

## Promoting Student Social-Emotional Learning with students School District 60 Peace River North



### Tips:

**-Build up the classroom community** - After being physically apart for a while, it is important that students come back feeling a sense of belonging and a part of the classroom community.

- Take time for morning meetings or circle talks to encourage socialization and connections as a way to transition into class
- Play games that encourage teamwork
- Give students a few appreciation prompts (I appreciate how... I remember that funny time when... You helped me feel... Thank you for... I loved it when...) and ask them to write appreciations for others in their class
- Do a collective art project where individual creations contribute to a larger whole
- Take on a small class service learning project where everyone contributes

**-Talk about students' personal feelings** - Giving students a chance to think and talk about their emotions, particularly during this time, is helpful to increase self awareness and group awareness. You also might get insights into which students might need additional social-emotional support.

Group check-in questions: Check-in questions are great to incorporate into a morning group meeting or talking circle to allow students to express their emotions. Make sure to allow adequate time for everyone to be able to share if they want to, and be sure to authentically participate and listen.

- What color or blend of colors best represent how you're feeling today? Why?
  - What was your high and low of the weekend?
  - Imagine the way an animal of your choosing looks, lives, moves; which one best matches your feelings this morning?
  - If your emotional state was on a scale of 0 to 10 (0 is low but not "bad" and 10 is high but not necessarily "good") what number would you be on the scale?
  - If you made or used an Emoji that best represents your mood this last week, what is it?
  - What is the biggest challenge you face in the first 10 minutes of your day?
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- What was one thing that happened to you today that made you smile?
  - Find something from nature that resembles the emotion you are feeling today (leaf, stick, rock, flower, etc.)

Create moments to individually connect with students: Finding moments to have one-on-one connections with students can do wonders in promoting supportive adult-student relationships and a sense of belonging. Try to ask open-ended questions, allow the student to take the lead in the conversation, and actively listen.

**-Have conversations and teach about the pandemic** - Focus on self and social awareness to discuss how students themselves and the larger world have been impacted by COVID-19.



It is also beneficial for students to develop a developmentally appropriate knowledge base about the current situation, while distinguishing facts from misinformation.

[Just For Kids: A Comic Exploring The New Coronavirus](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR0TDXqkYMAprE8EEsp74JsLomecY8WVIJhl7B7FRabnoTg5utnBNHvRdWg) -

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR0TDXqkYMAprE8EEsp74JsLomecY8WVIJhl7B7FRabnoTg5utnBNHvRdWg>

[How to Talk to Kids and Teens About the Coronavirus](https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus)

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

[Brainpop Video re: Coronavirus](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/)

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

**-Incorporate SEL lessons and provide practice opportunities to practice skills:** Now is a great time to continue with a SEL program that you might have already started with your class, or take this time as a chance to explore a new resource (EASE, MindUp, Strong Kids, etc.) and begin to implement more SEL opportunities for your students. Research shows that evidence-based SEL programs and practices increase students' academic and long-term success.

If you're looking for SEL lessons on specific topics, the follow websites may be helpful:

<https://heartmindonline.org/resources/for-educators>

<https://www.centervention.com/social-emotional-learning-activities/>

<https://www.anxietycanada.com/resources/educator-resources/>

<https://keltymentalhealth.ca/school-professionals>

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

<https://smh-assist.ca/emhc/>

- **-Celebrate and provide closure to the school year** - Many of the large school-wide activities that have traditionally been done in the past may not be able to happen this year, but there certainly are ways to wrap up the year with the students in your class. Reflecting back on the year together by creating a timeline of favorite memories, sharing photos, sharin hand-written cards expressing gratitude, acknowledging students' efforts with fun awards, and allowing students time to say good-bye may be a few ideas that may help to provide closure to this school year.

\*Several of the ideas and suggestion have come from:

The Institute for Social and Emotional Learning - [www.InstituteforSEL.net](http://www.InstituteforSEL.net)  
CASEL - casel.org



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