

Supporting Social and Emotional Learning in Everyday Instruction

Research shows that supporting students' social and emotional learning as part of instructional practice can foster skills, habits, and mindsets that enable academic progress and encourage productive behavior. Right now, this work is even more important – and possibly more difficult. This document includes ideas and strategies for supporting social and emotional learning in both in-person and virtual environments.

Social-Emotional Learning:

- **Is proactive:** Plan to engage, don't wait for your students to come to you.
- **Empowers students:** Allow students to own their learning, behavioral decisions, and development.
- **Builds critical relationships:** Allows mutual trust to be built and connections to be made.
- **Keeps students connected:** Students engage in what they care about.
- **Teaches us how to resonate with others:** Help students to see and feel empathy for their peers and the world around them.
- **Facilitates connections:** Students learn how to connect to others within and outside the classroom.
- **Provides a foundation for open communication:** Sets the expectation that communication is a two-way street.

Social and Emotional Learning (SEL) Strategies			
	Checking In	Lesson Integration	Planned SEL Activity
Virtual Learning	<ul style="list-style-type: none"> • Use visual prompts, pictures, one-word responses to express feelings. • Use an emoji to represent how they feel via Google Sheets. • Post a Google Form with questions to monitor students' well-being. • Post a discussion question at the beginning of class for students to respond to in the chat feature. Students can respond in a private chat with the teacher if they prefer. 	<ul style="list-style-type: none"> • Use reflective writing questions or prompts that tie to course content but also build self-awareness, self-management, social awareness, and responsible decision-making skills. Students can capture their thoughts in free online apps (Google Keep, Day One, Diaro). • Practice problem-solving skills and responsible decision-making in group activities with students collaborating in 	<ul style="list-style-type: none"> • Use Zoom or Google Hangouts to host morning meetings or weekly circles where students can share how they are feeling around different topics. • Develop well-being boards for students to build self-awareness of their feelings and include strategies to promote self-management on ways to manage stress and work toward achieving personal goals.

Social and Emotional Learning (SEL) Strategies

	Checking In	Lesson Integration	Planned SEL Activity
Virtual Learning <i>(cont.)</i>	<ul style="list-style-type: none"> Conduct live polls to assess students' feelings and well-being. 	<p>breakout rooms. Tasks can integrate course content and current events.</p> <ul style="list-style-type: none"> Create choice boards or playlists that blend SEL and course content. Students have the choice to demonstrate their understanding of specific skills while also building self-management and responsible decision-making in asynchronous learning. Promote positive affirmations and growth mindsets in synchronous lessons and asynchronous feedback to students. Use positive statements to challenge negative thoughts (e.g., "Math is tough but I am going to ask for help so I can accomplish what I want to do."). The teacher models pro-social behaviors to the students and provides feedback to students on how they interact with their peers and learn content. 	<ul style="list-style-type: none"> Implement student-centered discipline practices, such as student input and feedback on procedures and teaching students to use provided tools to resolve conflict and repair harm. Engage students in ongoing service learning, community service, or schoolwide event projects (e.g., letter writing). Read a book aloud during a synchronous session. Ask questions about the characters' emotions and behaviors. Having cameras on is great for seeing and reading faces. Encourage younger students to show each other their best "emotion" faces: "This is what I look like when I'm scared, angry, sad, excited." Send a personal email to every student at some point every week or few weeks. Host a virtual event and invite families (e.g., a virtual pajama party where you read stories aloud, a class art show, etc.).

Social and Emotional Learning (SEL) Strategies

	Checking In	Lesson Integration	Planned SEL Activity
Additional In-person Learning	<ul style="list-style-type: none"> • Greet students when entering the classroom to assess how they are feeling. • Have students call out the emotion they are bringing to class. • Use interactive whiteboards to conduct live polls to assess students' feelings and well-being. 	<ul style="list-style-type: none"> • Begin class with a motivational moment where students give a 3-5 minute presentation and come up with two discussion questions based on their interests. Connect presentations to related course content in a real-world context. • Provide opportunities for students to develop goals based on the lesson's success criteria. Then, have students return to their goal at the end of the lesson to monitor their success. • Have students create a goal roadmap for a week or unit that they use to monitor their progress at set intervals. • Have students work as teams or groups to complete a common task. Have assigned roles and responsibilities for all team members to foster self-management and relationship skills. • Develop structures and expectations for journaling, incorporating into instructional content when possible, and for mindfulness techniques that are age-appropriate. (Example available here.) 	<ul style="list-style-type: none"> • Host morning meetings or weekly circles where students can share how they are feeling around different topics. • Develop well-being boards for students to build self-awareness of their feelings and include strategies to promote self-management of stress or anxiety. Encourage students to set and work toward achieving personal goals. • Establish classroom peace areas for students to utilize to avoid conflict or resolve conflicts. • Leverage music to express feelings. Have students respond to music by moving in the way the music makes them feel, drawing images the music conjures, or writing poetry or a short story that is inspired by the music.

Social and Emotional Learning (SEL) Strategies

	Checking In	Lesson Integration	Planned SEL Activity
Additional In-person Learning <i>(cont.)</i>		<ul style="list-style-type: none"> • Hold small group meetings with 4-5 students to have a “book club,” talk about something specific, discuss an article they read, or for a more detailed show-and-tell. • Teach point of view through the lens of empathy (e.g., how are others feeling in books, articles, blogs, etc.). 	