



# HOW TO PROMOTE SOCIAL EMOTIONAL LEARNING



# LEARNING OBJECTIVES

1

Participants will be able to define the key components of SEL.

2

Participants will become aware of the benefits of SEL.

3

Participants will identify at least three specific ideas for incorporating SEL into their classroom.

# KEY COMPONENTS OF SEL



**Self-Awareness** → The ability to recognize one's own emotions, thoughts, and values and how they influence behavior.

**Self-Management** → The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations.

**Social Awareness** → The ability to take the perspective of and empathize with others.

**Relationship Skills** → The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

**Responsible Decision Making** → The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others

# WHY IS SEL IMPORTANT?

## **It can increase:**

- Achievement by an average of 11 percentile points
- Prosocial behaviors such as kindness, sharing, and empathy

# WHY IS SEL IMPORTANT?

## **And reduce:**

- Problems with conduct in the classroom and risk-taking behavior
- Violent behaviors and the likelihood of substance use later in life

# WHY IS SEL IMPORTANT?

## **Lastly, SEL helps children turn into adults that can:**

- Identify, understand, and manage their emotions
- Understand different perspectives and how to effectively relate to others
- Make responsible choices and understand the consequences
- Better manage their relationships with adults and peers

# WAYS TO PROMOTE SEL IN THE CLASSROOM

## [Henry Harvin Blog Ideas](#)

- Journal writing
- Read alouds
- Art
- Class meetings
- Discuss managing emotions
- Practice active listening
- Practice disagreeing respectfully
- Group activities
- Buddy system
- Role plays
- Games
- Set goals
- Mindfulness
- Growth mindset
- Discuss empathy

# Specific curriculums

- PATHS
- SECOND STEP
- 4Rs

[Navigating Social and Emotional Learning from the Inside Out](#)



# TECH TIME

## YouTube Channels

- Go Noodle→ <https://www.youtube.com/user/GoNoodleGames>
- Art Hub→ <https://www.youtube.com/user/ArtforKidsHub>

# TECH TIME

## **TV, Movies, and Pop Culture**

Identifying emotions → How do you think the character is feeling? How do you know?

Empathy → How do you think you might feel if that happened to you? Has anything like that ever happened to you? Have you ever felt that way?

Problem solving → What would you do if you were in the character's position? What would you do differently in that situation?

Identifying consequences → What do you think will happen next?

# NEW SPINS ON OLD CLASSICS

## Charades

Play using different categories like movies, animals, etc for each round. Dedicate one round to emotions. Use prompts like these or come up with your own!



**EMOTIONS**  
Charades

<b>Hitting a baseball through a neighbor's window</b>
<b>Fighting over a toy with your brother</b>
<b>Saying goodbye to someone you will miss</b>
<b>Going on a rollercoaster</b>
<b>Hitting a homerun</b>
<b>Flying on an airplane</b>
<b>Breaking your favorite toy</b>
<b>Learning to drive</b>
<b>Missing the winning soccer goal</b>
<b>Riding a bike for the first time</b>
<b>Falling off your bike</b>
<b>Holding a baby</b>
<b>Taking out the stinky garbage</b>
<b>Getting dropped off for the first day of school</b>
<b>Not getting invited to a friend's party</b>
<b>Performing in a talent show</b>

TheJoysofBoys.com

# NEW SPINS ON OLD CLASSICS

## Emotions Jenga

- Write prompts on the blocks. Participants answer each prompt on the block they pull.
- Find prompts from the [Creative Play Therapist](#)

# NEW SPINS ON OLD CLASSICS

## Musical Chairs

Tape an SEL prompt to the chair and whoever ends up in reads it and a discussion starts before continuing to the next round.

Some examples could be:

- What is your biggest fear?
- Who is your favorite celebrity and why?
- What is something you are looking forward to?
- What is something positive that happened this week?
- What were the lyrics in the song? What do they mean?

# NEW SPINS ON OLD CLASSICS

## Emotions UNO

When you play a color card, tell about a time when you felt...

**Red**- Angry

**Green**- Worried/Anxious

**Yellow**- Happy

**Blue**- Sad

**Reverse, Skip:** Name an activity you enjoy doing with whomever you are reversing/skipping

**Draw 2, 4:** Give 2, 4 compliments to that person

**Wild Card:** Free pass

## YOGA

# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

# GET MOVIN'!

## HIIT WORKOUT

### KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



#### FROG JUMPS

Hop, hop, back and forth like a frog



#### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



#### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



#### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



#### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



#### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



#### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON  
[HTTPS://HES-EXTRAORDINARY.COM](https://hes-extraordinary.com)



# GET MOVIN'!

## Impulse Control

- Freeze Dance
- Simon Says
- Red Light, Green Light

# GET MOVIN'!

## Nature Scavenger Hunt

While outside make a list of things you want students to try and find.

Here is an example: <https://www.waterford.org/wp-content/uploads/2020/04/Nature-2.pdf>

Teachers can ask questions like:

- What does it feel like?
- How does it smell?
- What details do you notice?

# GET MOVIN'!

## Soccer Ball Toss

Take a soccer ball and write prompts in light spots. Throw ball around and answer whichever spot your thumb lands on.

You can also buy thumbball on amazon:

[https://www.amazon.com/s?k=Thumbball&i=toys-and-games&ref=nb\\_sb\\_noss\\_2](https://www.amazon.com/s?k=Thumbball&i=toys-and-games&ref=nb_sb_noss_2)

# FINAL IDEAS

## Get Creative

- Cooking and baking
- Puzzles
- Crafts

# FINAL IDEAS

## Direct Conversation

- [Conversation starters](#)
- Would you rather questions?
- This or That?

# REVIEW

OH YEAH!

Let's review:

- 5 Components of SEL
  - Self-Awareness
  - Self-Management
  - Social Awareness
  - Relationship Skills
  - Reasonable Decision Making

# REVIEW

OH YEAH!

Let's review:

- Why is SEL Important?
  - Improved social and academic behaviors at school
  - Reduction in attention-seeking behaviors as well as aggression
  - Sets the foundation for successful adults that can manage their emotions, understand different perspectives, make reasonable decisions, and have healthy relationships.

# REVIEW

OH YEAH!

Let's review:

- Different options for implementing SEL
  - Buy a curriculum
  - Use technology, games, movement, or creativity



# ACTION STEPS



Set a realistic goal for SEL this school year. Think about:

- Frequency
- Activity
- Plan



Start conversations about SEL at your school:

- Are other school staff members promoting SEL?
- What activities do they use to promote SEL?



**THANK YOU!**

[www.dotcomtherapy.com](http://www.dotcomtherapy.com)