

# Playing with Systems to Develop Social-Emotional Learning Skills

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Stay Connected Webinar Series

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**In your own words, describe the three most frequent emotions you have felt this week.**

Visit to add your answers:

<https://www.menti.com/regmumweii>

OR scan the QR code to add your answers via cell phone



# How are we feeling?

Let's take a look.

# Educators' Emotional Wellbeing

A recent survey by Collaborative for Academic, Social, and Emotional Learning (CASEL) gathered responses from 5,000 educators. Top five responses included:

1. Anxious
2. Fearful
3. Worried
4. Overwhelmed
5. Sad

# Students' Emotional Wellbeing

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It's OK to not be OK. I mean, most of the world is not OK right now... It's OK to grieve about what you're losing because it is tragic.

Franciene Sabens, high school counselor



Janice Chang for NPR

Closed Schools Are Creating More Trauma For Students:

<https://www.npr.org/2020/04/20/828026185/school-counselors-have-a-message-for-kids-it-s-ok-to-not-be-ok>

# What can we do to help?

To adjust to this new socially and physically distant landscape, we will need to develop and apply new social-emotional learning competencies, problem solving strategies, and decision making skills.





# IANR Science Literacy Mission

Encouraging members of society to **analyze complex challenges** and **make science-informed decisions** in real-world situations



# Why focus on systems thinking?

Systems thinking includes the ability to...

- Analyze phenomena and problems within broader contexts
- Consider multiple cause-and-effect relationships
- Understand that near-term actions have long-term consequences and possible side effects
- Conceptualize the nature of change over time

**Problem Solving  
and Decision Making Skills**

# Developing systems thinking skills



Systems thinking can sound scary or seem like drudgery, but it doesn't have to be that way.

# Systems thinking via remote learning?

L P Y

a tool for thinking in systems

A tool for drawing, exploring, and playing with systems that are meaningful to you.

# Using Loopy as a Teaching Tool

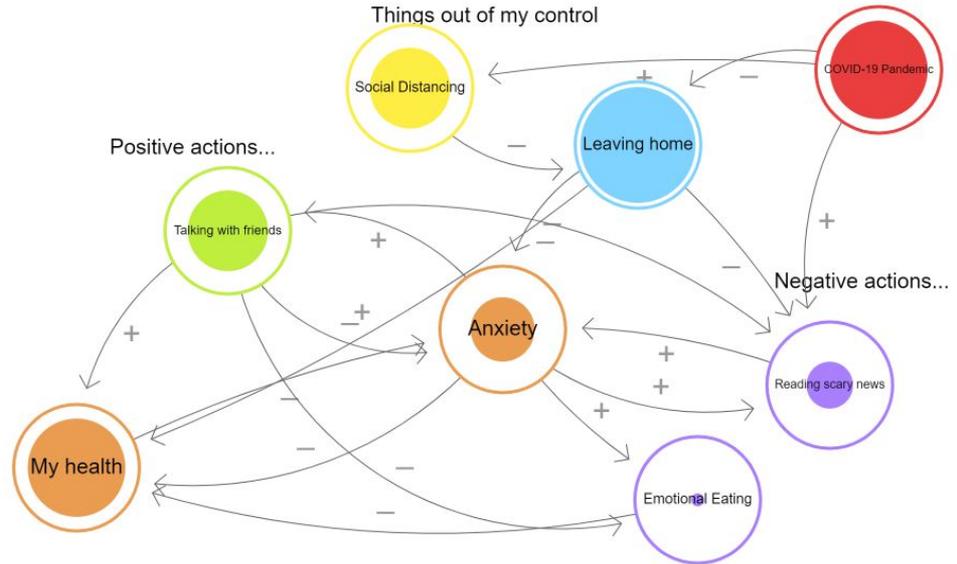
System behavior can be difficult to understand and predict:

- **Complexity can be overwhelming**
- **Important components can be invisible** (like feelings or emotions)

Luckily, drawings can help to simplify and make students thinking explicit

# SEL + Systems Thinking

What if we could draw a model of how the COVID-19 pandemic has impacted our emotional state?



# Now you give it a try!

Navigate to Loopy: <https://ncase.me/loopy/>

1. Start simple. Draw a bubble, label it with your emotion.
2. Think about the **effect** of that emotion:
  - a. How do you react when you are feeling that way?
  - b. What behaviors or actions do you take?
3. Draw another bubble, label it with the effect of that emotion, and connect the two with an arrow.

# Keep building your model

1. Now try to build backwards.
2. Think about the **cause** of that emotion:
  - a. When is the emotion strongest?
  - b. What caused that feeling? It might be your own actions or something that has happened.
3. Draw another bubble, label it with the cause of the emotion, and connect the two with an arrow.

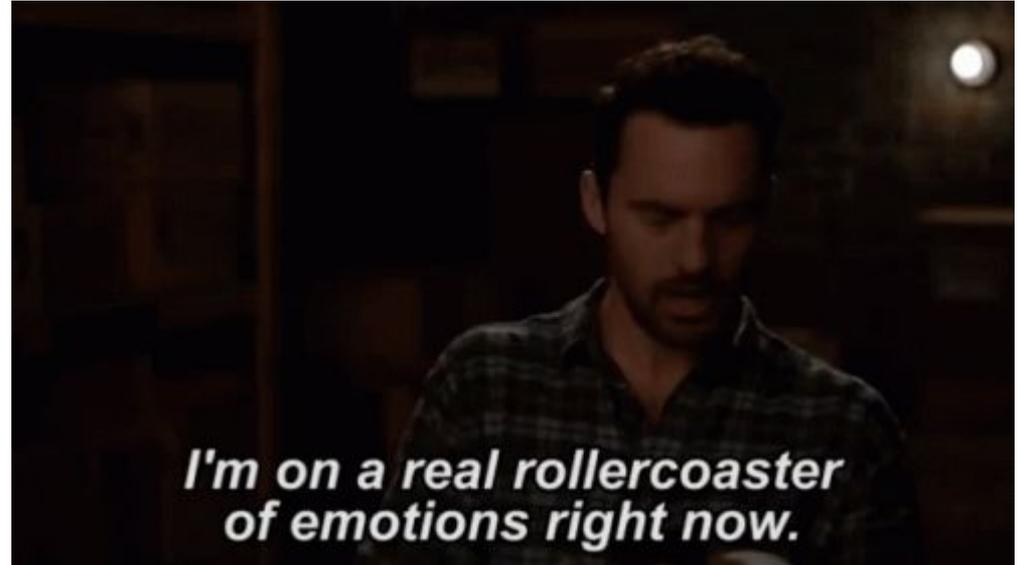
# Try it out! Change it up!

1. Once you have a few bubbles, press play and watch how your system functions.
2. **Reflect:**
  - a. Did your system behave the way you expected?
  - b. What did your model get right? What could be improved?

# Discussion Questions

1. What role did your emotions play in the system?
2. What actions did you take because of your emotions?
3. How might your emotions affect...
  - a. Your health?
  - b. Your friendships?
  - c. Your family relationships?
4. Do these changes take place right away? Or do they take a longer time?

# Systems Thinking for Self Awareness



# Social-Emotional Learning Resources

Interested in learning more about social-emotional learning?

Check out these resources from the Collaborative for Academic, Social, and Emotional Learning (CASEL) focused on engaging students in SEL during the COVID-19 era:

<https://casel.org/covid-resources/>

# Interested in Other Systems?

UNL IANR Science Literacy website dedicated to systems thinking: <https://go.unl.edu/systemsthinking>

- Faculty and students talking about their system models