

# Connecting Social-Emotional Learning in Remote Teaching

INSTEAD OF...	TRY...	Connected SEL Competency
Asking what students are thinking/feeling...	<b>Ask</b> "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...	<b>A 5 minute morning meeting to check-in with the whole class.</b> Open with a growth mindset quote or self-affirmation "I am" statements	Self Awareness
Sending all digital communication...	<b>Sending a personalized note home</b>	Relationship Skills
Constant direct instruction...	<b>Keeping up rituals like spirit week and field trips.</b> 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...	<b>Having students create artifacts of their journey in online learning.</b> 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...	<b>The "Doing Turtle" self-regulation strategy:</b> stop - take a break - calm down - then say the problem and how you feel.	Self-Management
Praising the person...	<b>Praise the process.</b> 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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