

## 10 ways to support social-emotional learning during the pandemic

Social-emotional learning is the term used for a set of skills, attitudes and behaviours that can influence a student's academic success. It encompasses self-awareness, self-regulation of emotions, social awareness, goal setting and responsible decision-making.

*Please note, links to any Teachit resources within our tips will take you straight to our largest site, Teachit English, but are relevant to all subject teachers. If you are not already a member of Teachit English, simply register for free to download the resources from there. Alternatively, search on your chosen site.*

1

**Take a breath.** It's not surprising that students sometimes feel overwhelmed with everything they have to cope with at the moment. Teaching them some basic breath awareness can help them to calm themselves, releasing some stress and fear as they exhale. Simply taking three deep breaths with their eyes closed is a good starting point for any remote learning. You could also check out TeacherVision's '3 Collective Breaths' resources for [secondary](#) and [primary](#) students.

2

**Strength spotting.** Our signature character strengths make us who we are, can be used to motivate us and can make us happier. [This article](#) on the CPD/Wellbeing pages of our sites explains how to use a strength spotting exercise with students and the benefits this can bring to the class. It includes links to a video, poster and online survey, as well as a teaching resource.

3

**Creating a mantra.** Teach your students to use this four-part structure (courtesy of [TeacherVision](#)) to create their own personal resilience mantras: 1. How you feel right now. 2. Connect to other people. 3. Show yourself empathy. 4. Remind yourself how tough you are. An example would be: 'At the moment I'm struggling. Other people feel this way too. I'm going to be kind to myself right now. I've been through a lot and will get through this too.'

4

**Developing resilience.** Resilience can be defined as adapting well when faced with adversity, trauma and stress. Developing resilience can be taught and you'll find a range of strategies in [this article](#) on our CPD/Wellbeing page, along with an accompanying resource.

5

**Never have I ever.** This simple activity idea from [TeacherVision](#) helps students understand that they aren't alone in how they are feeling. It is easily adapted to remote teaching of any subject. Read out or share a numbered list of up to 10 statements, such as: Never have I ever ... made a mistake in maths / got stressed out over home learning / used Google translate to complete my French work etc. Students note the numbers of any of the experiences they have never had and feed back to the class at the end.

6

**Be thankful.** Expressing appreciation not only helps students to value and connect to other people, but it boosts their own mood too. Our [Practising gratitude](#) resource appears on our CPD/Wellbeing pages with an article on 'Why gratitude matters'. This could be tied in to the current [Clap For Heroes](#) initiative or to the [Thank a Teacher](#) campaign, which sends out postcards to teaching staff.

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**Peace process.** Being cooped up with your family 24/7 and only communicating with friends via social media is bound to lead to increased tensions at this time. Teach this four-step peace process to help students understand conflict and communicate more effectively with others: 1. State only the specific facts about what happened. 2. Express how this made you feel. 3. State your needs that were not met in that moment. 4. Request what you need to make things feel better. Look at TeacherVision's [secondary](#) and [primary](#) 'Peace Process' resources for more details.

8

**10 keys to happier living.** [Action for Happiness](#) promotes the acronym 'GREAT DREAM' to remember 10 things you can do to feel happier. Find out what they are and how to share them when teaching emotional wellbeing in [this resource](#), available on the Wellbeing/CPD pages of our sites.

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**Healthflix.** Healthflix is a free online platform bringing together a host of fascinating [talks](#) from experts in the field of yoga therapy and mindfulness training. This [video](#) presents simple tools for parents, carers and teachers to help children to self-regulate. It's worth watching for yourself and your family, as well as to share tips with students. The techniques enable everyone to realise that they have the potential to change the way that they feel using yoga, body and breath work.

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**Find out more.** Want to know more about social-emotional learning and why it's so important for your students? Read [this article](#) for a breakdown of the knowledge, competencies and skills as well as their impact on academic outcomes.