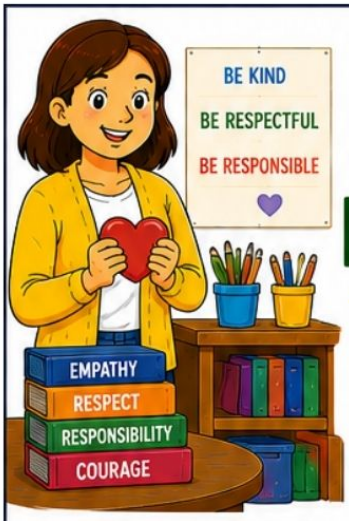
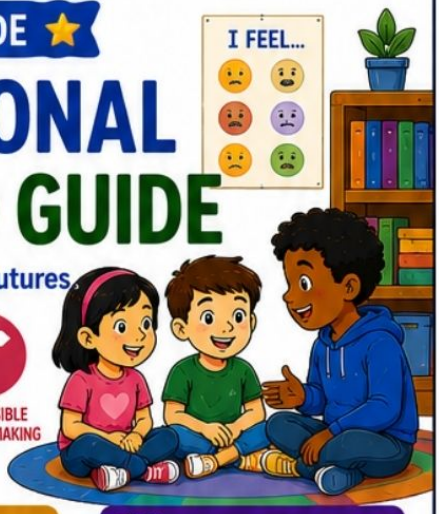



TEACHING ASSISTANCE GUIDE

# SOCIAL-EMOTIONAL LEARNING (SEL) GUIDE

Stronger Minds. Kinder Hearts. Brighter Futures




SELF-AWARENESS · SELF-MANAGEMENT · SOCIAL AWARENESS · RELATIONSHIP SKILLS · RESPONSIBLE DECISION-MAKING

## PURPOSE

Social-Emotional Learning (SEL) helps students develop the skills needed to understand and manage emotions, build healthy relationships, make responsible decisions, and contribute positively to their classroom and community. When SEL is integrated into daily instruction, students are better prepared to learn, collaborate, and overcome challenges both inside and outside the classroom.

This Teaching Assistance Guide provides practical strategies for creating a supportive classroom environment where students feel safe, respected, and encouraged to grow academically, socially, and emotionally.

## WHO CAN BENEFIT

This guide is designed for:

- Transitional Kindergarten (TK)
- Kindergarten
- Elementary School (Grades K–5)
- Middle School (Grades 6–8)
- Special Education Classrooms
- Intervention Programs
- After-School Programs
- Homeschool Educators



## WHY SEL MATTERS

Students thrive when they feel connected, valued, and emotionally supported. Strong social-emotional skills contribute to academic success, positive behavior, and healthy relationships.

Benefits of SEL include:

- Builds self-confidence
- Encourages empathy and kindness
- Improves communication skills
- Strengthens teamwork and collaboration
- Supports emotional regulation
- Reduces classroom conflicts
- Promotes responsible decision-making
- Creates a positive classroom culture
- Encourages resilience and perseverance

When students develop social-emotional skills, they become more engaged learners and supportive classmates.

## CLASSROOM CULTURE

A positive classroom culture supports emotional safety, respect, and belonging.

Create a caring environment by:

- Greeting students daily
- Encouraging positive language
- Celebrating effort and growth
- Listening to student voices
- Setting clear, consistent expectations
- Building routines and traditions
- Promoting inclusivity and respect
- Providing opportunities for student leadership




## CORE COMPONENTS OF SOCIAL-EMOTIONAL LEARNING

### 1 SELF-AWARENESS

Help students recognize and understand their emotions, strengths, interests, and areas for growth.

Classroom activities may include:

- Emotion check-ins
- Personal goal setting
- Reflection journals
- Strength identification
- Daily gratitude activities



### 2 SELF-MANAGEMENT

Teach students strategies for managing emotions, behaviors, and responsibilities.

Examples include:

- Deep breathing techniques
- Mindfulness activities
- Classroom routines
- Time management
- Organization skills
- Positive self-talk




### 3 SOCIAL AWARENESS

Encourage students to appreciate different perspectives and demonstrate empathy toward others.

Activities may include:

- Partner discussions
- Community-building games
- Cultural learning opportunities
- Acts of kindness
- Perspective-taking exercises



### 4 RELATIONSHIP SKILLS

Students learn to build healthy relationships through respectful communication and cooperation.

Practice skills such as:

- Active listening
- Teamwork
- Conflict resolution
- Sharing ideas respectfully
- Encouraging classmates
- Working collaboratively



### 5 RESPONSIBLE DECISION-MAKING

Support students as they learn to make thoughtful, respectful, and safe choices.

Discuss situations involving:

- Classroom responsibilities
- Problem-solving
- Digital citizenship
- Honesty
- Respect
- Accountability



Social-emotional skills empower students for life!



Together, we build a positive classroom and a brighter future.

Every student.
Every day.
Every opportunity.

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TEACHING ASSISTANCE GUIDE

# BUILDING AN SEL CLASSROOM

Stronger Minds. Kinder Hearts. Brighter Futures.






SELF-AWARENESS · SELF-MANAGEMENT · SOCIAL AWARENESS · RELATIONSHIP SKILLS · RESPONSIBLE DECISION-MAKING

## BUILDING AN SEL CLASSROOM

Create an environment where every student feels welcomed and valued.

Consider the following:

- [ ] Greet students each day.
- [ ] Establish consistent classroom routines.
- [ ] Model respectful communication.
- [ ] Celebrate student effort.
- [ ] Encourage teamwork.
- [ ] Promote kindness and inclusion.
- [ ] Provide opportunities for student voice.
- [ ] Foster a growth mindset.



A positive classroom culture begins with consistent expectations and caring relationships.

## DAILY SEL ACTIVITIES

Simple routines can strengthen social-emotional skills throughout the school day.

Ideas include:

- Morning meetings
- Emotion check-in charts
- Kindness challenges
- Gratitude journals
- Goal-setting activities
- Classroom discussion circles
- Reflection prompts
- Team-building games
- Cooperative learning projects
- Mindfulness breaks



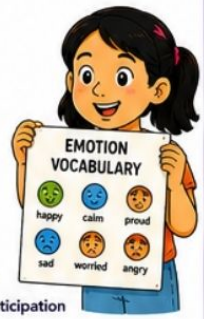

Even a few minutes each day can have a meaningful impact.

## SUPPORTING DIVERSE LEARNERS

Students express emotions and learn social skills in different ways.

Provide:

- [ ] Visual schedules
- [ ] Emotion vocabulary cards
- [ ] Flexible seating
- [ ] Quiet reflection areas
- [ ] Partner support
- [ ] Small-group discussions
- [ ] Positive behavior supports
- [ ] Clear classroom expectations
- [ ] Multiple opportunities for participation




Creating an inclusive classroom allows every student to feel successful and respected.

## ENCOURAGING POSITIVE BEHAVIOR

Focus on teaching expected behaviors rather than simply correcting mistakes.

Helpful strategies include:

- Acknowledge positive choices.
- Reinforce classroom expectations.
- Encourage problem-solving.
- Model respectful behavior.
- Offer constructive feedback.
- Celebrate individual and group success.
- Encourage students to reflect on their actions.



Positive reinforcement helps build lasting classroom habits.

## FAMILY PARTNERSHIPS

Strong communication between school and home supports student growth.

Encourage families to:

- Talk about emotions openly.
- Celebrate accomplishments.
- Practice kindness at home.
- Read books that explore feelings.
- Encourage responsibility through daily routines.
- Model respectful communication.
- Support healthy problem-solving.



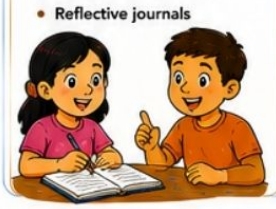
Consistent expectations between home and school strengthen social-emotional development.




## CROSS-CURRICULAR CONNECTIONS

### LANGUAGE ARTS

- Character analysis
- Perspective writing
- Classroom discussions
- Reflective journals



### SCIENCE

- Collaborative investigations
- Team problem-solving
- Observation and reflection



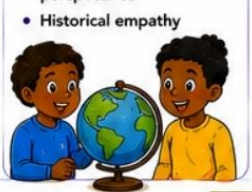
### MATHEMATICS

- Cooperative learning
- Perseverance through challenging tasks
- Mathematical discussions



### SOCIAL STUDIES

- Community roles
- Citizenship
- Respect for diverse perspectives
- Historical empathy



### VISUAL ARTS

- Creative expression
- Emotional storytelling
- Collaborative art projects



BE KIND · BE RESPECTFUL · BE RESPONSIBLE · BE YOUR BEST

Together, we create a classroom where every student can learn, grow, and shine!

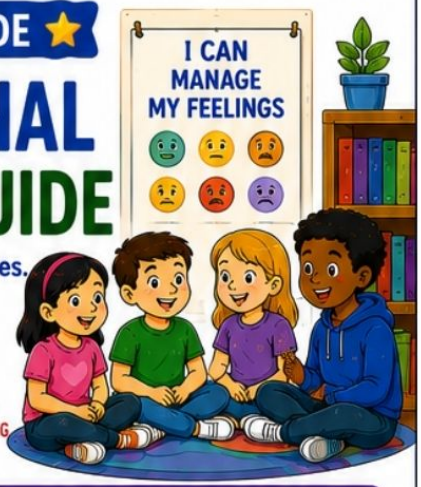
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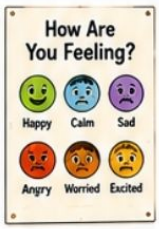



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## RECOMMENDED CLASSROOM SUPPLIES

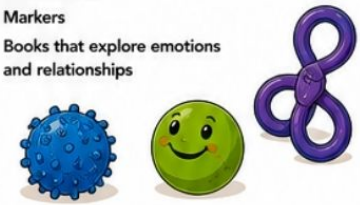
Helpful materials include:

- Feelings posters
- Emotion cards
- Reflection journals
- Dry erase boards
- Sticky notes
- Chart paper
- Pocket charts
- Classroom timers
- Flexible seating options
- Calm-down tools
- Stress balls
- Sensory materials
- Classroom organization bins
- Whiteboards
- Markers
- Books that explore emotions and relationships









## SEL CLASSROOM CHECKLIST

- [ ] Positive classroom expectations established.
- [ ] Daily routines are consistent.
- [ ] Students have opportunities to collaborate.
- [ ] Reflection activities are included.
- [ ] Positive behavior is recognized.
- [ ] Students practice respectful communication.
- [ ] Classroom promotes inclusion and belonging.
- [ ] Students have opportunities to solve problems independently.
- [ ] Family communication supports classroom expectations.




## FREQUENTLY ASKED QUESTIONS

**Q How much time should be dedicated to SEL each day?**

Many classrooms successfully integrate social-emotional learning into existing routines through morning meetings, classroom discussions, cooperative learning, and short reflection activities. Consistency is often more valuable than the length of individual lessons.

**Q Can SEL be incorporated into academic subjects?**

Yes. Social-emotional learning naturally fits into reading discussions, science investigations, group projects, classroom conversations, and collaborative activities across all subject areas.

**Q How can I support students who struggle with emotional regulation?**

Provide predictable routines, model calming strategies, teach emotional vocabulary, and offer opportunities for students to practice self-management skills in a supportive environment.

**Q How can I encourage respectful classroom discussions?**

Establish discussion norms, model active listening, encourage students to value different perspectives, and create a classroom culture where every student feels comfortable participating.

## PROFESSIONAL TEACHING TIPS

Model the behaviors you want students to demonstrate.



Create opportunities for every student to feel successful.



Encourage respectful communication during every lesson.



Use positive language to reinforce classroom expectations.




Build routines that promote safety, consistency, and belonging.




Celebrate kindness, perseverance, and collaboration as often as academic achievement.




Remember that strong relationships are the foundation of successful learning.



Kind Hearts. Strong Minds. Bright Futures.



Every student.
Every day.
Every opportunity.

**DISCLAIMER**

This Teaching Assistance Guide is intended to support educators in fostering positive classroom environments through social-emotional learning practices. Teachers should adapt activities and instructional strategies to meet the developmental needs of their students, district expectations, and school policies. SEL is most effective when it is integrated into daily classroom routines and reinforced through positive relationships, inclusive practices, and meaningful learning experiences.




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