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FOR EXCELLENCE IN MIAMI-DADE PUBLIC SCHOOLS

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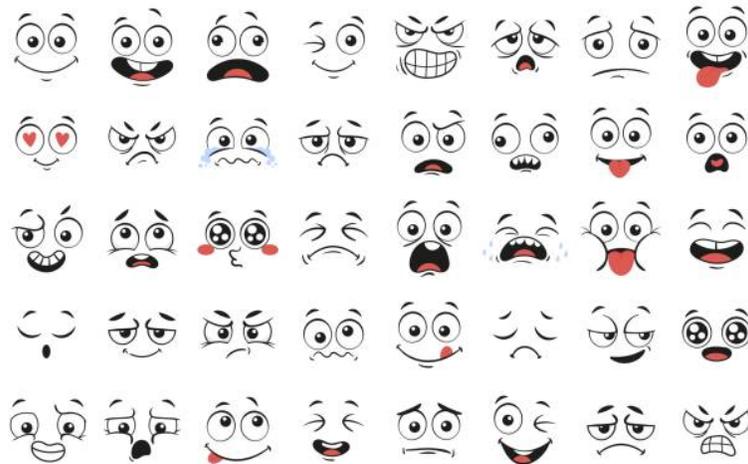
School District
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Express Yourself!
Personalizing Your
Classroom

Express Yourself:
Personalizing Your Classroom

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Table of Contents

Create a Successful Learning Environment

Background:

<u>Self-Expression as a part of SEL (Social Emotional Learning)</u>

The goal of this activity is to encourage self-expression as a way to promote social emotional learning and development with our students. According to the National Association for Self-esteem, we can be more effective assisting students academically if we also promote their social emotional learning. In other words, students who receive more support and motivation tend to perform better academically. A big part of this is creating an environment that promotes praise, recognition and encouragement where the students will feel safe to be themselves. CASEL (Collaborative for Academic, Social, and Emotional Learning) recognizes how social emotional learning acts provides an opportunity for students create 'healthy identities'. Casel has also collaborated with the state of Florida to ensure that SEL is included in our students' education. They have also gathered a tremendous amount of research highlighting the benefits and needs of SEL in today's society, which can be found here:
https://casel.org/fundamentals-of-sel/what-does-the-research-say/

Resources:
https://casel.org/fundamentals-of-sel/
https://healthyselfesteem.org/about-self-esteem/social-and-emotional-learning/
https://learnwellservices.com/encouraging-social-emotional-development-engaging-classroom-activities/

SOCIAL EMOTIONAL LEARNING

WHY IS IT IMPORTANT?

Click Here to view a *video from the Collaborative for Academic, Social, and Emotional Learning (CASEL)* and access the *SEL Competencies*

HOW DO SCHOOLS SUPPORT SEL?

Click Here to see what Schools are using to support SEL

WHAT CAN I DO AT HOME?

Click Here for *Resources* and *Tutorials* on Managing Emotions

SOCIAL EMOTIONAL LEARNING
Connecting the

Head + Heart + Hand

SOCIAL EMOTIONAL LEARNING

HOW DO SCHOOLS SUPPORT SEL?

CURRICULUM	GRADE LEVEL	DESCRIPTION
cloud9world	K-8	Cloud9World's Elementary Core program consists of 30 different character strengths provided for the early childhood level as well as an elementary level. Flexible cross grade level lesson plans, an online Social-Emotional Competency Indicator, and customized packaging empower schools to meet the specific social-emotional and academic needs of their students. The Middle School Core approaches social-emotional skills through a decision-making lens. Students investigate each character strength to determine what it is and isn't and then weigh the advantages/disadvantages of adopting a character strength and corresponding behaviors. Digital books also include a variety of school and work- based scenarios in which the character strength can be applied. Students are encouraged to work together in small groups to complete the scenario through responsible decision-making.
LAUREN'S KIDS	K-12	Lauren's Kids is based in South Florida and educates adults and children about sexual abuse prevention through in-school curricula, awareness campaigns and speaking engagements around the country and the world.The foundation's Safer, Smarter Schools K-12 curriculum program is currently used in classrooms in 37 states to teach children about personal safety.
MONIQUE BURR	K-12	Monique Burr foundation Prevention Education Programs are evidence-based and evidence-informed, primary prevention programs. These fun and engaging programs educate and empower students (and relevant adults) with information and strategies to prevent, recognize, and respond appropriately to bullying, cyberbullying, all types of child abuse and exploitation, human trafficking, and digital dangers.
Quaver SEL	K-5	Music, like SEL, requires the acquisition of skills over time. Like learning to play an instrument, students can develop positive habits and mindsets by working through the problems they face in everyday life. This is the mission of our new division, focused entirely on Social and Emotional Learning (SEL). QSEL is our flagship product, a flexible program for integrating SEL skill development in any K-5 classroom.
SANFORD HARMONY	PRE-K-6	Sanford Harmony is a social emotional learning program for Pre-K-6 grade students designed to foster intergender communication and understanding, connection, and community both in and outside the classroom and develop boys and girls into compassionate and caring adults.

Why is it important? link - https://www.youtube.com/watch?v=y2d0da6BZWA&t=289s

Goals:
- To promote SEL by providing opportunities for students to express themselves
- To create a classroom environment that is both print rich and representative of the students in that class

Objectives:
- Participants will observe how the Cricut serves as a tool to enhance student participation in creating a welcoming class environment.
- Participants will recognize their role in promoting SEL and how it is a necessary part of education

SEL is also a major part of the MDCPS 2021-2026Strategic Plan

The Five Pillars of the 2021-2026 Strategic Plan

Promote the physical, emotional, and mental health of students and employees within and beyond school.

Objective 1: Increase student and employee participation in District-sponsored wellness initiatives and activities by 20 percentage points.

Objective 2: Increase the number of community programs and resources that provide wellness and social-emotional learning support for students and families at the school site by 25%.

Objective 3: Two-thirds of students and staff will agree that their school effectively supports students' social-emotional well-being.

https://strategicplan.dadeschools.net/#/

This project can be modified to be utilized with ALL grade levels and subject areas. SEL should be incorporated into all curricular areas.

Florida Standards:

English, Language Arts
- ELA.12.C.5.2 Create, publish, and share multimedia texts through a variety of digital formats.
- LAFS.1112.W.2.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products in response to ongoing feedback, including new arguments or information.
- LAFS.1112.SL.2.6 - Adapt speech to a variety of contexts and tasks, demonstrating a command of formal English when indicated or appropriate.
- LAFS.1112.SL.2.5 - Make strategic use of digital media (e.g., textual, graphical, audio, visual, and interactive elements) in presentations to enhance understanding of findings, reasoning, and evidence and to add interest.

Health
- HE.912.CE.3.2 Evaluate the effects of optimism verses pessimism on the ability to succeed and learn.
- HE.912.CE.6.3 Analyze ways a leader can inspire confidence and motivate others.
- HE.912.C.2 : Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- HE.912.B.6 : Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health. HE.912.P.8 : Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

Science
- SC.68.CS-CC.1.3 – Design, develop, and publish a collaborative digital product using a variety of digital tools and media-rich resources that demonstrate and communicate concepts to inform, persuade, and/or entertain.

CTE
- CTE-GEN.68.GENRL.09.21 - Demonstrate an understanding of how computers and other technologies are used as a communication tool.
- CTE-TECED.68.COMTEC.04.05 - Produce an audio and/or visual product using electronic communication technology.

Course Outline/Overview:

Background: This idea was originally introduced as part of my innovator grant for the project #Acceleration Coach: Accelerating High School Students into Career Minded Young Adults. My idea started when I took on a new role as an acceleration coach challenged to help motivate my students to meet all of their graduation requirements, excel and prepare for their post high school options.

This project is currently being implemented in Strategies for Learner Success, which is a high school dual enrollment class designed to prepare students for the transitions that they will experience in the near future, such as the transition from middle school to high school and the transition from high school to college. With each step students are asked to be more responsible, independent and self-motivated. Yet, we don't often explicitly teach students these skills. Thus, the purpose of this course is to improve students' academic and personal development in the areas of learning strategies, study skills, time management, problem solving, goal setting, and using resources effectively. The goal is to help students increase their chances of being successful in high school and to prepare them for the transition to college by giving them a space to learn about and practice the tools they need to succeed.

COURSE OBJECTIVES
In this course, students will:
- Increase their awareness of their life stage and identify their personal motivators to achieve college, career, and lifelong success.
- Develop and understand how to apply strategies for effective learning, note taking, writing, test preparation, time management, and coping with college-level course work.
- Identify personal and academic goals and take charge of their future through creating an educational plan.
- Apply critical thinking and communication skills to manage obstacles and solve problems.
- Respect diversity and individual differences and learn strategies for community engagement.

This course is divided into four parts, with SEL incorporated into each area. The project presented here starts in the first unit, where motivational techniques, goal setting, mindset and persistence are introduced and continues throughout the course embedded in topics such as personal strengths, creative thinking, belonging, personality and personal success.

Unit 1 - Setting the Stage for Success	**Supports:**
	     o *Understanding the challenges of a successful transition from high school to college*
	     o *Increase understanding of motivational techniques; learn how mindset and persistence are keys to success*
	     o *Setting effective goals and staying on track to their achievement*
	     o *Develop and understand how to apply strategies for effective time management*
	     o *Create SMART goals for both personal and academic life*

Unit 2 - The Science of Learning	**Supports Learning Objectives:**
	     o *Identify which learning strategies works best based on personal strengths and subject matter*
	     o *Explore various study strategies and practice multisensory integration, which involves using all of the senses to learn*
	     o *Apply creative thinking to generate new ideas and alternatives*
	     o *Assess note taking skills and make a plan for improvement*
	     o *Assess test taking skills and make a plan for improvement*

Unit 3 - Essential College Life Skills	**Supports Learning Objectives:**
	     o *Explore multiple intelligences to identify personal strengths and*
	     o *Develop effective interpersonal interactions and relationships*
	     o *Discuss the importance of sense of belonging to academic and personal success*
	     o *Explore resources for joining different campus communities*
	     o *Reflect on the value of respecting diversity and individual differences*
	     o *Identify money management techniques that lead to financial security*
	     o *Describe how personality type affects decision-making, learning strategies, time management, communication, and problem solving*

Unit 4 - Future Planning and Positive Thinking	**Supports Learning Objectives:**
	     o *Create an educational plan to achieve career goals*
	     o *Make a plan to use strengths for career and personal success*
	     o *Discuss strategies for increasing positive thinking*
	     o *Make a plan for future happiness*

Lesson Plan and Implementation Guide

Goals:
- Students will identify and/or create quotes that 'speak' to them and help promote academic and life success.
- Students will vote on a quote/motivational slogan to represent the class and post in the classroom.

Objectives:

- Create a personal definition of success
- Apply the concept of growth mindset to their own previous experiences and make a plan for developing their growth mindset for the future

Standards: Please see the standards on page 4 to identify the ones that fit into your grade/subject area

Learning Activity:
1. Introduce topic and discuss personal definitions of success
2. Show Shocking Habits of Successful People video
3. Review Chapter 2: Planning for Success
4. Discuss Grit and show Angela Duckworth video, The Power of Grit
5. Discuss growth vs. fixed mindset and show Carol Dweck video
6. Direct students to review text, motivational quotes shared in the videos and personal quotes that represent their goals in life and the power of a growth mindset
7. Students will share quotes with the class and select the top one or two that should be displayed on the classroom walls to represent the class.

Videos:
https://www.youtube.com/watch?v=KUWn_TJTrnU&feature=youtu.be (The Power of Grit)
https://www.youtube.com/watch?v=yY86_7G2qZQ (Secret Guide to Success)
https://www.youtube.com/watch?v=H14bBuluwB8&feature=youtu.be (Growth Mindset vs. Fixed Mindset)
https://www.youtube.com/watch?v=_ulhxX_tnqY (Shocking habits of Successful People)
https://www.youtube.com/watch?v=LXXFkFR92gM (Secret to building Self-discipline)
https://www.youtube.com/watch?v=z7e7gtU3PHY (How a student changed her study habits)

Assessment:
- Students will complete a written reflection activity
- Students will take a growth mindset and grit quiz and reflect on the results
- Students will select/create motivational quotes of slogans that represent their growth mindset and motivate them to pursue success

Keywords:
- Grit
- Growth Mindset
- Success
- Self-Expression

Examples of quotes that were selected to be posted on the class walls:
1. The tassel is worth the hassle
2. There is no such thing as passive learning
3. Success is a choice, not an accident
4. It's not failure, it's data
5. Look for the good in every situation, seek the valuable lesson in every setback, look for the solution to every problem. Think and talk continually about your goals. - Brian Tracy
6. Challenges are what make life interesting. Overcoming them is what makes life meaningful. Joshua J. Marine
7. Nothing is impossible. The word itself says 'I'm possible!' – Audrey Hepburn
8. A person who never made a mistake never tried anything new. – Albert Einstein

Technology:
Students will learn to use Cricut Design Space and machine to create professionally designed decals, bulletins, adhesive vinyl permeant stickers

Modifications:
- When working with younger children, this activity will still promote creativity and self-expression, but the teacher will need to handle the Cricut

- When working with larger classes, the students can work in teams

- When working with English Language Learners, the focus can be on language skills

- Since every grade and curriculum utilizes text, this can be modified to ant content and grade level by focusing on the subject at hand.

- Focus should always be on involving students in classroom design, spreading positivity and utilizing technology to showcase self-expression and/or language Arts skills

Name: _____   Period 2: _____

In 300-500 words TOTAL, answer the following THREE questions:

1. Summarize your personal definition of success.
Answer:

2. Reflect on a time in the past when you had to overcome a challenge. How has overcoming it shaped your current mindset and what did you learn from this experience?
Answer:

3.   When you reflect on what you read in chapter 2 about mindfulness and engagement, how do you think this course can help you prepare for academic, social, and emotional transitions to college?
Answer:

Name: _____   Period : _____

Growth Mindset & Grit Quizzes

1. Click here to take the Growth Mindset Quiz
   This is the website:
   https://blog.mindsetworks.com/what-s-my-mindset?view=quiz
   The results will be emailed to you, submit a screen shot of the results from your email in
   the box below.

2. Click here to take the Grit Scale Quiz
   This is the website: https://angeladuckworth.com/grit-scale/
   The results will be immediately displayed on the screen, submit a screen shot in the box
   below.

3. Were you surprised by your results, why or why not?

4. How do you think grit and growth mindset are related?

5. How do you think your mindset and grit influence academic success?

6. How can you work on developing grit and your growth mindset?

7. Growth Mindset Re-Framing

We all have fixed mindset statements that we use from time to time. In this activity, you will look at the fixed-mindset statements below and re-frame them into growth mindset statements. The first two are examples. Please write your 7 re-framed statements in the box below.

Fixed Mindset Statement	Growth Mindset Statement
I can't do this...	*I need help understanding this.*
This is too hard.	*It'll take me some time to get this.*
I give up.	
I tried and it didn't work.	
It's good enough.	
I'm just not going to get this.	
I am bad at math.	
I'll never be as smart as my friend.	
I will never be able to become an engineer.	

Activity from: https://www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/download-growth-mindset-activities-for-kids

Getting Started:

<u>**Types of Cricut Machines**</u>
Cricut Explore 2 ($199) – Best Value
Cricut Explore 3 ($299) – No mat required (can cut on rolls up to 75 feet)
Cricut Maker ($249) – More materials can be used including fabric, wood and corkboard
Cricut Maker 3 ($399) – Same as the original Maker, but there is not mat required (can cut on rolls up to 75 feet)
Cricut Joy ($149) – Small, portable, inexpensive, size limitations
Easy Press ($150) – Iron on HTV to t-shirts and masks

Compare machines.

	Cricut Explore Air® 2	NEW Cricut Explore® 3	Cricut Maker®	NEW Cricut Maker® 3
Max material width	12 in 30.5 cm)	13 in (33 cm)	12 in (30.5 cm)	13 in (33 cm)
Max cut length	1.9 ft (58 cm)	12 ft (3.6 m)	1.9 ft (58 cm)	12 ft (3.6 m)
Material compatibility	100+ materials*	100+ materials*	300+ materials*	300+ materials*
Tools/ Capabilities	6 tools (cutting, writing, scoring & foiling)**	6 tools (cutting, writing, scoring & foiling)**	13 tools (cutting, writing, scoring, foiling, debossing, engraving & more)**	13 tools (cutting, writing, scoring, foiling, debossing, en-graving & more)**
Commercial-grade performance	—	—	✓	✓
Compatible with Smart Materials™	—	13 in wide, up to 75 ft (33 cm wide, up to 22.8 m)	—	13 in wide, up to 75 ft (33 cm wide, up to 22.8 m)
Works with home printer to print, then cut	✓	✓	✓	✓
Free design app†	✓	✓	✓	✓
Connectivity	Bluetooth®, USB	Bluetooth®, USB	Bluetooth®, USB	Bluetooth®, USB

*For all compatible materials, see cricut.com/materials
**Additional tools sold separately. For compatible tools, see cricut.com/blades
†Free design app for iOS®, Android™, Windows®, and Mac®

https://inspiration.cricut.com/cricut-machine-comparison/

Materials:

This project focuses on the use of permanent vinyl adhesive, which will stick on classroom walls. However, the Cricut explore can also cut the following materials:

- (HTV) Heat Transfer Vinyl and Iron On materials – for T-shirts and masks, etc.
- Label Sheets – to make stickers
- Paper – for bulletin boards, educational games, cards, borders, etc
  This includes:
    - Aluminum
    - Cardstock
    - Poster Board
    - Construction Paper
    - Wrapping Paper

There seems to be an issue utilizing Cricut Design Space on an MDCPS issued device, which started this school year. The issue is not through MDCPS Internet but due to firewalls on the actual devices. You will need to use a personal device to connect to Cricut Design Space

Cricut Design Space
1. Download app/program and create an account
   https://design.cricut.com/#/

   Design Space Tutorial:
   https://learn.cricut.com/design-space/overview

2. All projects that you want to cut must go through Cricut Design Space
   The key to mastering this device is learning how to use the program.

   While Design Space has an incredible about of tools, it also requires frequent updates.

Costs:

I would recommend making the purchases through Amazon, however Michaels often has these products on sale.

Siser Adhesive Vinyl/HTV – 36" roll often on sale for $10-$12 at Michaels
Cricut Adhesive Vinyl/HTV – 24" roll often on sale for $10 at Michaels

Through Amazon, you can get rolls that are 5 feet, 10 feet or more. They are offered from a variety of vendors, check the reviews.

Scrapbook paper is the best for bulletin board letters, also can be purchased through Amazon or at Michaels.

Full page mailing labels through Amazon and Office Depot is excellent for stickers.
https://inspiration.cricut.com/beginners-guide-to-cricut-machines/

Cricut 101 videos

Here are past videos that have run as part of the series.

Welcome and Unbox Cricut Joy: Welcome to the series and follow along with us as we unbox a new Cricut Joy machine, hook it up, register the machine, and make our very first cuts.

Three Ways to Make: Learn three ways to make on Design Space! We'll take you through Ready-to-Make projects, customizing Ready-to-Make projects and how to make your own custom project in Design Space from scratch.

Create a Custom Project From Scratch: Learn how to create a gift tag project using Cricut Joy. This draw-and-then-cut project will show you how to create custom text and pull in images on Design Space to make a project that's uniquely yours.

Create an Iron-on Project: Learn how to monogram a cotton face mask using glitter iron-on. You'll learn over 8 different techniques perfect for beginners.

Unbox the Cricut Explore: Let's unbox the Cricut Explore! You'll see what comes in the box, learn how to register your machine, how to prep your workspace, and how to make your first test cut.

Unbox the Cricut Maker: Let's unbox the Cricut Maker! You'll see what comes in the box, learn how to register your machine, how to prep your workspace, and how to make your first test cut.

Create an Iron-on Project: Learn how to create a custom iron-on project and learn some Design Space tips and tricks.

Create an Infusible Ink Project: Learn how to make a simple pillow cover with Cricut Infusible Ink. This is a great project for beginners!

Create a Greeting Card with Cricut Joy: Learn how to create a customized greeting card using Cricut Joy and the Cricut Joy app. This project is simple, quick, and easily personalized even for beginners.

Create a Vinyl Project: Learn how to create a vinyl sticker for a mobile phone case. In this video you'll learn how to weed vinyl, use Design Space, and use transfer tape to apply a vinyl.

Create an Iron-on Project: Learn how to create a custom iron-on project and learn some Design Space tips and tricks.

Create an Infusible Ink Project: Learn how to make a simple make-up bag with Cricut Infusible Ink. This is a great project for beginners!

How We Got Started Making: In this episode, Cricut employees share their experience getting started with Cricut. Nobody starts out as an expert!

Create Custom Organizational Labels: Learn to make custom organizational labels! We'll also how you how to use Cricut transfer tape.

Make a Custom Iron-on T-Shirt: In this episode, learn how to customize a ready-to-make project, add an image to the Canvas, how to weed iron-on, and how to use the Cricut EasyPress.

Cut and Apply a Vinyl Sticker: Learn how to m ake a sticker for a metal tumbler! In this episode, you'll learn Design Space techniques, how to prepare a blank tumbler, and application tips and tricks.

Make an Infusible Ink T-Shirt: We'll show you how to browse for a project, customize a ready-to-make project, resize an image, and how to use the Cricut EasyPress.

Make an Insert Card: Learn to make a "Cheers" Insert Card using Cricut Joy and the Cricut Joy App for iPhones.

Create an Iron-on Project: Learn how to make an iron-on 'Thank you!" ribbon using Cricut Joy. You'll learn several Design Space techniques and how to use the Cricut Heat Guide.

Cricut on the classroom –
https://www.fortheloveofteachers.com/why-every-teacher-needs-a-cricut-for-their-classroom/

Classroom Pictures