

# Welcome to SEL in the Modern Music Classroom

The webinar will begin shortly.

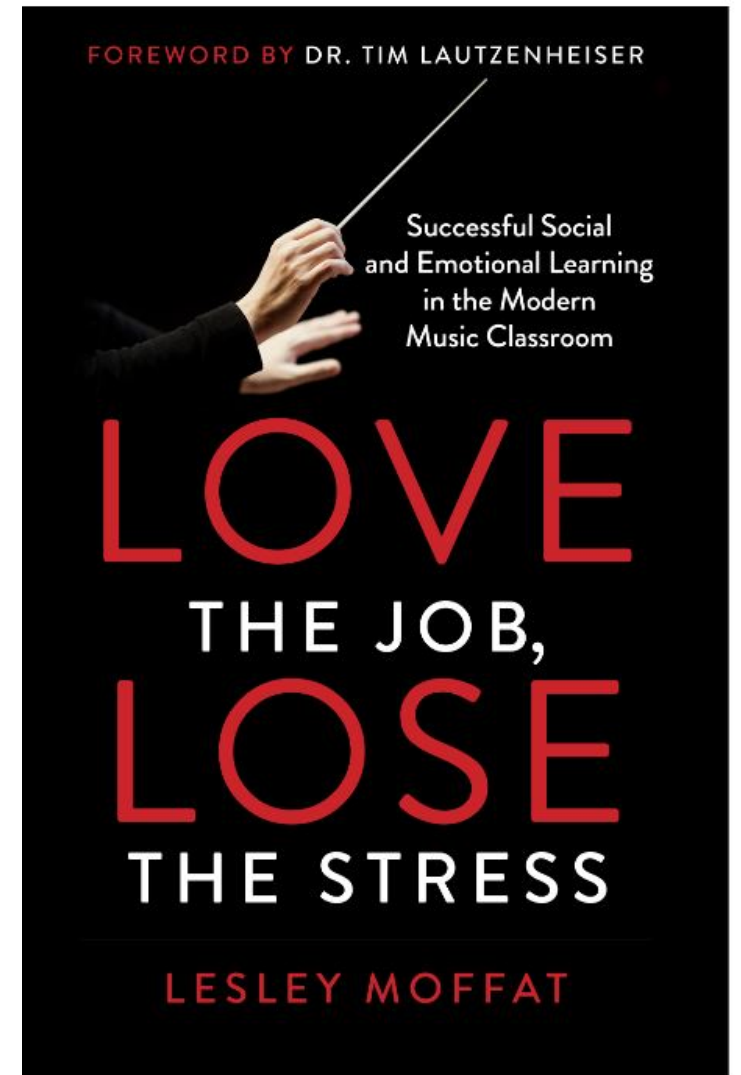
To get the most out of your experience, the following tips are suggested:

- Wear headphones
- Have a way to take notes
- Participate with curiosity about how this could work for you and your students 😊



TODAY'S PRESENTER:  
**Lesley Moffat**

- Director of Bands  
Jackson High School  
Mill Creek, Washington
- Author of "I Love My Job but It's Killing Me" and "Love the Job, Lose the Stress"
- Founder and CEO of *The mPowered Music Educator Academy*
- Runs *Band Director Boot Camp* and *Music Ed Mastermind*





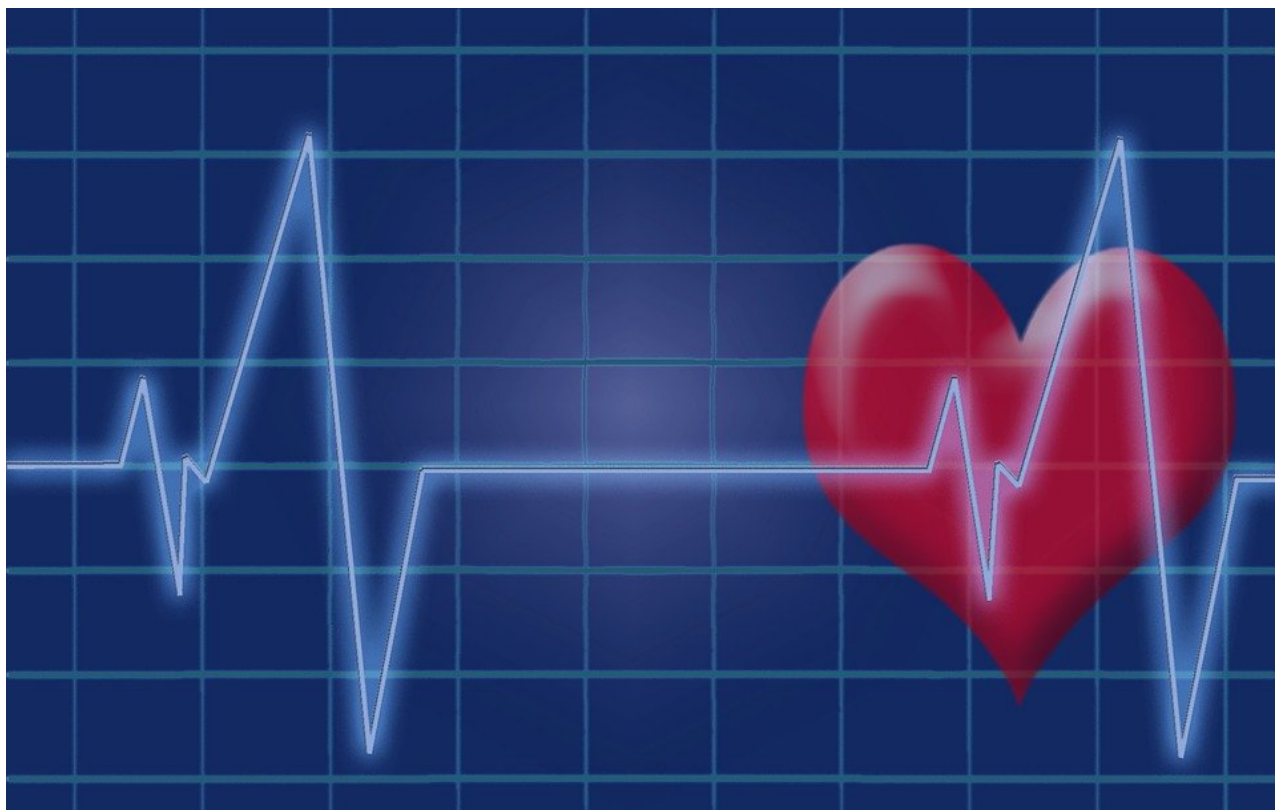
Today you'll learn the single most impactful strategy that supports student and teacher social and emotional needs I've discovered from the more than 30,000 classes I've taught as a high school band director that has had the biggest positive impact on both my personal and professional lives – and it starts with reducing the stress we deal with. Every. Single. Day.

- Understand *why* it's essential to address the social and emotional learning needs of our students (and us!)
- Learn *how* you can do this whether you are teaching in person or online
- Experience *what* I do with my students every day
- Be able to *create your own* routine that will be successful with your students using the free template I'll provide

# Music Helps Us Heal







got stress?





# How Does STRESS Show Up?

- Anxiety
  - Depression
  - Exhaustion
  - Unhealthy Weight
  - Aches and Pains
  - Chronic Sickness or Pain
  - Self-Medicating
  - Acting Out
  - Disengaging from School, Family, Friends, Life
  - Fear of Failure – Must Succeed at All Costs
  - Behavior and Social Skills Suffer
  - Learning Becomes Harder
  - Remembering and Applying Knowledge Is Harder
  - Apathy Sets In
  - Grades Suffer
  - Socially Withdrawn
  - Not Reaching Potential
- By the way: These signs show up in students AND in teachers!

- My goals were to build a program where:
- students have a strong sense of commitment, compassion, and curiosity
- it's a student-centered program with a family atmosphere
- strong leadership from students exists at all levels
- significant parental support is present
- high retention rates exist year after year
- we are respected in the school and community demonstrated as a program of excellence

***BUT...***

What I struggled with was how do to all this and still stay healthy...while raising three kids of my own!



July 2017	January 2019
Exhausted	Energetic
Tired	Refreshed
Stressed	Even-tempered
12 Major Surgeries including back, neck, hip, and foot reconstruction	Pain Free
Overweight	Healthy Weight
Restless Leg Syndrome	No RLS
14 Rx Meds	No Pharma!
ADHD	More focused
Depression	Nearly symptom-free
Anxiety	Managed symptoms
Insomnia	Sleep like a baby
Working 12 to 14- hour days	Uber-efficient with managing time and workload



# How are your students' **stress levels** and **EMOTIONAL STATE OF MIND** related to their success?

When they struggle in one of these areas, their ability to focus on whatever you are trying to teach them is severely limited.

So ... what is the ONE thing that can have the most positive impact on all three of these areas?

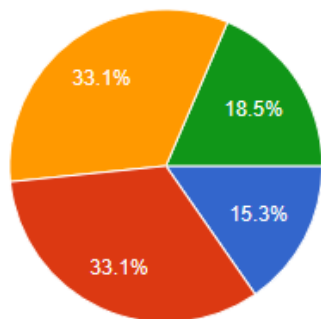


# The First Four Minutes: *A Mindful Approach to Music*



### Grade Level

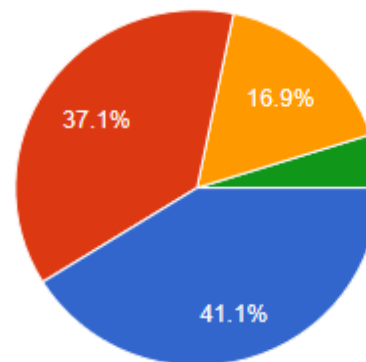
124 responses



- Freshman
- Sophomore
- Junior
- Senior

### How many years have you played in Mrs. Moffat's class?

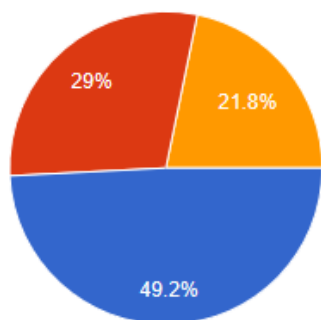
124 responses



- This is my first year
- This is my second year
- This is my third year
- This is my fourth year

### What class are you in this year?

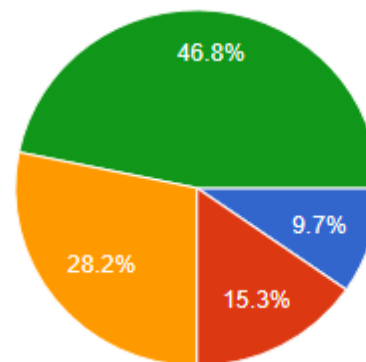
124 responses



- Honors Wind Ensemble
- Wind Ensemble - period 2
- Wind Ensemble - period 3

### How many TOTAL years have you been in band?

124 responses

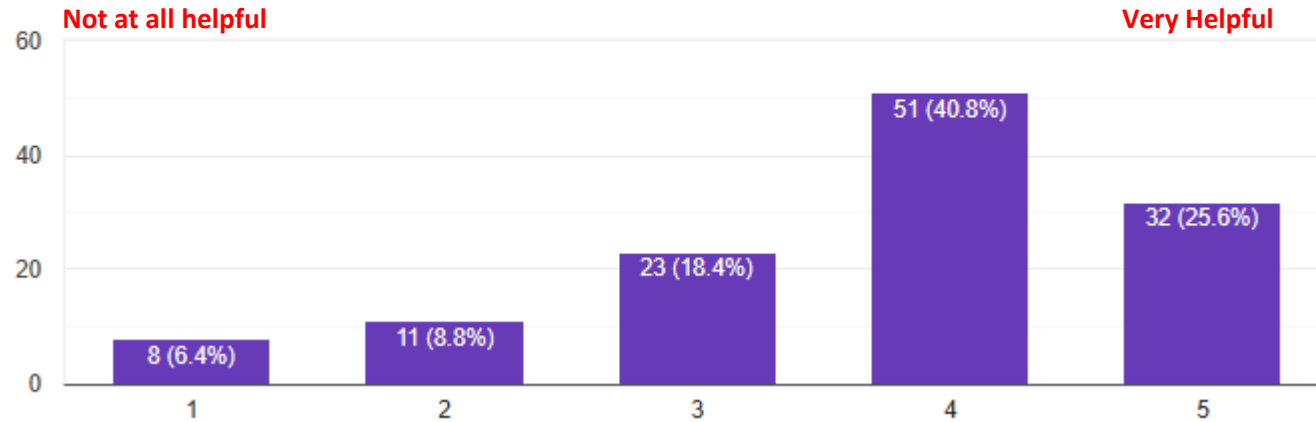


- 3 years
- 4 years
- 5 years
- 6 or more years



On a PERSONAL level, how helpful is our mindfulness routine in allowing you to be prepared for class each day?

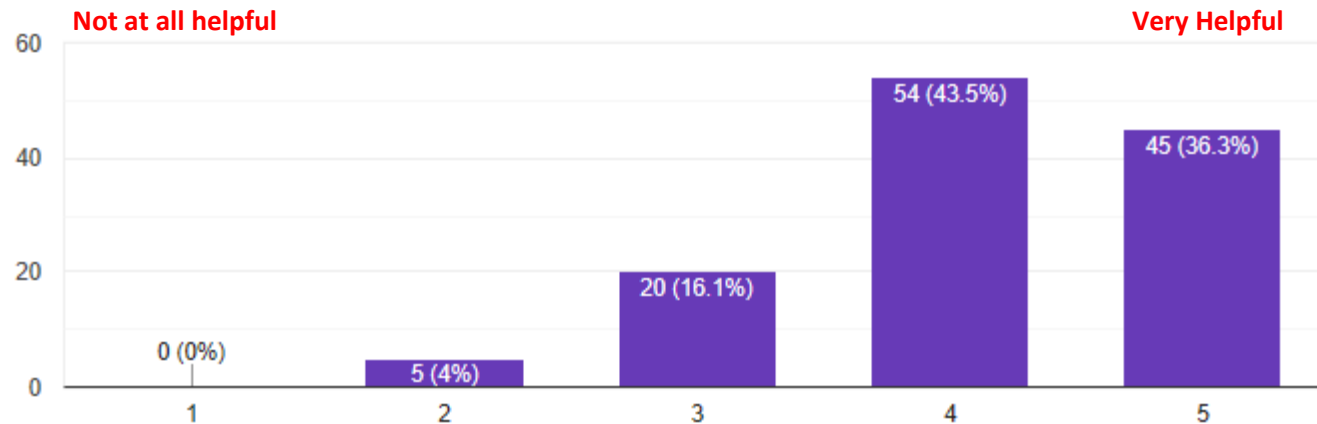
125 responses



**66.4%** of the students say our First Four Minute routine is **HELPFUL** (4) or **VERY HELPFUL** (5) to them on a personal level

As a GROUP, how helpful do you think our mindfulness routine is in making our class productive?

124 responses



**79.8%** of the students say our First Four Minute routine is **HELPFUL** (4) or **VERY HELPFUL** (5) to the class' productivity.

## What is the ONE biggest benefit you have noticed from our mindfulness routine (aka First Four Minutes)?

I focus a lot more when we do mindfulness because I have time to stop thinking about the more stressful things and concentrate on the music we are playing.

People are actually quiet and more attentive after class is finished.

Both me and the people around me get relaxed and settled in so we can play better music.

we play better together. instead of playing our parts at the same time, we play together and as a whole band.

In addition to making the class run more efficiently, and helping people focus. Mindfulness makes a connection between the teacher and the students, and that is super important. It makes the students feel cared about. And for some students that may be the only time that they feel cared about which makes it even more important.

The one biggest benefit I've noticed from our mindfulness routine is that it calms our jitters and anxieties for the period.

I now have the ability to relax in any stressful situations. I've used mindfulness in the ACT, SAT, Solo and Ensemble, and auditions for this class.

Our class becomes really silent fast, which is better for us to focus on a specific goal rather than everybody else talking all the time, so it helps us be more engaged into the music specifically.

the growth of the class

In a band environment, it is necessary to be focused and paying attention and I have just recognized a greater sense of attentiveness in this class with less distraction than in previous band classes.

More focused on playing music, less distractions like being loud or talking or being on phones.





# Do You Brush Your Teeth?

## Every Day?



*What do you do to  
reset your brain?*





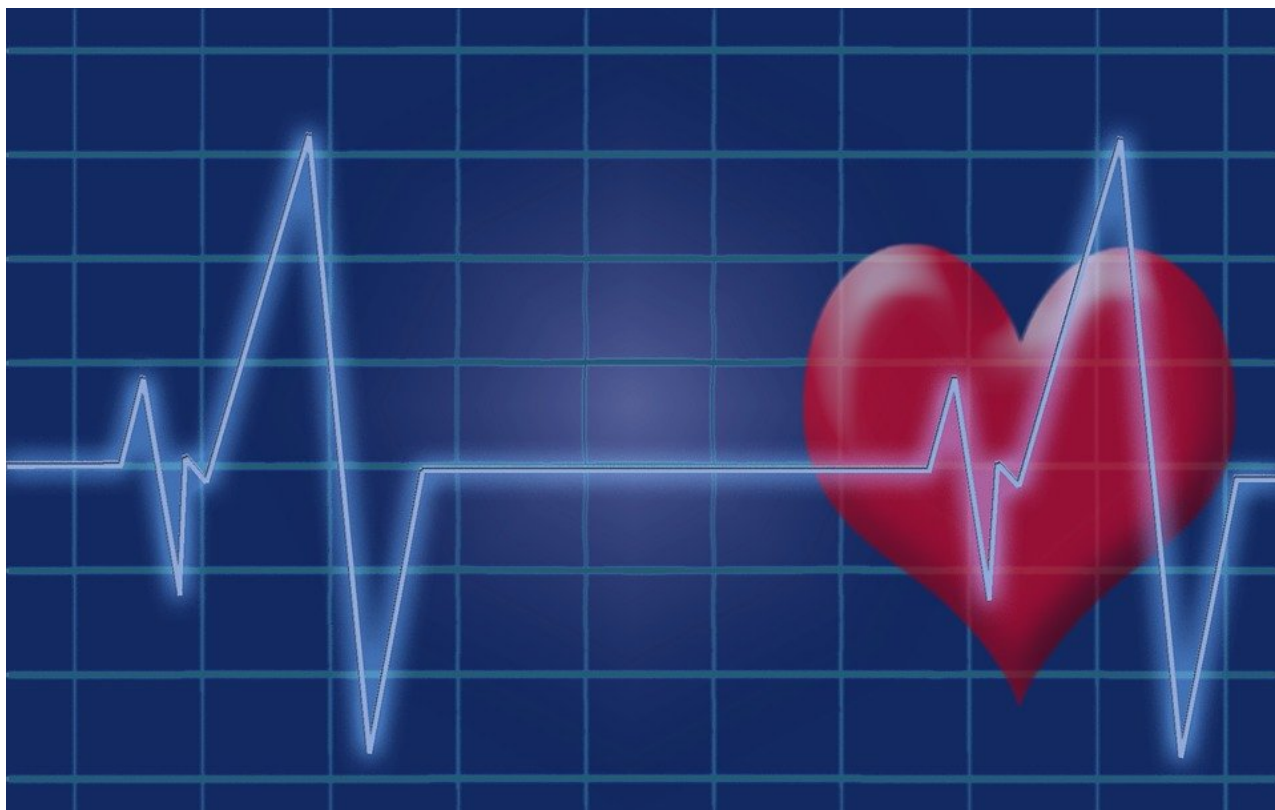
Moffat's First Four Minute Routine:

*Biologically Programming & Tuning Our Bodies & Brains for Band*



Find your breath...





# THE TWO TRIGGERS:

Once you have gotten your students in a relaxed and ready-to-learn state, there are two things that are guaranteed to happen for the rest of the class period.

- 1) The students will continue to **hear your voice**.
- 2) The students will continue to **breathe**.

**Your voice and them breathing are now triggers for them to be calm and relaxed in your presence!**

Can you imagine how easy it is to teach when kids have had the chance to:

- 1) Calm down, de-escalate, and reset for your class?
- 2) Be surrounded by peers who are also calm, de-escalated, and ready for class?

***Hint: It's AMAZING!***



# Implementing Strategies that Improve Classroom Culture, Learning, Retention, and Artistry through Intentional Social and Emotional Learning Support

- \* *Your Personal Care Plan*

What do the first 10 minutes of your day look like?  
Attention to intention

- \* *How You Care for Your Students*

Your students = your instrument

- \* *What Do the First Four Minutes of Your Class Look Like?*

This is the key to everything that follows.

CHELSEY'S TEXT



THE KEY TO SUCCESS WITH THIS OR ANY OTHER TECHNIQUE THAT MAKES A DIFFERENCE IS  
HOW YOU IMPLEMENT THIS WITH YOUR STUDENTS  
AND THE CONSISTENCY WITH WHICH YOU PRACTICE IT.



*You teach this skill just like you teach any other skill...*

**CARE** about the *why* behind the reason.

Be **CLEAR** with how you are implementing it.

**CONSISTENTLY** practice these skills when you and the students *don't* need them so you can access them when you *do* need them.

# Just a Few of the Benefits of Implementing a Structured First Four Minute Practice in a Music Classroom

Classroom  
management becomes  
effortless

Students play in tune  
much better as their  
bodies become more  
sensitive to pitch  
(vibration)

More musically  
sensitive and  
expressive

Nearly all tardies have  
been eliminated

Students are much  
more engaged

Improved performance  
skills

Stress levels much  
lower

Non-instructional noise  
eliminated/greatly  
minimized

Benefits carry over  
from year-to-year

Kids like the benefits,  
both personal and as a  
group, so they are  
motivated to continue

Much higher retention  
rate

Deeper understanding

Communal energy

Reduced heart rates  
and excess energy  
result in calmer  
students and teachers

Students and teachers  
tap into the  
intuitiveness of music  
more than the “gotta-  
get-it-rightedness”

# Create Your Own First Four Minute Plan

## Customization Template

Key to Success – How It's Implemented



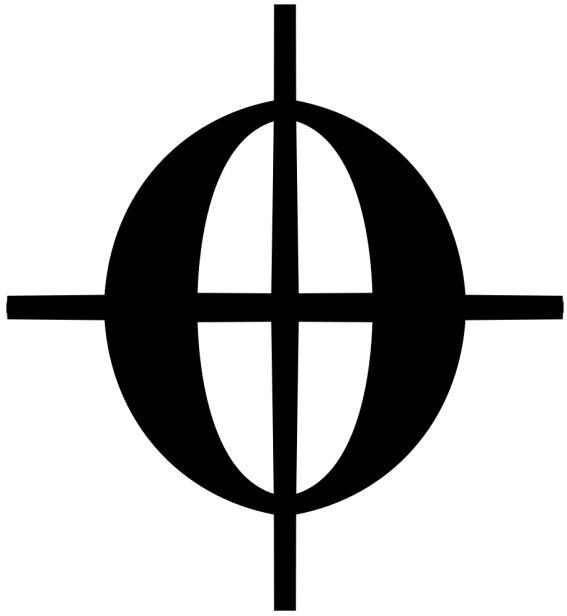
*Never underestimate  
the value of taking one  
small step each day  
toward your goals.*

*It's the most effective  
way to make  
substantial and  
sustainable change.*









## The **THREE C's** for Success:



**Care**

**Clarity**

**Consistency**

# Invitation to Implement with Me

- Video lessons to help you set up your First Four Minute routine so it will be successful
- Activities that guide you through the process of creating your own routine
- Weekly live Q&A with me for 8 weeks so you can ask me for suggestions, ideas, and feedback as you implement this with your students
- Certificate of Completion of The mPower Method Level 1 Training from The mPowered Music Educator Academy
- By the time you've completed the four videos and activities, you'll have the skills to create a routine that will support the Social and Emotional Learning for your students by helping them physically and mentally developing the skills they need to self-regulate, relax, focus, and retain what you are teaching them.
  - Weekly Q&A calls Tuesdays from 4:00 to 5:00 pm pacific time
  - Tuition \$250 for videos / activities / two months of weekly access to Live Q&A calls with me
  - BONUS: Content from my other course (videos and activities) based on my first book to help you find the balance you need to sustain your personal emotional, mental, and physical health during these challenging times – a \$250 value
- If you'd like to join this group, you can sign up at <https://the-mpowered-educator-llc-806638.square.site/> [LINK](#)
- You'll receive a follow up email and info from me within 24 hours of signing up and you'll be ready to grow with the flow!



# Thank You!



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