

Connecting Social-Emotional Learning in Remote Teaching

INSTEAD OF...	TRY...	Connected SEL Competency
Asking what students are thinking/feeling...	Ask "What would I do to support my best friend who says they are really worried about coronavirus?" <i>This helps them to take action instead of being in their head.</i>	Social Awareness
Diving straight into content...	A 5 minute morning meeting to check-in with the whole class. Open with a growth mindset quote or self-affirmation "I am" statements	Self Awareness
Sending all digital communication...	Sending a personalized note home	Relationship Skills
Constant direct instruction...	Keeping up rituals like spirit week and field trips. Have hat day and have kids take pictures and send it in. Keep up projects like a virtual science fair or student showcase. Or go on a virtual field trip together.	Relationship Skills
Always talking about how they are feeling...	Having students create artifacts of their journey in online learning. Journaling, taking pictures and collaging, writing blackout poetry - all are great ways to offer an outlet and a way for students to remember this time in history.	Self-Management, Responsible Decision Making
Calling out misbehavior...	The "Doing Turtle" self-regulation strategy: stop - take a break - calm down - then say the problem and how you feel.	Self-Management
Praising the person...	Praise the process. Praise the strategy they selected, use specificity and praise the effort.	Self-Awareness

Journaling Prompts:

- How does strength move?
- What does the courage look like?
- How does the feeling of fear sound?
- How does the feeling of confidence sound?
- Express 5 things to describe who you are. (write, draw, take photos, etc)
- What surprises you most right now?

Virtual Field Trips

- [National Aquarium](#)
- [San Diego Zoo](#)
- [Farm and Food Tour](#)
- [National Museum of Natural History](#)
- [Birthplaces of Music](#)
- [Google Arts and Culture](#)

Additional Resource:

[Indiana's SEL Toolkit](#)

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