Facilitating Social Emotional Learning at Home

Moderated by Jessica from Move This World @move_thisworld
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!
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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 #virtualschool 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 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!

★ 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.
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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.
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!
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Get to Know Each Other

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.
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Find More SEL Activities

★ We’ll be updating our SEL Resource Center regularly while schools are closed.
★ Subscribe to our newsletter for regular updates.
More opportunities to learn....

Twitter: Thursday, March 26
#SELChat: Generating Buy in for SEL
9pm EST

Friday, March 27
Celebrate SEL Day!

www.selday.org
You’re not alone!

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