

Social Emotional Learning

What is iQ: smartparent?

iQ: smartparent is an Emmy-winning multimedia television and web series designed for parents that will empower them with new knowledge, tools, and abilities to successfully guide their children through the changing landscape of digital media and technology. It's a growing community of caregivers, national experts, educators, and parent bloggers who want to understand the opportunities and challenges of media as it relates to the development of their children. *iQ: smartparent* was created by WQED Multimedia in 2012.

About this Episode

This episode of *iQ: smartparent* discusses the importance of social emotional learning, and how building confidence leads to success in the classroom and in life. Learn how digital media can be used to teach social-emotional skills and social awareness skills in children. This episode will also introduce an exciting science program for girls which focuses on self-esteem and confidence as keys to female academic success in the STEAM (science, technology, engineering, art, and math) field.

Discussion Questions

1. After watching this episode, how can you use technology and media as means to teach social and emotional learning in your home?
2. Do you talk about good role model portrayals in media with your children? What about examples of conflict resolution, empathy, coping with feelings, and collaboration?
3. Why do you think Temple and Venneasha's message of self-esteem is so crucial to the success of their STEAM program for girls?
4. Temple and Venneasha's STEAM program fuses make-up and science together to get girls interested in STEAM related fields. How can you or your child's school do something similar to encourage students of different cultural backgrounds to take an interest in STEAM?
5. How can you build real life experiences from what is being taught on your child's educational apps? Do you use your child's favorite characters as role models for empathy and compassion when faced with a real-life situation?
6. Are there positive role models for social emotional development in the media that your child consumes? If not, can you think of some positive ones to introduce to your child? Do you discuss the implications of negative role models for social emotional development?

Here are some questions you can ask your child which can help foster social emotional learning:

1. SELF-AWARENESS

- What are my thoughts and feelings?
- What causes those thoughts and feelings?
- How can I express my thoughts and feelings respectfully?

2. SELF-MANAGEMENT

- What different responses can I have to an event?
- How can I respond to an event as constructively as possible?

3. SOCIAL AWARENESS

- How can I better understand other people's thoughts and feelings?
- How can I better understand why people feel and think the way they do?

4. RELATIONSHIP SKILLS

- How can I adjust my actions so that my interactions with different people turn out well?
- How can I communicate my expectations to other people?
- How can I communicate with other people to understand and manage their expectations of me?

5. RESPONSIBLE DECISION MAKING

- What consequences will my actions have on myself and others?
 - How do my choices align with my values?
 - How can I solve problems creatively?
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About the Guests



Hedda Sharapan started as Assistant Director at the very first taping of Mister Rogers' Neighborhood in October, 1966. Her early work was in production as assistant director then assistant producer. Her focus then shifted to professional development, helping early childhood educators, other professionals and parents learn about children and families through Fred Rogers' work. Over the years, with her M.S. in Child Development from the School of Medicine at the University of Pittsburgh, she has been a popular and highly sought-after keynoter and workshop presenter at state and regional conferences, with speeches ranging from social-emotional development to STEAM learning. Over the years her primary work has been professional development, and her monthly professional development e-newsletter, "What we can continue to learn from Fred Rogers," reaches over 10,000 readers. In 2011 Hedda was honored with a Lifetime Achievement Award from NAFCC (National Association for Family Child Care). At the 2012 NAEYC Annual Conference Hedda was named one of two NAEYC "Heroes on the Horizon" and In December of 2013 she was awarded an Honorary Doctorate degree from St. Vincent College in western Pennsylvania.



Katherine Gullone currently serves at the Program Associate for Educational Projects at the Pittsburgh Association for the Education of Young Children (PAEYC) and the Fred Rogers Center for Early Learning and Children's Media at St. Vincent College. In her role, Katherine coordinates the delivery and implementation of grant-supported programs and activities with a particular focus on projects that take place in early childhood settings as well as within the Pittsburgh Public School System. Katherine is a local, state and national speaker on early childhood research initiatives and child development. She earned a B.A. in Interpersonal Communication with a minor in Spanish from Meredith College in Raleigh, North Carolina and received her M.Ed. in Early Childhood Education from Carlow University.



Venneasha Davis is a sixth grade Science and Language Arts teacher at Woodland Hills Academy in the Woodland Hills School District. She is also the founder and facilitator of Sisters e S.T.E.A.M., which is an after-school program focusing on science, technology, engineering, art, and mathematics. The program seeks to empower young women and expose them to inquiry-based, hands-on science while incorporating real-world applications. Venneasha's research is primarily concerned with academic achievement of youth in urban schools. Her work is centered on creating units that blend multiple learning styles. She earned her B.A. in Elementary Education from Point Park University and holds a dual Master's Degree in Middle School Science and Curriculum and Instruction from Walden University. Venneasha is also one of 2014-2015 "UNBOXED" teachers in Allegheny County.



Temple Lovelace, Ph.D., BCBA-D is an Associate Professor of Special Education at Duquesne University. Her research centers on the examination of the intersectionality of disability and race, with particular interest in creating and sustaining innovative, culturally-responsive academic and behavioral interventions. Over the last eight years, Temple's work with teachers and families through Teachers Leading Change (TLC) and Fusion has been chiefly focused to repairing relationships and reducing the trauma that is felt in many educational contexts. Now in its third year, TLC is an incubator that supports a teacher's innovation and implementation of classroom-based projects that provide equitable experiences for African American students and students situated in poverty. Teachers Leading Change provided the opportunity for teachers to launch innovations such as Sisters e S.T.E.A.M. As a graduate of The Ohio State University and a doctoral-level board certified behavior analyst, Temple's research has been focused on the principles of behavior analysis and education in urban contexts. Temple is also a member of the Remake Learning Council.



Jennifer Ehehalt is the Pittsburgh Regional Manager at Common Sense Media. She has more than 10 years experience in professional development and training. She collaborates with school districts throughout Pennsylvania to help them integrate Common Sense Education resources. By offering professional development, she is able to help teachers build skills around harnessing technology for learning, digital citizenship and engaging parents to guide kids in a digital world. Jennifer holds a bachelor's degree in Elementary Education and a master's degree in Educational Leadership.

Online Resources

Book: The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

www.amazon.com/Whole-Brain-Child-Revolutionary-Strategies-Developing/dp/0553386697/ref=sr_1_1?s=books&ie=UTF8&qid=1478823028&sr=1-1&keywords=The+Whole-Brain+Child%3A

Video: How Technology Affects Kids' Social Emotional Learning

www.commonsemmedia.org/videos/how-technology-affects-kids-social-emotional-learning

App: Breathe, Think, Do with Sesame

www.commonsemmedia.org/app-reviews/breathe-think-do-with-sesame

15 Must-Have Picture Books for Teaching Social-Emotional Skills

www.weareteachers.com/15-must-have-picture-books-for-teaching-social-emotional-skills/

Social and Emotional Learning Is Essential for Students

www.edutopia.org/blog/why-sel-essential-for-students-weissberg-durlak-domitrovich-gullotta

PBS Parents:

Social and Emotional Growth | Child Development Tracker

pbs.org/parents/childdevelopmenttracker/one/socialandemotionalgrowth.html

Child Development – Social Emotional

pbs.org/parents/child-development/social-emotional

From the Expert (Social Emotional Development)

pbs.org/parents/daniel/about/from-the-expert/

Are there apps or tech tools to help kids develop socially?

www.commonsemmedia.org/learning-with-technology/are-there-apps-or-tech-tools-to-help-kids-develop-socially

<https://www.edutopia.org/blog/social-emotional-apps-special-ed-jayne-clare>

The 20 People Skills You Need To Succeed At Work

www.forbes.com/sites/jacquelynsmith/2013/11/15/the-20-people-skills-you-need-to-succeed-at-work/#6d850dab64b5

Parent Fact Sheet Social and Emotional Learning at Home

www.sig.hawaii.edu/products/fact%20sheets/sel_fact.pdf

CASEL Ideas and Tools for Working with Parents and Families

<https://static1.squarespace.com/static/513f79f9e4b05ce7b70e9673/t/526a24bee4b015cba634391d/1382687934104/schools-families-and-social-and-emotional-learning.pdf>

Center on the Social and Emotional Foundations for Early Learning (Guides)
<http://csefel.vanderbilt.edu/resources/family.html>

Cultivating Kindness and Compassion in Children
<http://depts.washington.edu/ccfwb/content/cultivating-kindness-and-compassion-children-0>

PBS NewsHour: Kindergarteners with good social skills turn into successful adults, study finds
pbs.org/newshour/bb/kindergarteners-good-social-skills-turn-successful-adults-study-finds/

Common Sense Media

TV That Inspires Compassion
commonsensemedia.org/lists/tv-that-inspires-compassion

Apps That Teach Kids Real-Life Skills
commonsensemedia.org/blog/21-apps-that-teach-kids-real-life-skills

Explaining the News to Our Kids
commonsensemedia.org/blog/explaining-the-news-to-our-kids

Build Character Strengths with Quality Media
commonsensemedia.org/blog/build-character-strengths-with-quality-media

Help Preschoolers Handle Strong Emotions
commonsensemedia.org/blog/help-preschoolers-handle-strong-emotions

Best Empathy Games, Apps, and Websites for Kids
commonsensemedia.org/lists/best-empathy-games-apps-for-kids

New Vision for Education: Fostering Social and Emotional Learning through Technology
www.bcgperspectives.com/Images/How-Education-Technology-Can-Foster-Social-Emotional-Skills-Mar-2016.pdf

Twelve Games to Teach Students Social – Emotional Learning
www.playworks.org/blog/twelve-games-teach-students-social-emotional-learning

5 Conversations to Have with Your Kids After Finding Dory/Zootopia (Social Emotional Thinking and Question Examples)

- commonsensemedia.org/blog/5-conversations-to-have-with-your-kids-after-finding-dory
- commonsensemedia.org/blog/5-conversations-to-have-with-your-kids-after-zootopia

Resilience with Sesame Street
www.sesamestreet.org/toolkits/challenges

New Vision for Education: Fostering Social and Emotional Learning Through Technology
www.weforum.org/reports/new-vision-for-education-fostering-social-and-emotional-learning-through-technology/

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