



# Make & Take Wellness Session with SEBL Specialists

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### Region 1 & Region 2

ESUs 4, 5, 6 and LPS

ESUs 2, 3 and OPS

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### Region 3 & Region 4

ESUs 1, 7, 8

ESUs 9, 10, 11, 17

**Jill Guenther**

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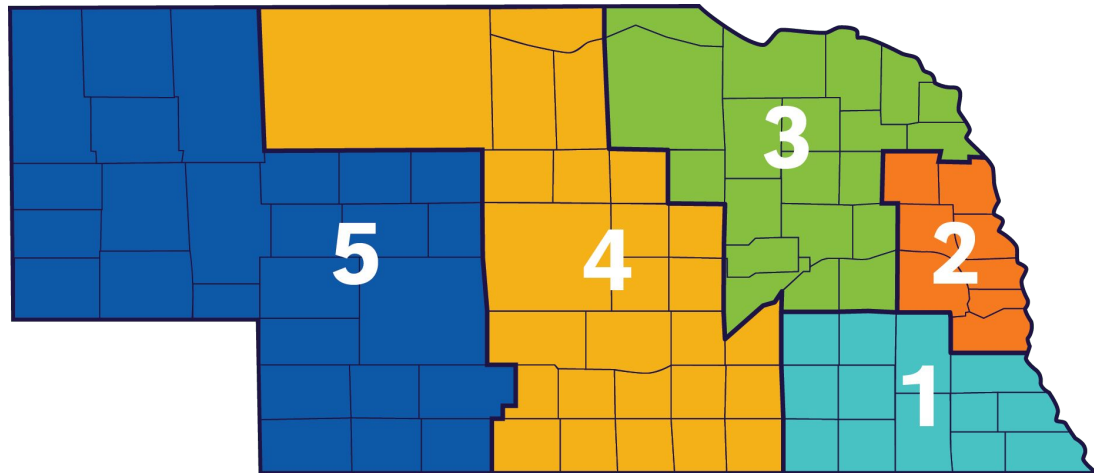
### Region 5

ESUs 13, 15, 16

**Emily Arkfeld**

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The NeMTSS Implementation Support team works statewide across five regions. If you have questions, please contact your **SEBL Specialist**.





## How can SEBL Specialists support you?

*Within NeMTSS, the social, emotional and behavioral learning (SEBL) specialists at the Nebraska Center for Research on Children, Youth, Families and Schools (CYFS) provide evidence-based professional development and implementation support to build educators' capacity to practice, teach and model SEBL competencies among adults and students to improve school climate, culture and learning.*

NeMTSS SEBL Specialists offer training and implementation support in:

Exploration and Planning around SEBL

Adult SEBL

Student Core SEBL

Student Tiered SEBL

Click [HERE](#) to learn more about SEBL Specialists or any other NeMTSS team member!

# Welcoming Inclusion

THIS

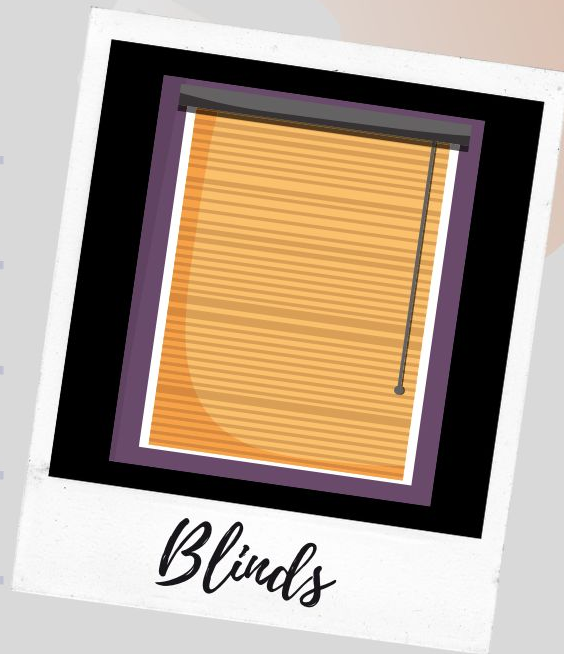
or

THAT

Wellness

# This or That

WHICH ONE DO YOU CHOOSE?



# *This or That*

WHICH ONE DO YOU CHOOSE?



# This or That

WHICH ONE DO YOU CHOOSE?



# This or That

WHICH ONE DO YOU CHOOSE?



*Cross off*



*Delegate*



# What is SEBL?

The **systematic** process of fostering **social and emotional skills** among students and adults *in order to* create safe and supportive environments with **positive behavioral outcomes** for all





well·ness

*/ˈwelnes/*

*noun*

the state of being in good health, especially as an actively pursued goal.  
"measures of a patient's progress toward wellness"



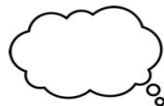
**Remember...you are a  
human before you are an  
educator.**



# Calm Down Toolkit Visual



Breathe

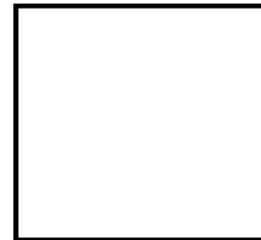


Think



Hear

*This year,  
I will love the  
work in progress  
that is me.*



See



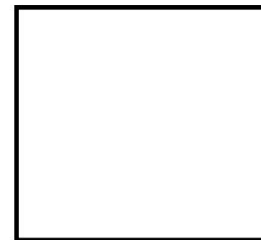
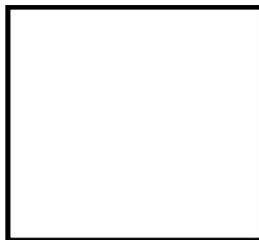
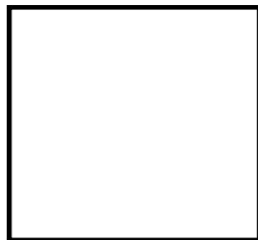
Touch



Smell



Taste



# Sensory Bottle

## Glitter:

1. Pour water into the bottle
2. Add glue to the bottle
3. Add glitter glue Into the bottle
4. Top off the bottle with water
5. Put lid on bottle

**OR**

## Water Beads:

1. Pour water into the bottle
2. Add glue to the bottle
3. Add water beads into the bottle
4. Top off the bottle with water
5. Put lid on bottle



# Stress Balls

1. Add water beads to plastic cup
2. Put funnel into the opening of the balloon
3. Pour water beads from cup into the funnel
4. Pull the balloon carefully off of the funnel
5. Let out the excess air and tie the balloon.



# Amazon Links for Supplies

## Sensory Bottles:

[Plastic Bottles](#)

[Glitter Glue](#)

[Clear Glue](#)

## Stress Balls:

[Balloons](#)

[Funnels](#)

[Water Beads](#) this is a lot - we had way too many!

## Misc:

[Paper cups](#)

[Velcro Dots](#)

# Optimistic Closure



Share 1 way you are  
going to use these tools  
with someone around  
you





[Register Here!](#)



NeMTSS  
FRAMEWORK

# SEBL Coffee Connect

Connect with Nebraska educators and others working to support social, emotional and behavioral learning (SEBL) across the state.

**SAVE THE DATE:** Aug. 17 | Sept. 14 | Oct. 19 | Nov. 16 | Dec. 7





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