

NEWS & VIEWS

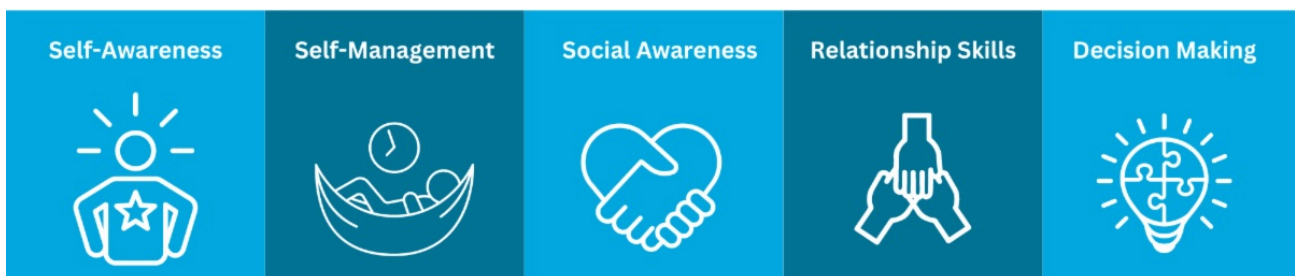
Tips. Research. Best Practices. Community.

LET'S GET SOCIAL! TIPS AND TRICKS FOR SEL INSTRUCTION



February is an excellent time to incorporate social and emotional learning (SEL) in your classroom instruction. Valentine's Day sets the stage for a month filled with kindness and friendship. Social and emotional learning teaches students how to thrive in society by teaching important skills like **Friendship Basics**, **Teamwork**, and **Self Determination**.

There are 5 core competencies covered in the Collaborative for Academic, Social and Emotional Learning (CASEL):



Here are some easy ways in which you can incorporate SEL into your daily instruction.

FUN ACTIVITIES IN THE CLASSROOM

The classroom environment is a great place to develop SEL skills with peers, especially with some simple, teacher-led activities! What you choose for your students will be as unique as the individuals participating in the activities. The idea is to incorporate topics that may not come up in other subject areas.



- Use creative writing time for self-reflection, gratitude, or other SEL-related prompts.
- Do a group service project
- Discuss a book with themes about emotions, grief, or identity.
- Create a quiet corner for self-regulation.
- Host an in-class debate
- Practice reading aloud to build confidence.

For more ideas on activities for incorporating SEL, check out this [article](#) by ThinkPsych!

IMPACT OF SEL

Social & emotional learning has been shown to have a wide range of positive outcomes for students! Some of the outcomes include:

- Improved attendance
- Decreased suspension rates
- Increased graduation rates
- Sense of belonging
- Increased connection between teachers & students



[Research](#) by CASEL has shown that programming around SEL has an 11:1 ROI, where \$1 spent on SEL saves \$11 in remedial programming!

MEET ALL STUDENTS' NEEDS

Implement a curriculum that teaches SEL in a way that works for all learners. With a differentiated, customizable approach, Education Associates has everything you need for a comprehensive approach to SEL instruction in one convenient package.

Sample Titles Include:

- Self Esteem
- Problem Solving
- Cyberbullying
- Teamwork
- Communication
- Social Skills
- Showing Respect
- & more!



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