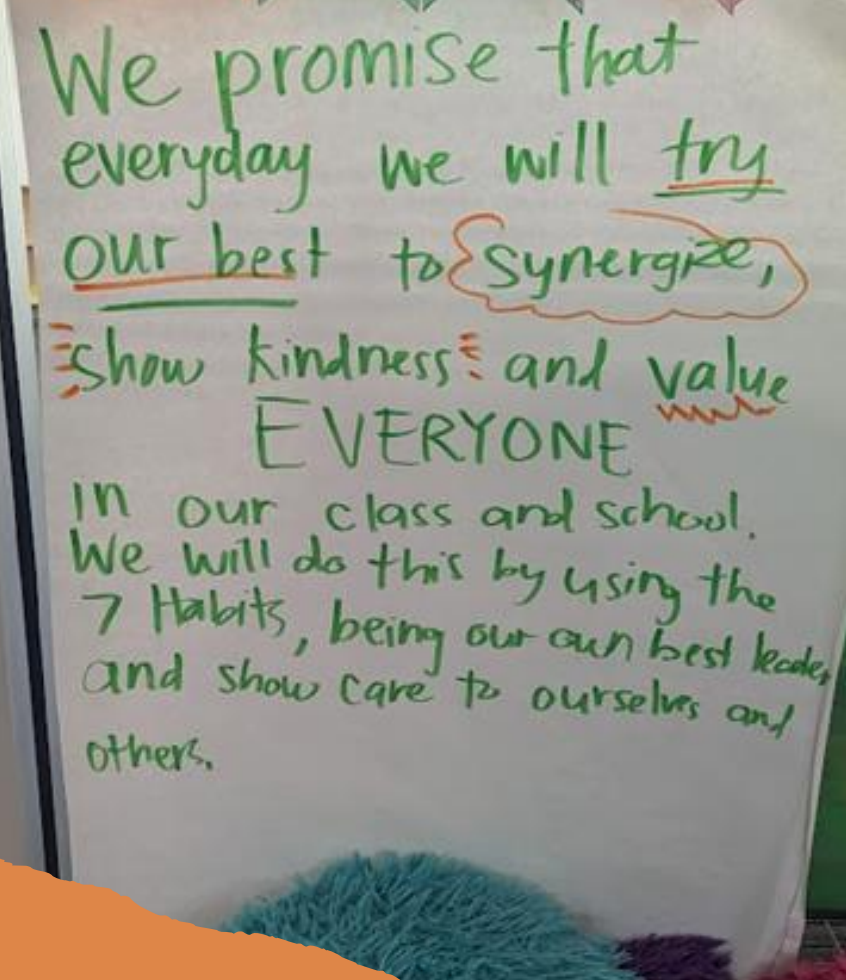
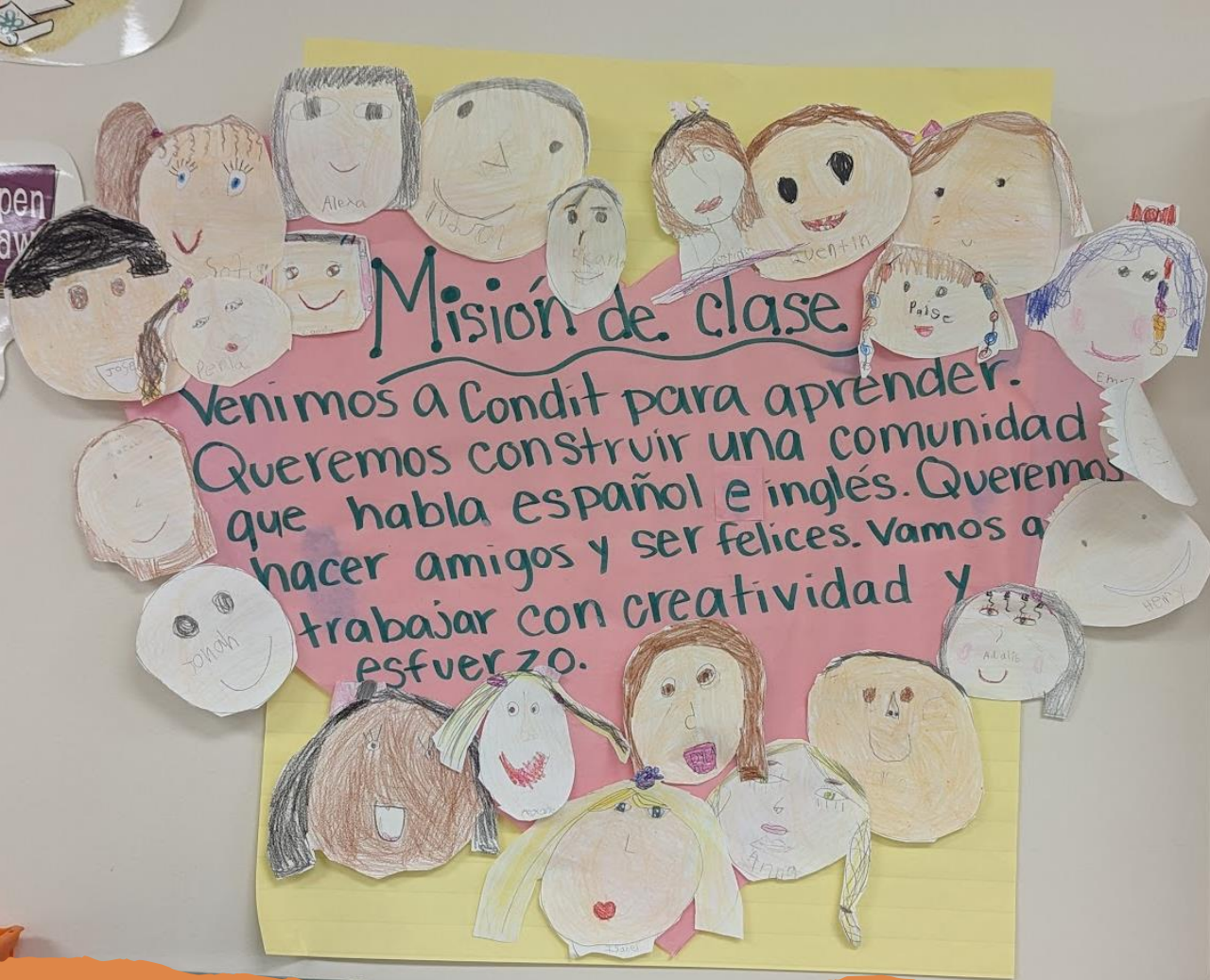


# LIM Lessons -

Ms. Schultz teaches her fifth grade students about setting goals and making a plan as part of Habit #2: Begin with the End in Mind.







# Class Mission Statements

Ms. Cairo's First Grade and Ms. Fjeldal's Third Grade



# LIM Class-Created Anchor Charts

Ms. McKay's and Ms. Schultz's fourth grade classes chart the differences between being a leader and a boss and between being proactive and reactive.

Be a LEADER,  
not a BOSS

- | Leader                            | Boss                          |
|-----------------------------------|-------------------------------|
| kind words                        | - yells                       |
| encourages others                 | - puts down/criticizes others |
| listening to learn                | - know it all                 |
| person that people want to follow | - makes people follow         |
| selfless                          | - selfish                     |
| inclusive                         | - narrow minded               |

Proactive 😊

I was late to school  
did not realize my shirt was backwards  
had a good night rest

Ok, dad you woke me late  
lets hurry and get to school.

School  
Brushing his teeth  
I forgot my homework

its ok maybe we can eat in the car  
can brush my teeth at school.

just talk to me  
don't have to yell.

Dad don't push were fine.  
I forgot my homework and I will just say that I will bring my homework tomorrow.

Could you please not make fun of me.

Reactive 😞

Dad, this is all your fault

Don't ever do that again!

You're a bad person!

Don't you want to give your child food?

Focus on your own stuff!

I hate you!

This is my dad's fault!

I'll tell the teacher: My dad ate my homework!

I hope we'll enjoy the fire ants in his bed!

My dad made me ugly

He is so dead!

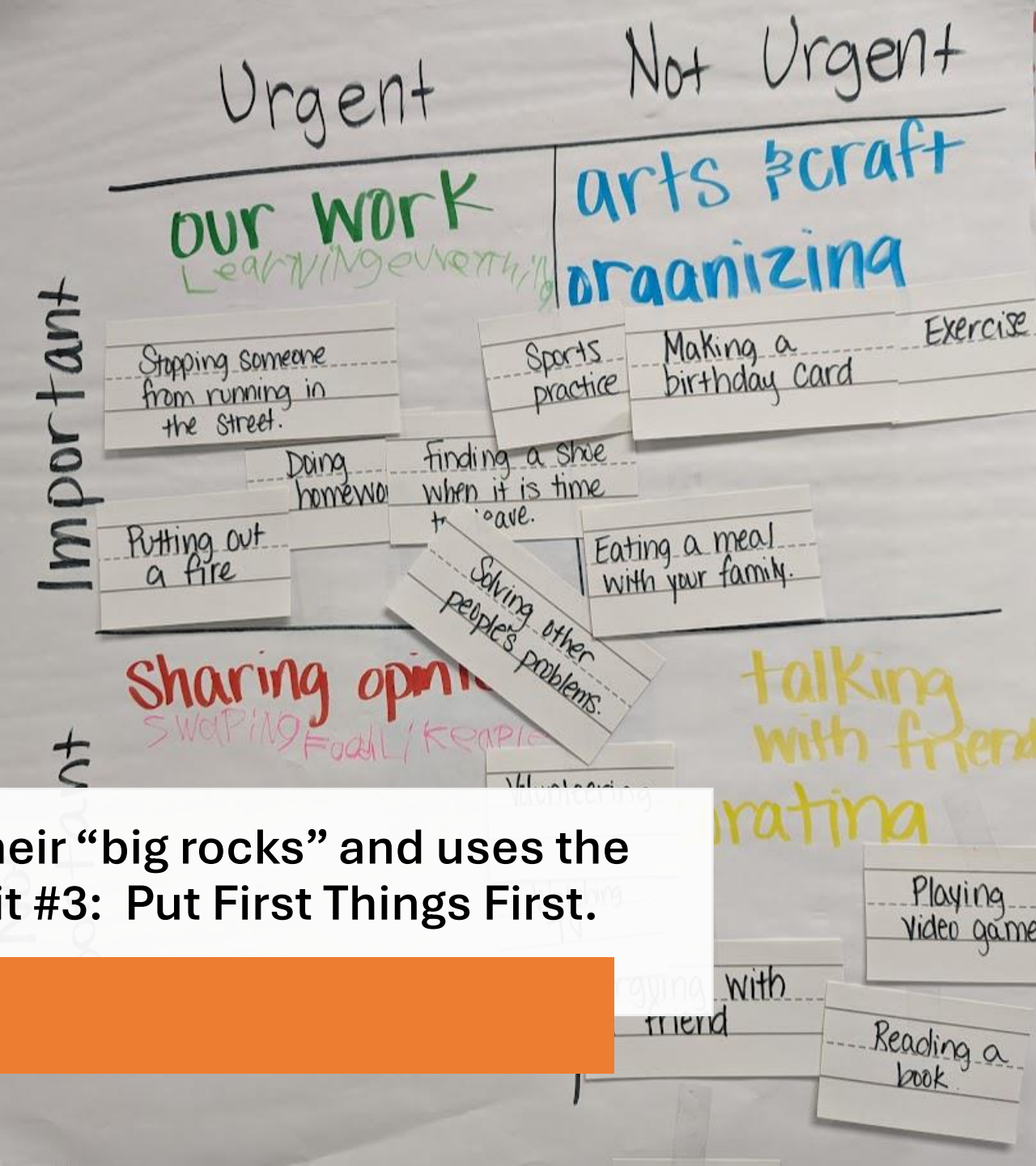
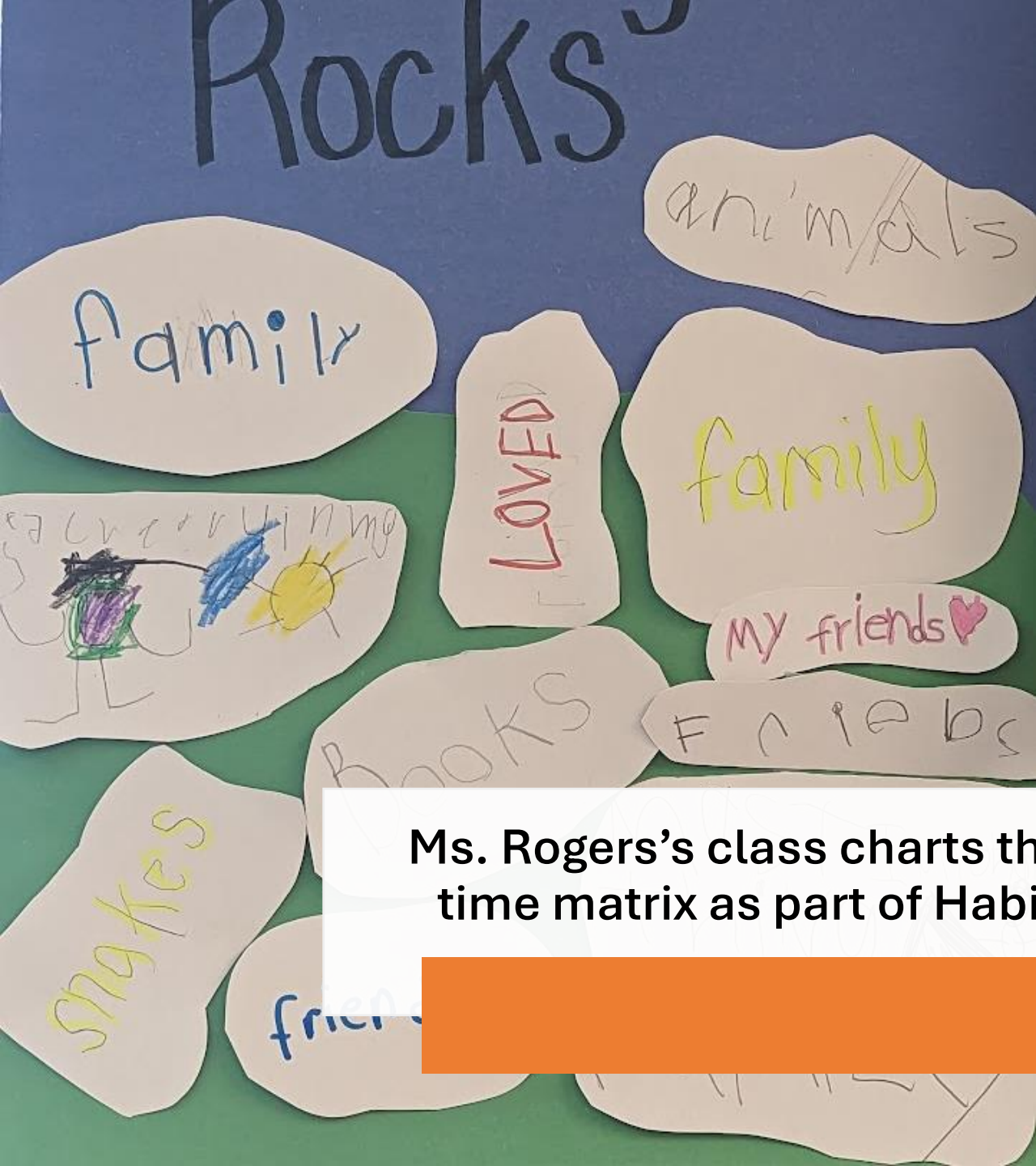
Aiden

Olivia T

Jack

Olivia





Ms. Rogers's class charts their "big rocks" and uses the time matrix as part of Habit #3: Put First Things First.





# Leader of Myself

Self-Regulation Strategies



# Self-Regulation- Deep Breathing

Ms. Cox's kindergarten class starts their SEL lesson with deep breathing and then dive into reflecting on what matters most to them as part of Habit #3: Put First Things First.







## Self-Regulation-Mindful Stretches

Ms. Brown's kindergarten class does mindful stretches.





# Self-Regulation- Mindful Breathing

Ms. Sheahan's kindergarten class does alphabet mindful breathing.





# Self-Regulation-Mindful Stretches

Ms. Cornejo's 5<sup>th</sup> grade class does mindful stretches guided by a student.





## Self-Regulation-Mindful Breathing

Ms. Janecek's third grade class does deep breathing during morning announcements to get ready for the day.





# Self-Regulation-Mindful Breathing

Ms. Norkus's Pre-K class does deep breathing during morning announcements.





# Self-Regulation Strategies -

This is the entrance to our school's Sorting Space where we can "sort out" our thoughts and feelings. The walls of this room use Leader in Me characters to teach the students the steps to self-regulation (The Pause Plan):

1. Notice what's happening in my body and use a strategy to calm my body;
2. Name my feelings;
3. Think about what is the need behind my feeling and what I can do to meet my needs;
4. Renew my commitments to my personal mission statement.





# The School's Sorting Space

Ms. Cairo's first grade visits The Sorting Space to learn about how to "sort out" their thoughts and feelings. Mr. Greenberg helps one of our littles sort out his feelings.



**The School  
Sorting Space**

**Ms. Nieto, counselor,  
teaches Ms. Cairo's first  
grade class strategies to  
calm their bodies.**

**Ms. Nieto, counselor, teaches Ms. Cairo's first grade class strategies to calm their bodies.**





# The School Sorting Space

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Ms. Schultz's fourth grade class visits the Sorting Space for a lesson in the steps of self-regulation—body, heart, mind and soul.



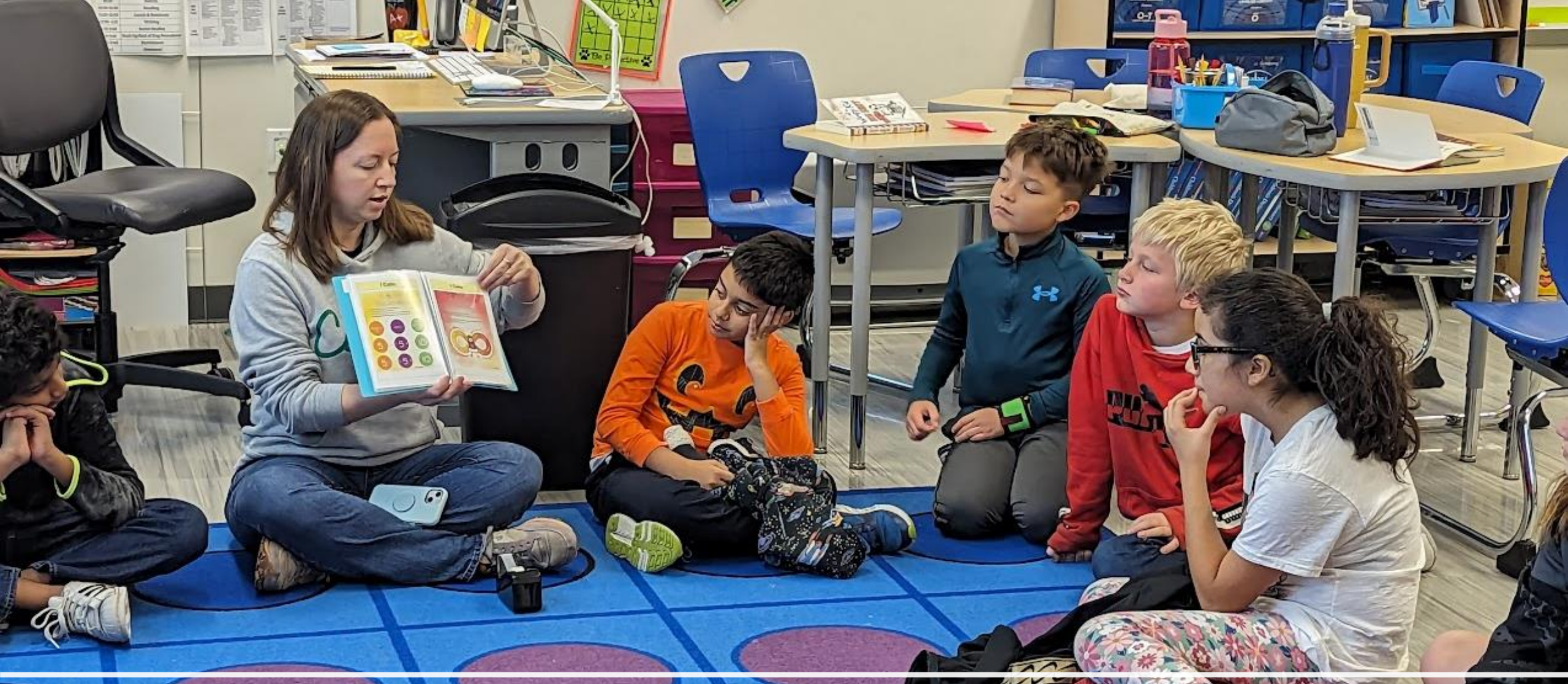


# Classroom Sorting Spaces –

Ms. Lara walks her first graders through options in the classroom's Sorting Space.

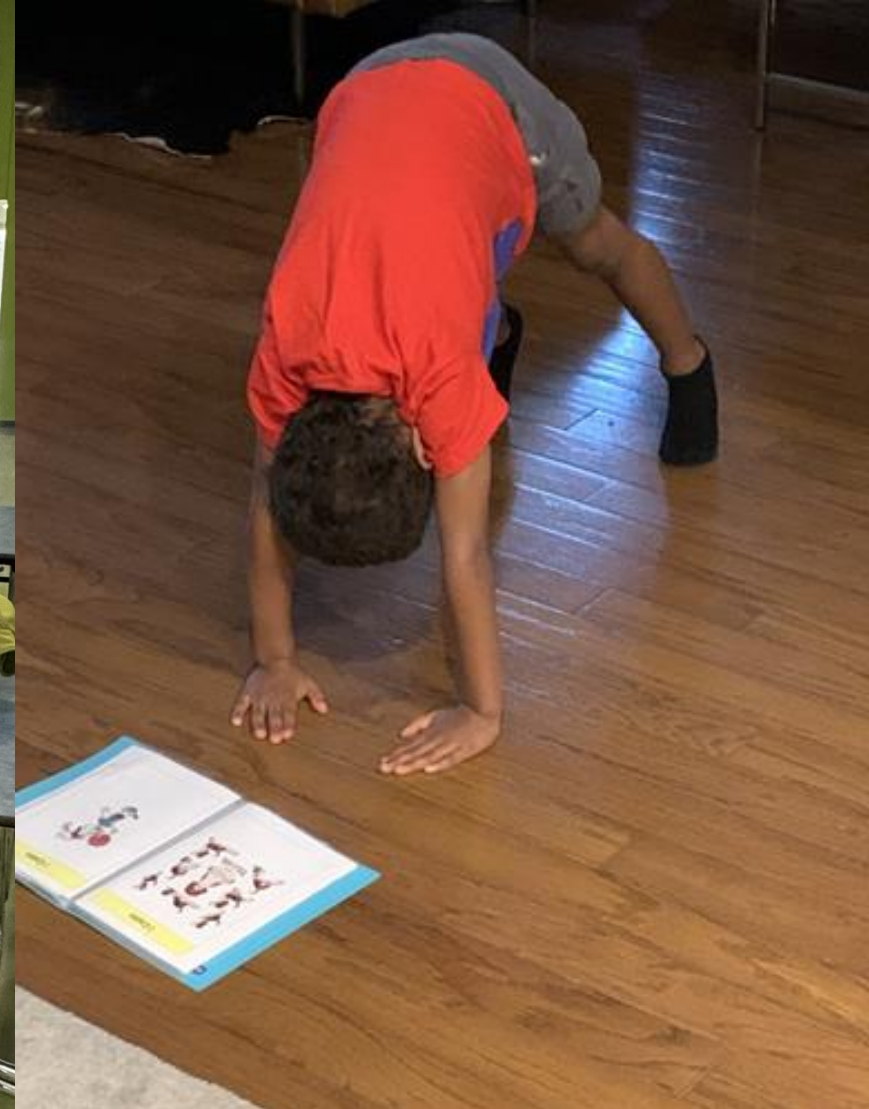






Ms. Hallock walks her fourth graders through the Pause Plan booklet which lists the steps to follow in the classroom Sorting Spaces.

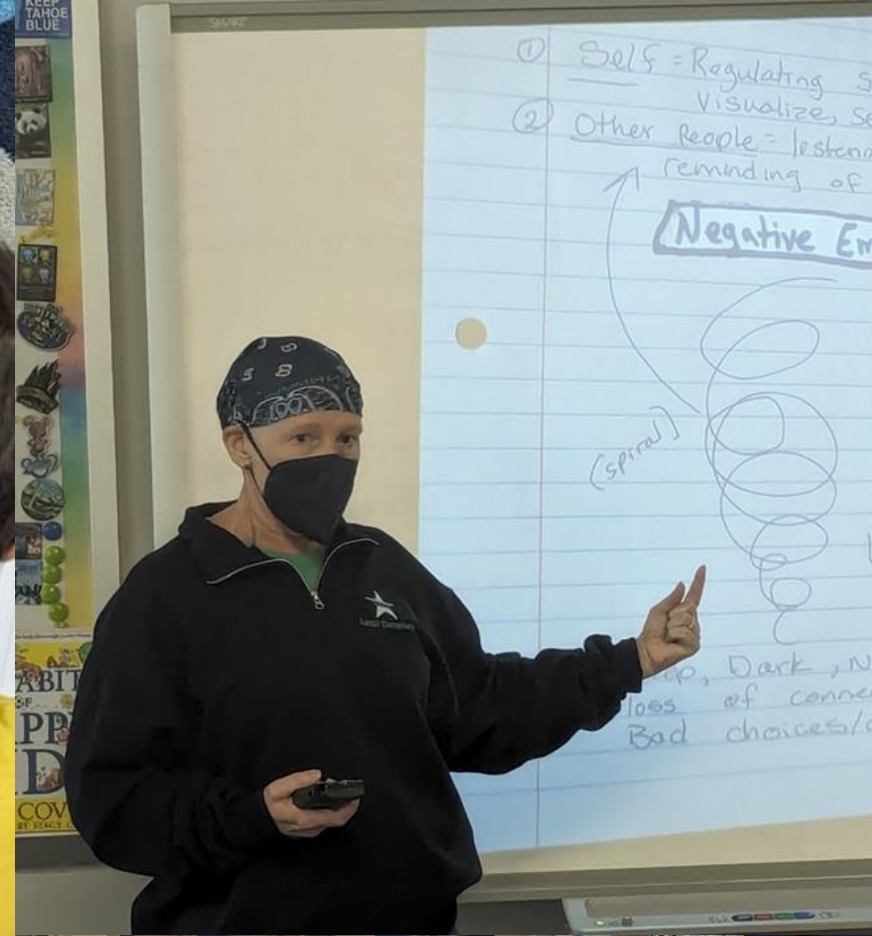




## The Pause Plan – The Plan for Managing Big Feelings

Parents attended the Title I Parent Meeting and made Pause Plan booklets to use at home. One of our kindergartners uses the Pause Plan booklet at home to do stretches. 😊





# Learning to Identify Emotions and Name Feelings

*"If we can name it, we can tame it."*

Ms. Drake's second graders write about the emotions in their life. Ms. Schultz teaches her fifth graders about how to prevent a negative emotion spiral. Ms. Heath's Lighthouse student teaches pre-k students about what emotions look like.





# Feelings and I-Messages



Third grade students are pros at using I-Message sentence frames! Ms. Sotomayor teaches her kindergarten class about naming feelings in Spanish.





# Leader of Others

Relationship Skills  
Restorative Practices





## Community-Building Circles in PSI Class

Ms. Britt's students participate in a community building circle. Their talking piece is a wooden letter of their name's initial.



## Community Building Circles in Third Grade

The third graders in Ms. Fjeldal's and Ms. Tomlinson's classes start their week with community building circles to check-in.







## Community-Building Circles

Ms. Bryan's and Ms. Lucio's classes start the week greeting each other and feeling seen and heard.





## Community Building Circles

Ms. Ramirez's Fourth Grade  
Ms. Grow's Second Grade  
Ms. Mulhollan's Fifth Grade

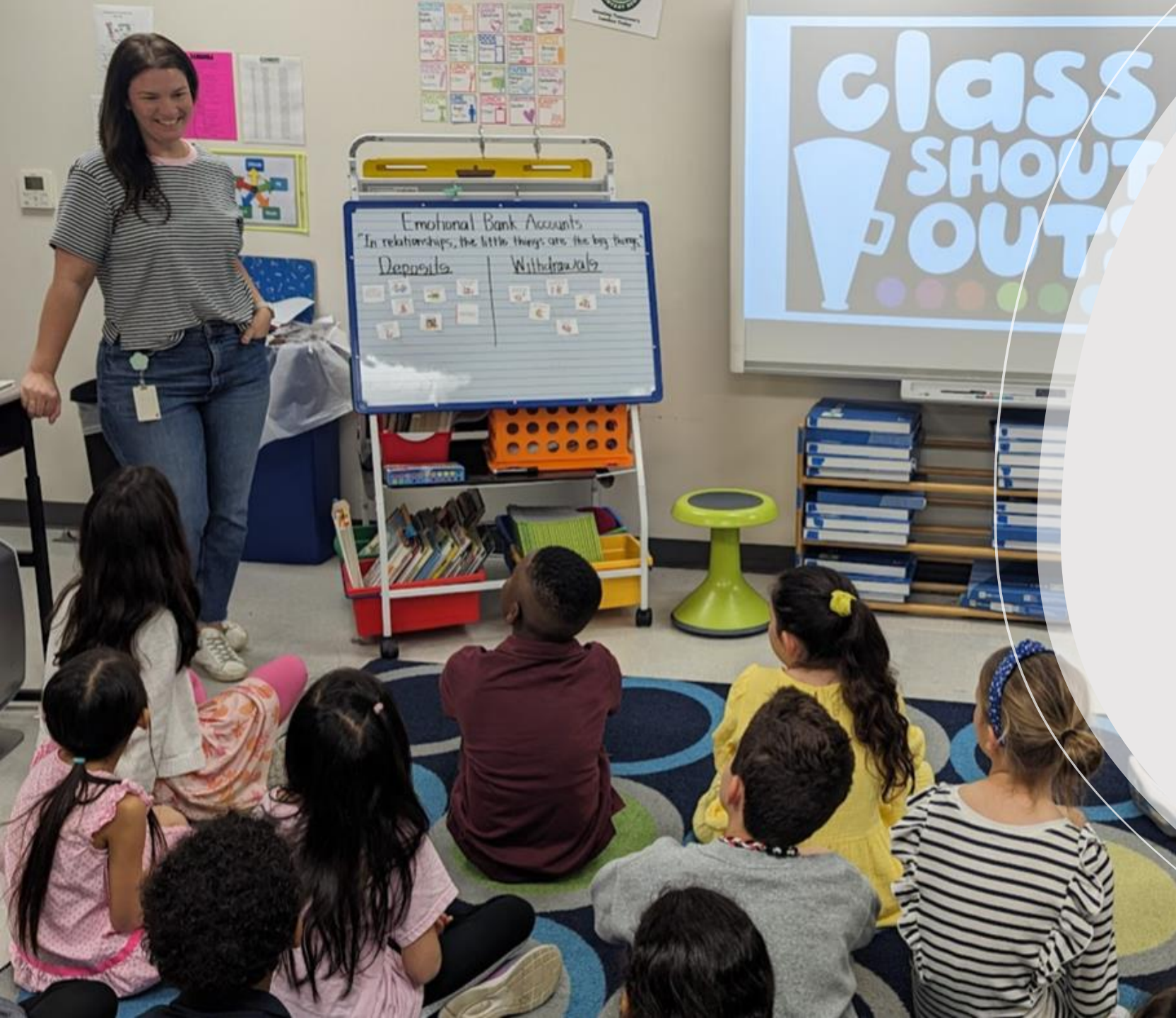




# Community Building Circles

Ms. Sides's Pre-Kindergarten and Ms. Toomey's Second  
Grade Build Community

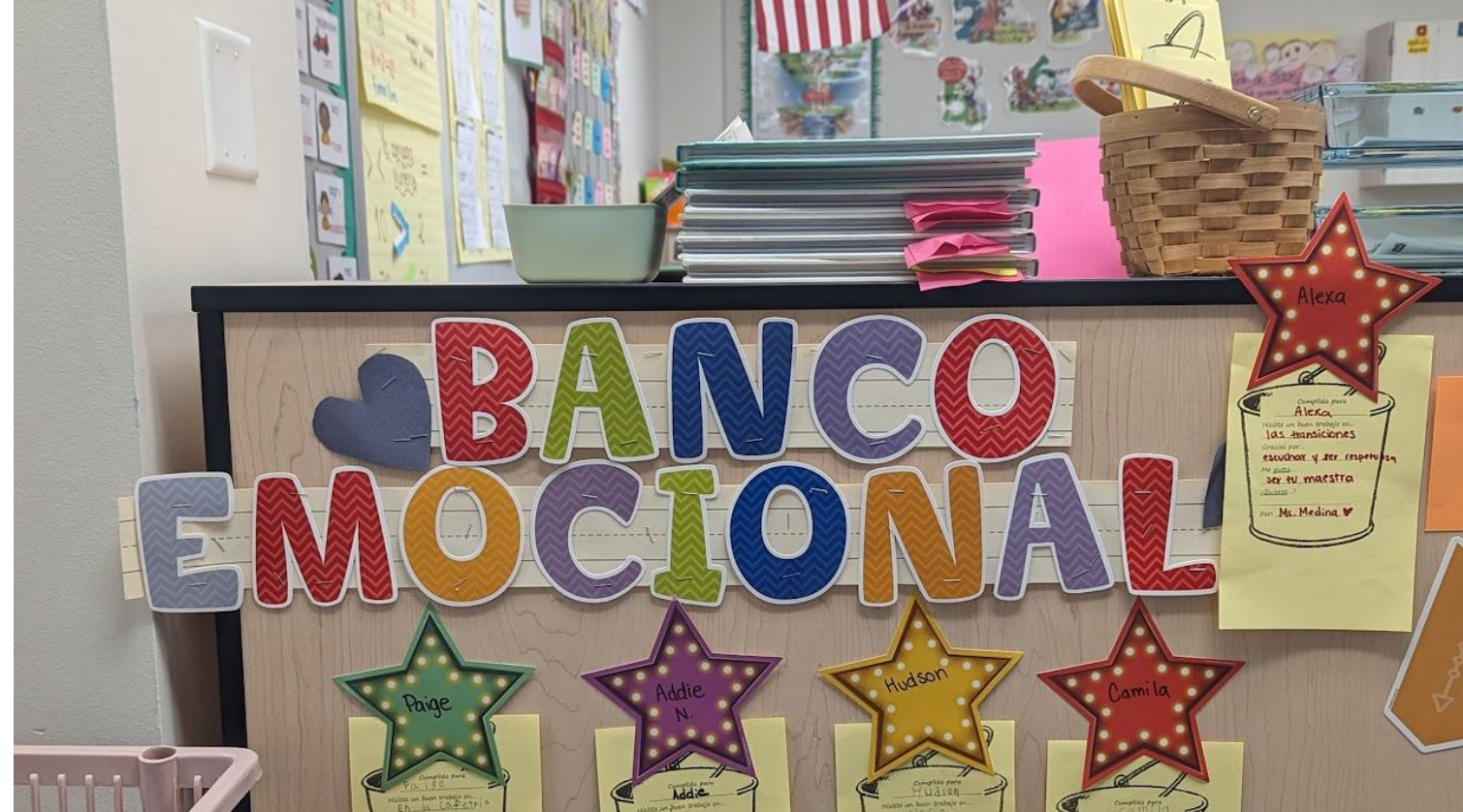




# Emotional Bank Accounts (EBAs)

Ms. Drake's second grade class classifies deposits and withdrawals before doing their class shout-outs (Emotional Bank Account).

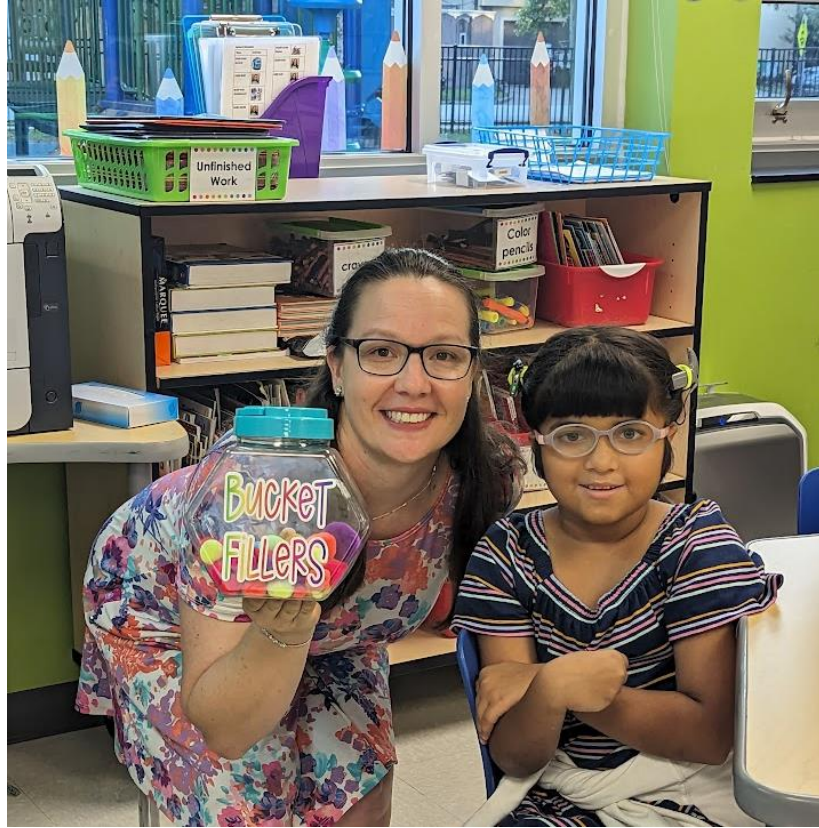




## Emotional Bank Accounts

The students in Ms. Grow's second grade dual language class and Ms. Cairo's first grade dual language class write each other kind notes to make deposits in each others' emotional bank accounts.





## Emotional Bank Accounts

Ms. Jesina's Second Grade Class

Ms. Rogers's Class

Ms. Schultz's Fourth Grade Class

Ms. Flores's Fifth Grade Class







## Win-Win Crusaders

### Fifth Grade and Fourth Grade Condit Peer Mediators





## 5<sup>th</sup> Grade Win-Win Crusaders in Action

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Fifth Grade Win-Win Crusaders doing  
peer mediations and writing  
agreements.





**"I CHOOSE"**

**THINK**

WHAT CAUSED ME TO FEEL THIS WAY?  
WHAT CAN I DO NEXT?

**"I SOLVE"**

TAKE A  
**BREAK**



**CONNECT**



ASK FOR  
**HELP**



I-MESSAGE  
APOLOGIZE  
REPAIR  
MOVE ON

**Thank you for a great year of social-emotional learning!**



**HISD  
WRAPAROUND  
SERVICES**