



How to Promote SEL in Distance Learning

- **Self-Talk** – What are students telling themselves? Introduce them to the concept of self-talk which is the talk, both good and bad, that we hear inside our heads. Students should ask themselves, “Is what I am telling myself helpful?”
- **Examining Leadership** – Middle and high school educators can ask students to examine the qualities of current leaders. Who are some leaders in your community, your state, the country? What skills are good leaders portraying? What do you admire in a particular leader you have been seeing?
- **Reading to Students** – Elementary educators can read stories to their students using online meeting tools such as Google Hangouts or Zoom. Then use the stories to notice SEL skills in the characters. Some recommended books on resilience are:
 - *Bounce Back! A Book About Resilience* by Cheri J. Meiners
 - *The Adventures of Beekle the Unimaginary Friend* by Dan Santat
 - *The Hugging Tree: A Story about Resilience* by Jill Neimark
- **Rituals** – Keep school rituals alive! Continue with spirit weeks and morning announcements. Whatever your school does that is unique can be transformed to an online version. Get creative!

- **Morning Meetings** – Each morning invite students to start their day by joining a brief meeting that focuses on one question each day. For ideas of questions to use, you can google “morning meeting questions” or use these to begin:
 - How do the choices you make impact others?
 - What can you do to support your family, your friends, your school, yourself?
 - What are some projects you can do in your spare time that can help the current situation? How does each project help?
- **Journaling** – Provide prompts for students to journal. It’s helpful to use this process to work through feelings but can also be an interesting artifact for students to look back on in the future.
- **Daily Notes** – Create connection with students by sending daily notes to the class and choosing a few students each day to correspond with one-on-one.
- **Humor** – Connect with students by sharing humorous memes or stories from your own life. Modeling this behavior will allow students to feel comfortable to share their own stories and may open the door to deeper, more meaningful conversations.
- **Self-Regulation** – Share methods of meditation or breathing exercises with the students. Discuss which methods students use to self-regulate. Lead a discussion on why some methods work for some people and others don’t. Create a class list of methods that students can refer to if needed.