

Adult SEL Strategies from Panorama's Playbook

Access strategies from Panorama's [expert SEL curriculum partners](#)



About Panorama’s Playbook

Panorama’s Playbook is an online professional learning library of evidence-based and research-backed social-emotional learning (SEL) interventions available to Panorama customers. Playbook includes resources from [expert organizations](#) vetted by Panorama’s team for CASEL alignment and research backing. Playbook assists school leaders and educators with low-lift, actionable strategies to act on their Panorama student and adult SEL data.

In this resource, you’ll gain access to four strategies from **Panorama’s Playbook** focused on **educator SEL, well-being, and self-care**. To learn more about Panorama for Social-Emotional Learning and Playbook, [please visit this link](#).

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Strategy #1: Self-Care Practice for Educators

via *Breathe for Change*



GOAL:

This self-care practice allows us to increase our ability to love ourselves which, in turn, enhances our ability to extend love to the partners, family, friends, colleagues and students in our lives. Research shows that mind-body practices such as meditation increase our capacity for compassionate behavior.

INTRODUCTION:

This exercise can be done anywhere that people congregate -- at a school, in the grocery store, on the bus, at a park, or in your home. It can be practiced, first, unobtrusively from some distance. As you gain comfort with your compassion practice, you may try it with a partner, a colleague, or someone who presents a challenge in your teaching.

Make sure to do all five steps on the same person.

STEP-BY-STEP TECHNIQUE:

1. Repeat to yourself: "Just like me, this person is seeking some happiness for their life."
2. Repeat to yourself: "Just like me, this person is trying to avoid suffering in their life."
3. Repeat to yourself: "Just like me, this person has known sadness, loneliness, and despair."
4. Repeat to yourself: "Just like me, this person is seeking to fulfill their needs."
5. Repeat to yourself: "Just like me, this person is learning about life."

VARIATIONS:

- Practice this with your partner and family members to increase your understanding of each other.
- Practice this on someone who challenges, antagonizes, or bothers you.
- Practice this on a challenging student.

(For more information, [download the self-care practice guide.](#))

About Breathe For Change

Breathe for Change is on a mission to foster individual and collective well-being for all humankind. The organization offers mind-body and social-emotional wellness trainings that unite, train, and support educators in enhancing individual and collective well-being. Breathe For Change envisions all people inspired, educated, and empowered to be their whole and brilliant selves in their lives, relationships, and communities.

Strategy #2: Adult Weekly Commitment Calendar

via *Conscious Discipline*



GOAL:


This is a resource for adults to make daily commitments focusing on helpfulness and gratitude. This activity is designed to help with setting intention, directing focus, rewiring the brain for positivity, and increasing helpfulness and kindness.

HOW IT WORKS:

Conscious Discipline Certified Instructor Sue Dierks uses a weekly commitment calendar to set her intention, which organizes energy and directs focus. Each day, Sue writes out a daily commitment that includes a way to be of service to others, a way to be of service to herself, and something she is grateful for.

Using this free template, you can create a Weekly Commitment Calendar of your own. Although this calendar is designed for adults, it's also helpful for older children.

Adult Weekly Commitment Calendar

Today, I commit to	being of service to someone by...	being of service to myself by...	being grateful for...	 I am Safe. Keep Breathing. I can handle this. www.ConsciousDiscipline.com
Monday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.
Tuesday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.
Wednesday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.
Thursday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.
Friday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.
Saturday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.
Sunday				<input type="checkbox"/> I did it! <input type="checkbox"/> OOPS, I'll do it differently tomorrow.

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[Download the Adult Weekly Commitment Calendar.](#)

Format: 2-page printable

About Conscious Discipline

Conscious Discipline is an innovative social-emotional learning and classroom management program with a proven track record of sustainable results.

Strategy #3: Equity Course for Educators

via 7 Mindsets 7 MINDSETS

GOAL:

This course will help build a common understanding of equity and how it manifests itself in education through inspirational videos, engaging activities, discussion, and reflective exercises. Elevate awareness on concepts such as implicit bias, cultural competence, and microaggressions with your team to build a foundation for positive growth. Learn strategies to develop a practical approach and plan to create more equity focused learning environments and communities.

HOW IT WORKS:

Educator teams can utilize the Equity course, lessons, and resources inside the 7 Mindsets Portal.

Through inspirational videos and exercises, teachers will facilitate conversation and foster the critical relationships necessary to discuss equity constructively.

Over the course of the lessons, educators will:

- Reinforce key concepts related to equity individual/group activities and projects;
- Connect equity in relevant ways to the current environment and the lives of each educator and student;
- Develop an action plan that moves the school towards greater levels of diversity awareness, equity, and inclusion.

ACCESS THE COURSE FOR EDUCATORS:

- [LESSON: Understanding Equity](#)
 - [LESSON: High Expectations](#)
 - [LESSON: Equity and Discipline](#)
 - [LESSON: Microaggressions](#)
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About 7 Mindsets

The 7 Mindsets deliver Mindsets-Based Social and Emotional Learning (SEL) solutions to elementary, middle, and high schools. Their core objective is to help schools transform through SEL by improving educator self-efficacy while improving student achievement, happiness, and fulfillment in life.

Strategy #4: Body Scan for Educators

via **CREATE**



GOAL:

This 9-minute mindfulness practice focuses on relaxing one's body and feeling in the moment. The goal of this Body Scan Practice is to be in the moment and become aware of tensions in your body.

HOW IT WORKS:

This mindfulness practice is developed specifically for teachers to use for themselves, not with/for their students. Many teachers use this in the evening to relax, and some use it when they cannot fall asleep.



[Click here to play a recording](#) of this guided mindfulness exercise.

WHY THIS WORKS:

There is a [great deal of research](#) showing that the Body Scan mindfulness practice impact both well-being as well as improves physiological response to stress.

About CREATE

CREATE was established in 2018 as a non-profit organization to serve educators with evidence-based programs and practices to nurture healthy, caring, equitable school communities that support social and emotional learning and teacher and principal wellness. Prior to the establishment of CREATE, many years of research and development led to the founding of the CARE and CALM programs. Mark Greenberg, one of the original founders of CASEL, sits on CREATE's Board of Directors.