

Tips to Incorporate Social Emotional Learning in the Classroom

Many tips and tricks to include Social Emotional Learning (SEL) in classroom are already being done by many educators. Here is a list to add to ideas for teachers to get started:

Remember the idea is to be explicit (intentional) in adding SEL activities in the classroom so students are aware of what they are learning and when to employ these skills in the classroom and beyond.

- *Journal writing (i.e. “when was a time you used self-control?” “What was the outcome?”) to help with self-management

- *Teach perspective taking with read alouds (which is done in many classes daily) by talking about how characters think and feel to help teach skills used to understand others’ emotions and thoughts

- *Art activities like a self-collage for self-awareness, painting and drawing for positive coping skills, and shared drawings for collaboration and relationship skills

- *Class meetings (daily or weekly) to boost up one another, solve problems, and plan events together

- *Talked about managing emotions and give examples (“if you are feeling nervous about the test today, remember to use positive self-talk and tell yourself that you can do it”)

- *Give responsibilities to help show that students are all part of a larger community

- *Practice problem solving skills (don’t jump right in and solve a problem. Give 10 minutes for a student to figure it out or to do group think with classmates)

- *Build community with teamwork with larger teams to complete tasks. Have them assign jobs so all have important responsibilities.

- *Encourage positive self-talk to help students to control their emotions.

- *Celebrate diversity of cultures, backgrounds, ability, and levels promotes tolerance, acceptance, and inclusion

- *Incorporative hands on crafts like and self-talk flower in which the student puts a method of self-talk on each petal.

- *Encourage reflection after projects and crafts that can be used for all your curriculum

- *Practice mindfulness like visualization, noise isolation, deep breathing, body relaxation, etc. to teach to calm before a test, when upset, being happier in the moment. Some children DON’T know how to calm down

- *Have a calm down area

- *Remember the Growth Mindset and the power of the word yet
- *Encourage kindness with activities like students writing notes to one another about things they see others doing that were kind
- *Play games to promote communication, empathy, and problem-solving
- *Have a daily check-in of feelings
- *Explicitly discuss empathy
- *Incorporate skills to manage stress. Have class and teacher brainstorm often to help learn from one another.
- *Highlight coping skills throughout the day either privately or if appropriate, with the whole group
- *Work on teaching active listening skills (looking into the eyes of a person talking, nodding with understanding, repeating back what is being said to you, etc....)
- *Practice respectfully disagreeing
- *Write down, rip up, and throw away your stressors at the beginning of a class
- *Go Noodle website (a lot of Elementary teachers use this, but I have been told by students how much it really does help and is something they use)
- *Yoga
- *Teach about the importance of a good night's sleep uninterrupted by electronics
- *Talk often about eating well and limiting or avoiding caffeine and sugary drinks