

Everyday  Speech

**The Research  
Behind our  
SEL Curricula**

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# INTRODUCTION

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**Everyday Speech was built on the firm foundation of top-tier research.**

Everyday Speech starts every curriculum decision at the correct place: the research evidence. Guided by this unwavering principle, we confidently believe the curriculum we place in your hands makes a lasting and positive impact on students' lives.

The mission of Everyday Speech is to inspire and empower educators to help students navigate their emotional well-being by providing the best experience in education. We are a student-centered company focused on efficient, permanent behavioral results.

# WHY VIDEO MODELING?

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## **Video modeling outperforms other therapeutic techniques.**

The concept of video modeling was introduced over 40 years ago by Albert Bandura. He found that children learn many functional, social, and communication skills by observing others, not just through personal experiences. Observers will imitate new behaviors even without reinforcement.

A meta-analysis of 26 different single-case studies involving a total of 59 participants suggested video modeling had a 53% improvement rate from baseline to intervention in enhancing social and communication skills in children with ASD. (Qi, 2012)

**Everyday Speech uses video modeling to demonstrate self-talk and the actions needed for new behaviors.** Students quickly learn to mimic the actions and acquire the language in the videos while doing the application activities.

## **Interactive videos make excellent teachers.**

Video learning enables students to interact with the materials. It provides a visual experience where learners observe social situations, promoting a cognitive skill called branching, where they experience the consequences of their actions through activities and role-playing. Video learning puts a student in the middle of the social scenario while offering teachers a personalized and flexible tool in their classroom. (Yousef, 2014)

The core of Everyday Speech's curriculum is fully-instructed videos, showing real actors in real-life situations. Students see social problems unfold, then interact with the video through activities, games, practice prompts, and discussion questions. Students stay engaged and collaborative while they play out the consequences of their choices.

# UNIVERSAL SEL PROGRAMS WORK: SEL FOR TIER 1, 2, AND 3

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Effective SEL programs utilize a universal model. Universal SEL programs promote social and emotional competence for all students rather than individual intervention models, which offer SEL to select students. A meta-analysis reviewed 82 school-based, universal social and emotional learning (SEL) interventions involving 97,406 kindergartens to high school students 6 months-18 years after intervention. Participants showed significantly better SEL skills, attitudes, and well-being than controls in the study. (Taylor, 2017)

**Everyday Speech is a true SEL for All program intended for use in general and special education settings.** Our general curriculum is intended as universal support for all students in a building at Tiers 1, 2, and 3. School-wide bulletin boards unify a school building across grade levels. Our spiral curriculum repeats core skills as grades advance while increasing social nuance and complexity.

# COGNITIVE-BEHAVIORAL STRATEGIES CHANGE BEHAVIOR

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The goal of cognitive-behavioral interventions is to change negative self-talk and negative self-perceptions while increasing prosocial behavior. Strategies such as self-monitoring, self-instruction, self-evaluation, and social problem solving are typically used in cognitive-behavioral approaches. If we want students to act differently, they first have to think differently. (Barnes, 2014).

**Everyday Speech's teaching strategies are based on cognitive-behavioral interventions.** Mental steps, strategies, and self-talk form the bulk of the lesson. Behavioral change happens first in the mind; we must change the way we think to change the way we react.

# CHOOSE TRAUMA-INFORMED SEL

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Trauma-Informed SEL is programming created specifically for children who carry the psychological effects of having experienced adversities and trauma. The goal is to help children feel supported, connected, and comfortable exploring their strengths and identities. It also is designed to allow children to exercise agency, develop positive relationships with adults and peers, and learn how to access mental health support they need.

There is a strong call to action for all SEL programs to be trauma-informed, especially in light of emerging research that COVID-19 can be understood as a traumatic stressor event capable of eliciting PTSD-like responses and exacerbating other related mental health problems (Brigland, 2021).

**Everyday Speech fosters the three areas impacted most by trauma: attachment, regulation, and competence (Blaustein, 2018).** This is not a click-play-and-walk-away program. The teacher-student relationship is the cornerstone of SEL and therefore the cornerstone of Everyday Speech. In addition, self-regulation strategies and new positive perceptions are embedded into almost every video and activity.

# RELAXATION INTERVENTIONS IMPROVE SELF-REGULATION

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Integrative body–mind training (IBMT) increases brain activity in the anterior cingulate cortex (ACC) and improves self-regulation with 11 hours of training, suggesting that Integrative body-mind training could provide a means for improving self-regulation and perhaps reduce or prevent various mental disorders (Tang, 2010).

Calm thinking is the first step in any good decision-making process. **Everyday Speech embeds 3-minute Mindfulness videos in all weekly lessons, allowing students to practice self-regulation strategies with the frequency they need to master these crucial strategies independently.**



# BOOST EFFORTS BY CONNECTING HOME AND SCHOOL

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Including families in school-based SEL efforts allows multiple influences in a child's life to promote the same learning they are receiving at school.

Interventions that foster home-school collaboration are effective in helping achieve desired school outcomes for children, including changes in academic performance and school-related behavior. The most effective interventions are those where parents and school personnel work together to implement interventions utilizing a two-way exchange of information, and those involving communication between school and home, such as daily report cards or school-to-home notes (Cox, 2005).

**Everyday Speech bridges the school-to-home gap by providing Unit Summaries, a one-page PDF that equips parents with their child's SEL learning, including tips specifically for the home setting.**

# ASSESSMENT TOOLS FOR YOUR SEL PROGRAM

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Accurate measurement of skills is an important component of social-emotional learning. Using the Collaborative for Academic, Social, and Emotional Learning (CASEL) model, it is clear there is a need for improved assessment measures that show whether what is being taught is actually being learned. As SEL becomes more mainstream, it will become imperative to have sophisticated measurements of progress and success (Ura, 2020).

**Everyday Speech allows teachers and parents to monitor progress with pre-and post-assessments for every unit, across every grade.**

# RESEARCH

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## START YOUR 30-DAY FREE TRIAL!

Are you interested in learning more? Try the Everyday Speech platform risk-free with a 30-day free trial.

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## DO YOU HAVE QUESTIONS?

Get in touch! We are always happy to hear from you. Send us an email at [info@everydayspeech.com](mailto:info@everydayspeech.com)

