



SEL Competency: Relationship Skills

Professional Learning Series Module 5



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Welcome & Please Sign In





Welcoming/Inclusion Activity

Choose Your Own Adventure

Introduction to the Playbook

Professional Learning Playbook: Adult Social Emotional Learning

Prepared by the Michigan Department of Education with support from the Region 8 Comprehensive Center – June 2023



Module 5: Relationship Skills

Agenda

| Topic | Time |
|---|------------|
| Welcoming/Inclusion Activity: Choose Your Own Adventure | 10 minutes |
| Session Overview | 10 minutes |
| Explore and Discover Activity 1: Definition and Benefits of Relationship Skills | 30 minutes |
| Explore and Discover Activity 2: Case Scenario | 30 minutes |
| Organize and Integrate Activity: Most Important Point | 20 minutes |

Welcoming/Inclusion Activity: Choose Your Own Adventure

Purpose: To practice your relationship skills by building connections and strengthening communication.

Directions:

- Select which one of the five options of favorites you would like to share: comfort food, traditions, gift given, gift received, or vacation.
- Once in small groups, discuss why it is your favorite.
- Identify a spokesperson to share highlights from your group's discussion.

Choose Your Own Adventure: CASEL's 3 Signature Strategies

>> Purpose

- >> To practice your relationship skills by building connections and strengthening communication.

>> Directions:

- Select which one of the five options on the right is your favorite and be ready to share why you chose it
- Once in small groups, discuss why it is your favorite
- Identify a spokesperson to share highlights from your group's discussion

Breakout Rooms/Tables:

- Favorite Comfort Food
- Favorite Vacation
- Favorite Gift Received
- Favorite Gift Given
- Favorite Tradition



Session Overview

CASEL's 5 SEL Competencies



Group Norms

- Collaborate with ideas
- Listen fully and reflectively
- Speak your truth
- Accept the challenge
- Be responsible for your impact on the room
- Be ok with non-closure
- Have fun

Professional Learning Series Goal

To increase your capacity around the five CASEL competencies.



Session Outcomes

Participants will increase:

- >> Their understanding of what relationship skills are and why they are important
- >> Their ability to reflect on their own practice and encourage others to do the same
- >> Their ability to recognize opportunities to demonstrate and model their own skills

Participants will also:

- >> Celebrate progress – District stories

CASEL SOCIAL AND EMOTIONAL LEARNING COMPETENCIES



Session Agenda

- **Welcoming/Inclusion Activity**
 - *Choose Your Own Adventure*
- **Session Overview**
- **Explore and Discover Activity 1**
 - *Definition and Benefits of Relationship Skills*
- **Explore and Discover Activity 2**
 - *Case Scenario*
- **Organize and Integrate Activity**
 - *Most Important Point*



Explore & Discover Activity 1

Definition and Benefits of Relationship Skills

Definition & Benefits of Relationship Skills

>> Purpose:

- > To practice relationship skills by working together as a team, communicating thoughts and perspectives, listening and learning from others.

>> Instructions:

- > Individually, read the three definitions of relationship skills and respond to the questions in your playbook (p. 35).

3 Definitions of Relationship Skills

- **CASEL:** Relationship skills are the abilities to establish and maintain healthy and supportive connections that include the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership and seek or offer help when needed.
- **Michigan Model for Health:** Healthy Relationships are important to the quality of a person's life and includes skills that center around respect, honesty, trust, support, fairness and equality and good communication.
- **Great Lakes Equity Center:** Relationship skills are the abilities to cultivate empowering connections with diverse individuals and groups through acknowledging individuals' assets, agency funds of knowledge and community practices.

Small Group Dialogue

In small groups, discuss your responses to the following questions:

- What definition do you like best? Why do you like it?
- Do the definitions allow for lived experiences and perspective taking?
How does this fit in with relationship skills?
- Do they highlight collaborative experiences?
- What is missing from the definitions?
- Are the definitions easy to understand and share with others?

Report Out: Definitions of Relationship Skills

- Does the definition allow for lived experiences?
- Is there anything missing from the definition?
- Does the definition include transactional only relationships or true collaborative relationships?
- Is it easy to understand? Is it easy to learn and then share with others?
- What do you like about it? What is lacking?



Personal SEL Reflection: Relationships Skills

| Relationship Skills | | Very difficult | Difficult | Easy | Very easy |
|--|--|----------------|-----------|------|-----------|
| COMMUNICATION | I can stay focused when listening to others and carefully consider their meaning. | | | | |
| | I can articulate ideas that are important to me in ways that engage others. | | | | |
| | I can have open conversations about race and racism with young people, their families, and other community members. | | | | |
| BUILDING RELATIONSHIPS AND TEAMWORK | I can effectively bridge across cultures to meaningfully connect with young people, their families, colleagues, and community members who are from a different culture than I am (e.g. ethnicity, religion, socio-economic). | | | | |
| | I can get to know the people around me. | | | | |
| | I can work well with others and generate a collegial atmosphere. | | | | |
| | I can make sure everyone has had an opportunity to share their ideas. | | | | |
| CONFLICT MANAGEMENT | When I am upset with someone, I can listen to their perspective and talk to them about how I feel. | | | | |
| | I can openly admit my mistakes to myself and others and work to make things right. | | | | |
| | I can work through my discomfort when dealing with conflict, listen to feelings from all parties, and help them understand different perspectives. | | | | |

Relationship Skills Self-Assessment

>> Instructions:

- > Individually, complete the Personal SEL Reflection (p. 50) and reflect on the questions in your playbook (p. 36).
- > In small groups, discuss the following:
 - What surprised you as you did the self-assessment?
 - What is significant about relationship skills?
 - How does equity influence your relationship skills?
 - Pick one skill that you will intentionally work on this week.

Report Out: Relationship Skills Self-Assessment

- What surprised you as you did your own relationship skills reflection?
- What's significant about relationship skills?
- How does equity influence your relationship skills?





Explore & Discover Activity 2

Case Scenario

Case Scenario

- **Purpose:** To look for similarities and differences in the case scenario and your building/district.
- **Instructions:**
 - Individually, review the case scenario in your playbook (pp. 42–46).
 - Consider the similarities between behaviors of staff in the scenario and the behaviors of staff in your building/district as you respond to the prompts in your playbook on **page 38**.
 - Look for examples and non-examples of effective relationship skills.
 - Discuss in small groups.



Small Group Discussion

- Are there policies or practices in your school that support relationships?
- What practices hinder relationship building?
- How does your district use relationship skills to lift up the urgency of staff burnout/staff leaving the district/profession?

Report Out

>> What are some of your group's or your key takeaways from your analysis of the case scenario?



Organize & Integrate Activity

Most Important Point

Reflection & Most Important Point

- **Purpose:** Reflect on learning and integrate it into practice.
- **Instructions:**
 - In your playbook (**p. 41**), respond to the reflection prompts to identify policies/practices that would strengthen adult relationship skills in your building/district
 - Identify 1–2 key points to remember from today’s session



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Small Group Dialogue

- **Instructions:** In a small group –
 - Share your most important points from today's learning
 - Talk about how you plan to support and strengthen your relationship skills





Provide Feedback on Today's Session!



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