

Social Emotional Learning

Etna Elementary School: “Recharge Room”

What is a “recharge room”?

- The room is designed for either individual students, small groups, or the whole class.
- The room has a range of practices, activities, and tools
 - Each item comes with its own material and directions
- The room has a survey set up for the student to reflect their current mental/emotional state prior to accessing the room. The student then reflects upon leaving the room their current mental and emotional state.
- Staff are trained in various degrees of supervision:
 - Teacher lead, side-by-side support, or supervised independence.
 - Students with elevated risk are brought to the attention of the admin and psychologist for any immediate intervention and support needs

Initial Training:

- Whole classes are taught components of SEL by the school psychologist.
 - Includes the development of practices to give the students Social Emotional Learning (SEL) skill sets.
- The psychologists work with more specific groups and individual students on developing SEL skill sets.

Purpose:

- The recharge room provides a “location,” structure, and a framework to support students working through challenging social, emotional, and mental moments to self-reflect, then select an activity to help them work through their challenge, and the self-reflect upon leaving the room.

Access:

- Students can request access
- It can be part of a students daily routine, plan
- Small groups can be scheduled
- Whole classes can be scheduled

LCSD2:

Across LCSD2, schools are at different stages of developing similar programs like a recharge room, area, zone.

Below is a sample of data collection from EES students accessing the recharge room in 2020-2021

EES Recharge Room: Data Report

- *Total visits by individual students from 9/15/20-2/22/21= 102*
- *That's about 5 kids a week.*

- *81% of kids coming to the room reporting a difficult emotion (sad, angry, anxious, distracted, meh) showed a decrease in their difficult emotion after using the tools/room.*

- ***All others reporting difficult emotions (18%) stayed the same, 1% had negative change.*

- *70 % of kids using the room indicate that they will use the coping skill/tool again in the future.*
- *30% indicated that they would "maybe" use this tool again.*

- *84% of kids using the room indicate that they will return again in the future.*
- *16% indicate that they will "maybe" return*
- *0 students reported "no I will not return".*

- The room is used for 8 whole class lessons each week provided by the school psychologist.
 - Small groups are also taught in this space several times a week.

- The room is used for 4 additional teacher-lead whole class lessons each week.