



Welcome Students Back with CATCH &

SEL JOURNEYS

Presenters



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Objectives

- Learn about the CATCH approach to Whole Child Wellness and how SEL Journeys ties in.
- Experience SEL Journeys and the power of dance to transform classrooms & schools.
- Find out how you can work with CATCH and bring SEL Journeys to your schools - includes info about use of ESSER funds.

ICEBREAKER

Learn the SEL Journeys School Cheer!

We are ready (clap hands 3x)

Ready to explore (clap hands 3x)

Mind ready (pat your head)

Heart Ready (pat your heart)

Body Ready (wiggle arms)

Let's Go! (pump fist)



Whole Child



The Whole Child approach is an effort to focus on the long-term development and success of all children.

CATCH Whole Child – Creating a Healthy Environment



- Connecting the dots between where health happens
- Extending those connections where health isn't happening



What is CATCH?

CATCH stands for a Coordinated Approach To Child Health. Created in the 1980s, the evidence-based CATCH Health programs address **Whole Child Wellness**.



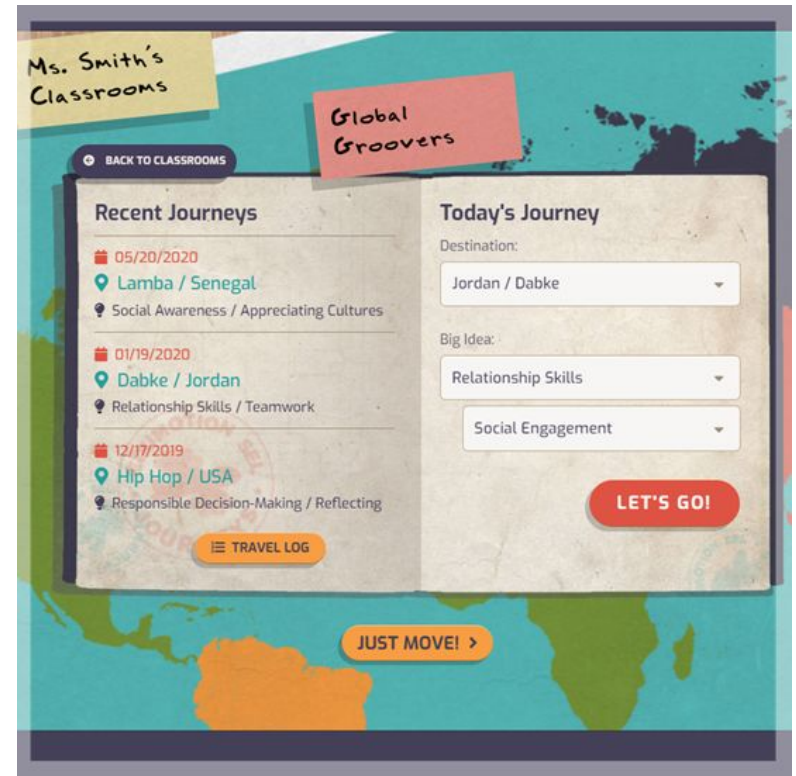
CATCH Works!

- Provides healthy messaging & ready-made resources
- Teaches & promotes physical activity & nutrition
- Integrates Social Emotional Learning
- Helps positively change the **environment**



What is SEL Journeys?

- 30 SEL lessons with K-12 grade level differentiation.
- Pair with any global dance destination to make hundreds of unique lesson combinations.
- Teacher guide includes many supplemental resources to provide extended learning activities.



CASEL Framework

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



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SEL Journeys: CASEL Alignment

- 5 broad competency domains (anchor activities)
- 25 sub-competencies
- SEL Journeys lessons refer to the sub-competencies as the “Big Ideas”



Key Benefits

- Build Self-Confidence
- Develop self-awareness through mind-heart-body engagement
- Build Relationships & Empathy
- Celebrate Diversity & Differences
- Improve Cognitive Development
- Relieve Stress & Anxiety
- Develop Gross Motor Skills
- Connect with Others
- All Ages. All abilities.



Why Dance?

Numerous studies comparing dance to other forms of physical activity show dance produces significantly higher SEL outcomes, especially:

- **Self-perception**
- **Self-confidence**
- **Empathy**

Sources: McInman & Berger, 1993; Puretz, 1974; Gurley, Neuringer & Masee, 1984

DANCE & EQUITY

These outcomes are particularly high for ELLs and students of low socio-economic status, and **dance as a form of cultural expression** is particularly effective.

Sources: Menzer, 2015; Clark, 2006; Brouillette, 2010; Lutz & Kuhlman, 2000

Equity Lens: A Closer Look



- Dance engages culturally diverse and marginalized groups and promotes understanding, open conversations, and trust between teachers and students (Gehris et al, 2014; Pereira & Marques-Pinto, 2017)
- Students in dance programs demonstrate increased respect for others, awareness and understanding of other cultures, and pride in their own cultural heritage (PRA, 2008)
- Some studies show that dance more effectively promotes SEL in students of non-White ethnic origin than do other arts (Clark, 2006)

Student-Reported Outcomes



SELF-AWARENESS

95% of students say our programs helps them build self-confidence



SELF-MANAGEMENT

89% of students say our programs help them get motivated and set goals



SOCIAL AWARENESS

99% of students say our programs help them practice showing respect for others



RELATIONSHIP SKILLS

90% of students say our programs help them feel more comfortable with their peers



RESPONSIBLE DECISION-MAKING

94% of students say our programs help them make safe and healthy choices that are good for themselves and others

The Magic Formula

Common Self-Care Themes:

Exercise
Play music
Be Creative
Stay connected



Scientifically Speaking:

Movement boosts endorphins
Music reduces cortisol
Creative expression boosts immunity
Social connection improves heart health

**Movement + Music + Creativity +
Connection = DANCE!**

Let's Take a Journey!

Getting Started with CATCH

- Visit [CATCH.org](https://catch.org) & check out the Package options
 - Existing CATCH users – consider adding SEL Journeys
 - Existing SEL Journeys users – consider adding CATCH Whole Child Coordination
 - New CATCH users – take a look at the CATCH Whole Child Coordination or CATCH Healthy Campus Package



ESSER Funding Info

- ❑ March 2021: Congress passed American Rescue Plan (ARP), which includes \$122 billion for Elementary and Secondary School Emergency Relief (ESSER)
- ❑ Funds are provided to SEAs and school districts to help safely reopen and address the impact of the pandemic on the nation's students
- ❑ Funds are awarded in the same proportion each state receives under Part A of Title I



Use of ESSER Funds

- ❑ Any activity previously funded through *ESSA*, including Title II and Title IV-A, which both support **SEL, health, and physical education**.
- ❑ Providing **mental health** services and supports.
- ❑ Activities to address the **unique needs** of low-income students, children with disabilities, English learners, racial and ethnic minorities, students experiencing homelessness, and foster care youth.
- ❑ Planning and implementing activities related to summer learning and supplemental **after-school programs**.
- ❑ Purchasing **educational technology** that aids in regular and substantive educational interaction between students and their classroom instructors.

Back-to-School Special

^{SEL}JOURNEYS

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Questions?



Thank You!

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