

Social Emotional Learning for Missouri's Gifted Students

The Project

During the summer of 2020, gifted education specialists participated in a statewide Social Emotional Learning (SEL) curriculum writing project led by representatives from the Department of Elementary and Secondary Education, the Gifted Association of Missouri, and Lindenwood University. Over twenty teachers from across the state worked together to create social emotional learning experiences for gifted students over the course of three weeks. These lessons are part of an [online repository](#) that are accessible to teachers throughout the state and beyond. Our hope is that the repository will continue to grow as other teachers become involved in the project.

Additionally, during this professional development, teachers received training on various components of SEL including class meetings, Zone of Regulation, and bibliotherapy. The PD consisted of nine hours of whole group professional development (via Zoom meetings); along with several hours of “off-site” work completed both independently and in collaboration with assigned SEL strand teams. All and all, each participant contributed at least two fully vetted lessons in one of the following strands: Self Awareness, Mindsets, Social Capacity, Life Skills, and Emotional Well-being.

Dr. Tracy Bednarick, Gifted Coordinator of Lindbergh Schools and Gifted Association of Missouri Region 8 Co-director, was the leader of this effort. The leadership team included Christine Nobbe, Director of Gifted Education at DESE; Hannah Noack-Ruebling, gifted education specialist and GAM Region 8 Co-director; Richelle Moore, Kirkwood gifted education specialist; and Dr. Mary Gismegian, Assistant Professor at Lindenwood University.

Directions to Access the Missouri Gifted Social Emotional Learning Curriculum Repository

Missouri gifted education specialists collaborated to create a repository of Social Emotional Learning (SEL) lessons for gifted learners. The repository can be found on AirTable, a searchable database.

- To complete a Quick Search by Main Topic go to: <https://airtable.com/shrttDsrvjKf73vuA>.
- To complete a Full Search go to: <https://airtable.com/shrBDwi2DDaYHuqre>. You may search by grade level, author, and additional key words.

As of July 22, 2020, 54 SEL lessons were available. Take a look and see what fits your scope and sequence!

The repository was carefully designed to be a “living” collection of SEL lessons. The MO Gifted SEL Leadership team decided on five strands: Self Awareness, Mindsets, Social Capacity, Life Skills, and Emotional Well-being. In addition, sub-topics were determined for each strand, as shown in the chart below. A review team of volunteer gifted education specialists is on hand to review lessons submitted. If you have an original lesson covering one of the topics, you may submit it. First, access the [Understanding by Design template](#), complete it, and get feedback from a colleague. Then submit it to the SEL review team via AirTable: <https://airtable.com/shr8rtYytFZKdLwjp>. Please direct questions about submitting lessons to mogiftedsel@gmail.com.

Missouri Gifted Social Emotional Learning Strands and Subtopics

Self Awareness	Mindsets	Social Capacity	Life Success Skills	Emotional Well-being
<ul style="list-style-type: none"> • traits of a gifted learner • gift recognition (by self, peers, adults) • personality styles (introvert/extrovert, 5 factors, etc.) • learning styles • self-advocacy • self-evaluation • self-efficacy • self-esteem (critical self-talk) • asynchrony 	<ul style="list-style-type: none"> • fixed and growth mindsets • fear of failure and risk-taking • perfectionism (functional and dysfunctional) • autonomy and self-resiliency (perseverance) • goal setting (finding realistic goals, succeeding, SMART goals) • openness and acceptance (of learning environments, of differences, including marginalized gifted populations such as LGBTQ, people of color, twice exceptional, etc.) 	<ul style="list-style-type: none"> • relationships, friendship and peer pressure • communication • conflict resolution skills • debate (building and defending arguments) • mentorship (older students, adults, professionals) • collaboration • justice (including marginalized gifted populations such as LGBTQ, people of color, twice exceptional, etc.) • equity 	<ul style="list-style-type: none"> • time management and organization • focus (techniques and practice) • resources (evaluating, utilizing, citing) • note-taking and researching (summarizing, mapping, outlining, etc.) • Interviewing • thesis development • data gathering (surveys, testing, charts and graphs) • media literacy • information processing • technology skills • leadership skills 	<ul style="list-style-type: none"> • anxiety, worry, and stress (relaxation, meditation, mindfulness) • boredom and under achievement • intensity (overexcitabilities- psychomotor, sensual, intellectual, imaginal, emotional; sense of right and wrong) • coping strategies (trauma, grief, loss, burnout, self-compassion) • the value of quiet (developing thoughtfulness and creativity)