



# BLACK SEL + WELLNESS

## OVERVIEW

This session will guide participants along a Sankofa-like journey of self-reflection as they will be encouraged to reflect on the ancient Kemetic practice of yoga, the devastating effects of COVID-19 protocols on present day Black youth, and their personal connection with Black SEL. The session will conclude with the recognition of the transformational power within ideologies of ‘each one, teach one’ in today’s culture as we highlight our social responsibility to uplift ourselves and each other with a positive outlook of **Black Self-Concept**, executed through the practice of yoga.

## GOALS

- ✿ Distinguish ways in which Black youth were adversely effected by COVID-19 protocols and discuss the ramifications this has had on Black self-concepts.
- ✿ Identify deficits in adult preparedness to teach and/or model Black SEL and examine what this means for our social-responsibility.
- ✿ Indicate how yoga can connect **Black Self-Concept** and **Social-Responsibility**.
- ✿ Participate in a sample 5-minute chair-yoga flow that aligns with concepts of the Black SEL framework.

## KEY TAKEAWAYS

- ✿ “...for the students least resourced (nutritionally, materially, academically, and emotionally)...COVID-19 is likely to result in ... an average projected gap growth of 1520%” (Oberg, 2022; Adams-Burnett, 2024, p.25).
- ✿ “In 1997 the official document ... was developed to create official definitions and guidelines ... for CASEL ... . This means most people in the US over 40 years of age were not exposed to SEL despite the current notion “we are on the verge of becoming a trauma-conscious society” (CASEL.org; Van der Kolk, 2014; Adams-Burnett, 2024, p.5).
- ✿ The suggestion is, “Kemetic yoga, ... offer[s] a decolonial practice that resonates with the Black community be used as a tool to reclaim our history and heal from trauma” (Siddiqui, 2022; Adams-Burnett, 2024, p.38).
- ✿ Breathe for Change teaches a social change ideology “to use yoga philosophy as a tool for liberation, social change, and collective healing...” (Adams-Burnett, 2024, p.50).

See back page for Resources.



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## RESOURCES

Adams-Burnett, S.L. (2024). Equipping educators to prepare students: Using yoga as a tool to compensate for social-emotional learning loss, post-COVID [doctoral dissertation]. University of Pittsburgh. <http://d-scholarship.pitt.edu/46750/>

Black SEL. (2024, September 20). Connecting the black SEL framework with transformative SEL: A pathway to equity, excellence, and empowerment. <https://blacksel.org/framework/>