

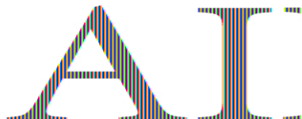


Facilitating Social Emotional Learning at Home



*Moderated by Jessica
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[@move_thisworld](https://www.instagram.com/move_thisworld)*





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How do you facilitate social emotional learning at home?

1. Why do students and families need SEL right now?
2. Tips & ideas to facilitate SEL at home
3. SEL activities & resources for home
4. Q&A

Audience Poll



Use your emotional vocabulary to let us know:

How are you feeling right now?

(Answer in the Chat!)



Why do students and families need social emotional learning right now?

SEL can:

- Provide structure to your day.
- Support mental and emotional health, which is critical for physical health!
- Help families manage stress, which is good for the immune system.

Tips for Facilitating SEL at Home

- ★ Schedule it! Set aside intentional time each day to check in about how you feel.
- ★ Learning is social! Use pre-made resources that families can do together. This is a great time to bond.
- ★ Remember it's okay to not know the answers....you don't need to be an expert to practice social emotional learning at home!
- ★ Leverage technology!

Leverage Technology

Teachers

- ★ Create a FB Group for class communication and connection.
- ★ Use a discussion board built into your LMS or even Google Docs to facilitate conversations. Keep conversations focused on connection and support!
- ★ Lean into social channels. Set up a Twitter chat for your middle or high school students!
- ★ Connect with pen pals!

Families

- ★ Follow #virtuelschool or #edtech on Twitter for online learning ideas & tips.
- ★ Monitor your students' activity online!
- ★ Engage with your students' teachers, school, or district. Check their social media profiles!
- ★ Encourage curiosity & share great resources!

Circle of Trust

- ★ Give your students a chance to see each other & connect!
- ★ This would be a great activity to start & end each week.

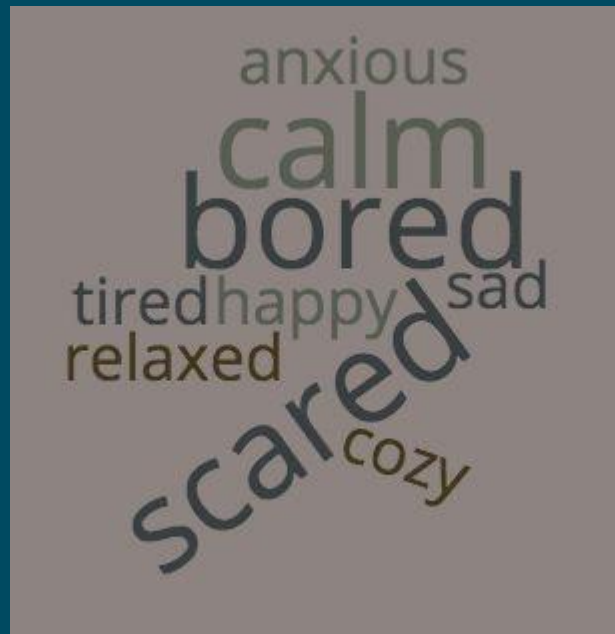
Instructions:

1. Invite your students to a Zoom or Google Hangout call.
2. Each student shares their name and a movement. The rest of the class repeats their name and does the movement!

Weekly Wordsplash

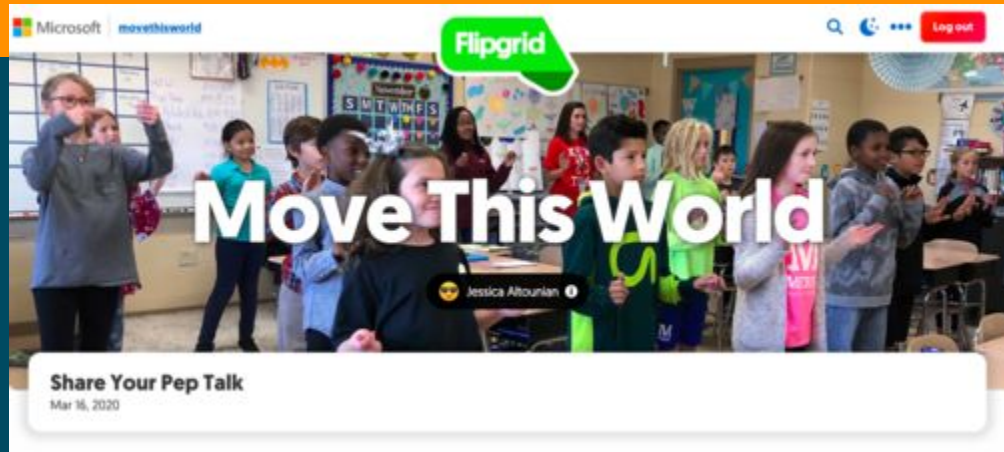
Instructions:

1. Share a survey with students asking them to share how they feel using their emotional vocabulary words. Google Forms is easy-to-use for this activity!
2. After students submit their emotional vocabulary words, compile them into a wordsplash.
 - a. Wordle
 - b. WordClouds
 - c. WordArt



Share your Voice

- ★ Flipgrid allows students to record and share video messages easily & safely!
- ★ We'll be posting questions on Flipgrid each week for students to discuss how they're feeling.
- ★ Right now: Share your Pep Talk!



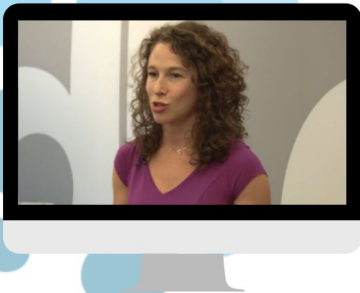
Instructions:

1. Visit www.flipgrid.com/movethisworld
2. Use the code Wecanmovethisworld (password is case-sensitive) to access the grid.
3. Record & share! Then, view and respond to other students' responses!

Join us Live!

Move This World Special Programming

Live Weekly
Broadcast
Monday,
Wednesday, and
Friday
on Facebook at
10AM EST

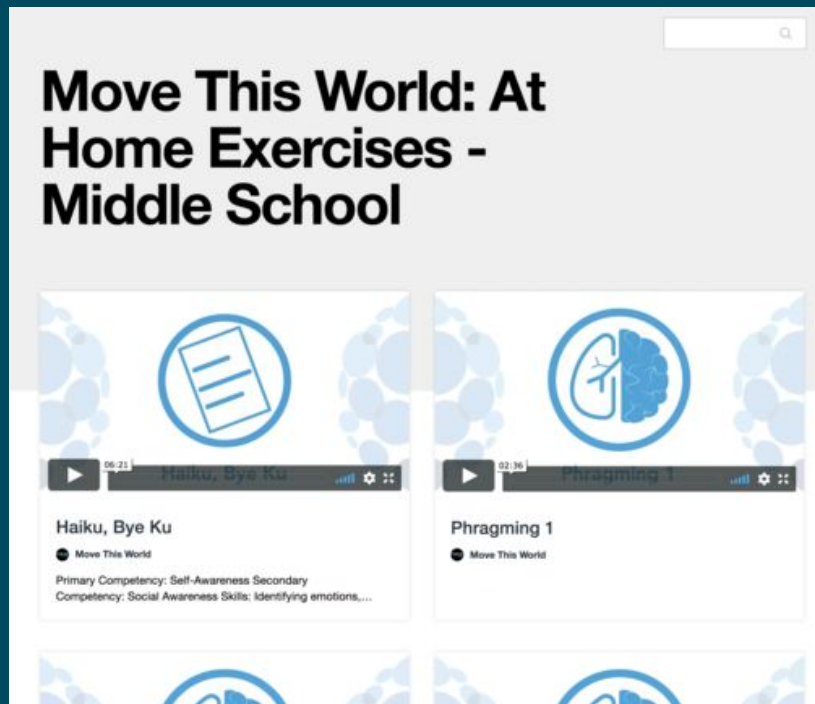


Experience the Power of Pause with
our Founder & CEO
Sara Potler LaHayne

@move_thisworld

- ★ Our Founder & CEO Sara Potler LaHayne will be leading us through the Power of Pause each week.
- ★ Gather the family and tune in at 10am EST every Monday, Wednesday, and Friday on Facebook!
- ★ www.facebook.com/movethisworld

Get Moving!



- ★ Our videos are now accessible from home!
- ★ Download access to videos for Elementary, Middle, and High School students [here](#).
- ★ Teachers can assign videos, or you can choose your favorites!
- ★ We recommend participating in one video each day to stay calm & centered.

Start a Journal

- ★ Set aside time to journal each day.
- ★ Provide students with a prompt to help guide their writing each day.
- ★ Download [free journal prompts to support SEL here.](#)



Journal Prompts

Short writing exercises to strengthen social and emotional skills

- Create a list of 5 specific things you are grateful for in this particular moment.
- Pick one person and write a letter to them expressing gratitude for something they said or did to help you.
- If you could visit any place in the world, where would you go? What would you do? How do you hope to feel when you get there?
- Who is someone you admire? Why do you look up to them? What qualities do the two of you share?
- What is one goal you have for the future? What can you do to get there?
- If you could have any job in the world, what would it be? What impact would you hope to have on people?
- Create two week wellbeing plan. What routines will you incorporate to help you feel your best?
- What is the best compliment you ever received? How did it make you feel? Why?



Read Together

- ★ Now is a great time to read together!
- ★ Support SEL with these discussion questions for any book your student may be reading.
- ★ These picture books are great for reading aloud to your students!

Read Aloud Questions to Spark Discussion

Read alouds are not only a great way to teach literacy to children and students, but also a way to reinforce social emotional skills. Children and adolescents can put themselves in the shoes of the characters and identify their emotions, analyze the decisions made and more. Use these questions with any picture book to prompt discussion and further explore social emotional learning.

Self Awareness

1. How was the main character feeling at the beginning of the story? In the middle of the story? In the end of the story?
2. How did you know the character was feeling ____?
3. What clues did the author give you to let you know that?
4. How would you feel if you were the main character in this story?
5. Why did the character feel that way?
6. What is one thing the main character could be proud of?

Self Management

1. When did the main character have to stop and think about how they are feeling?
2. How did the main character motivate themselves throughout the story?
3. How did the characters react when they were having a hard time?
4. What would you say to the main character to help them work through their challenges?
5. How would you have liked to respond if you were the main character?
6. What Emoger or emotional management strategies could the main character have put into place for themselves?

Social Awareness

1. How were the characters similar to one another? How were they different?
2. How are you similar to the main character? How are you different?
3. When did you relate to the main character? When have you felt the same emotion as the main character?
4. How did the characters show respect for one another?

Get to Know Each Other

Take-Home Activity

Name: _____
Date: _____

We all have emotions. Whether we're happy or sad, frustrated or excited, it is important that we learn healthy ways to identify and express our feelings. Managing our emotions is essential to our personal health and our relationships with those around us.

Discussing our emotions with others can help us identify ways to support the people close to us when they're navigating through difficult emotions. It also helps us to learn new strategies for dealing with our own emotions.

Directions:
 How do the adults in your life handle their emotions? Find an adult or loved one and spend a few minutes interviewing them using the questions below. Record each response in the space provided.

Questions:

1. What is something that makes you happy?
2. How do you express your happiness?
3. What is something that makes you sad?
4. How do you deal with being sad?
5. When someone is sad, how do you support them?



- ★ One of the best things you can do with your students while they are home is talk to them about emotions.
- ★ Not sure where to start? Check out this fun [family interview activity](#).

Find More SEL Activities

- ★ We'll be updating our SEL Resource Center regularly while schools are closed.
- ★ Subscribe to our newsletter for regular updates.

Q&A



#APBio



More opportunities to learn....



Thursday, March 26

#SELChat: Generating Buy in for SEL
9pm EST

Friday, March 27
Celebrate SEL Day!

www.selday.org

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