

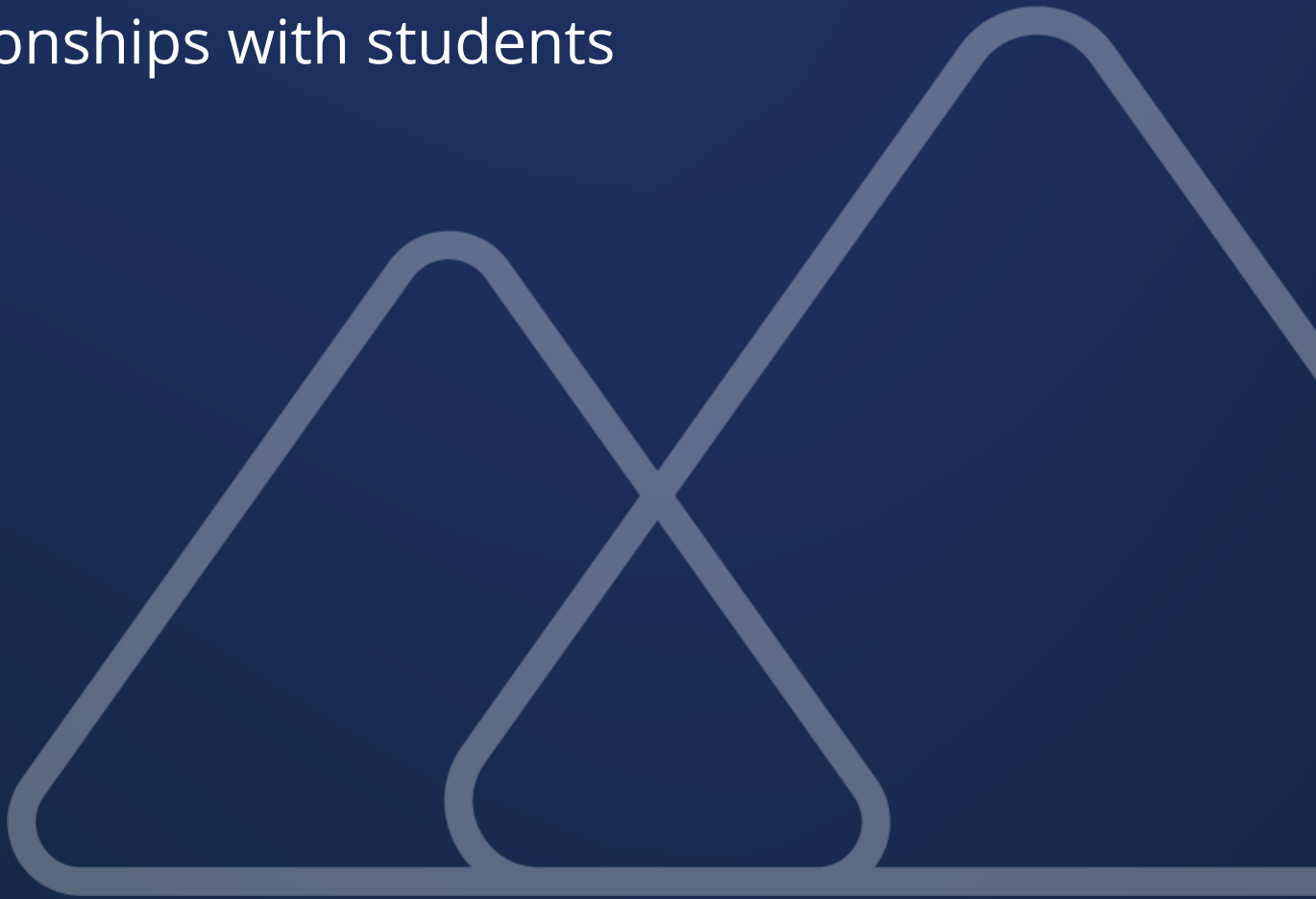


 Satchel Pulse

Incorporating Social Emotional Skills Learning into Everyday Routines

Chapter 1

The power of adult social emotional skills learning in building strong relationships with students



The power of adult social emotional skills learning in building strong relationships with students

Building strong relationships with students is at the heart of effective teaching and learning. While educators often focus on academic instruction, the importance of adult social emotional learning skills in cultivating meaningful connections with students should not be overlooked.

When educators develop and practice these skills, they create a nurturing and supportive environment where students feel valued, understood, and empowered. In this article, we will explore the significance of adult social emotional skills in building strong relationships with students and the lasting positive impact it can have.

1 Establishing trust and rapport

Trust is the foundation of any meaningful relationship, and this holds true for the teacher-student relationship as well.

When educators prioritize their own social emotional skills, they develop self-awareness, emotional regulation, empathy, and active listening skills. These competencies enable them to create a safe and inclusive space where students feel comfortable expressing themselves, sharing their thoughts and concerns, and taking academic risks. By demonstrating genuine care and understanding, educators build trust, fostering a positive connection with every student.

When educators prioritize their own social emotional skills, they develop self-awareness, emotional regulation, empathy, and active listening skills.

2 Enhancing communication and understanding

Effective communication is key to building strong relationships. Adult social emotional skills equip educators with the ability to communicate openly, honestly, and respectfully with students. By understanding their own emotions and perspectives, educators can better understand and validate the emotions and perspectives of their students. This fosters a deeper sense of connection and allows educators to tailor their communication to meet the individual needs of each student. As a result, students feel heard, understood, and supported, creating a conducive environment for learning.

By understanding their own emotions and perspectives, educators can better understand and validate the emotions and perspectives of their students.

3 Supporting emotional wellbeing

Students' emotional wellbeing significantly impacts their engagement, motivation, and overall success in school. Educators with strong social emotional skills can recognize and respond to the social emotional



needs of their students. They create opportunities for emotional expression, teach strategies for self-regulation, and provide a supportive presence during challenging times. By addressing students' emotional wellbeing, educators not only build strong relationships but also contribute to a positive school climate where students can feel safe, accepted, and valued.

4 Encouraging growth mindset and resilience

Social emotional skills play a vital role in fostering a growth mindset and resilience in students. Educators who model a growth mindset and resilience practices create environments where mistakes are seen as opportunities for learning and growth.

Through their own skills journey, educators demonstrate that setbacks are normal, emotions are valid, and perseverance is essential. By nurturing these qualities, educators inspire students to take risks, embrace challenges, and develop a resilient attitude toward their academic and personal lives.



5 Sustaining lifelong connections

The impact of adults developing social emotional skills extends beyond the classroom and can have lasting positive effects on students' lives.

By understanding their own emotions and perspectives, educators can better understand and validate the emotions and perspectives of their students.

When educators cultivate strong relationships with their students based on trust, empathy, and support, they create a foundation for lifelong connections. These connections can provide ongoing guidance, mentorship, and encouragement to students even after they

leave the classroom. The lasting impact of such relationships extends well into students' future endeavors, which positively influences both their personal and professional development.

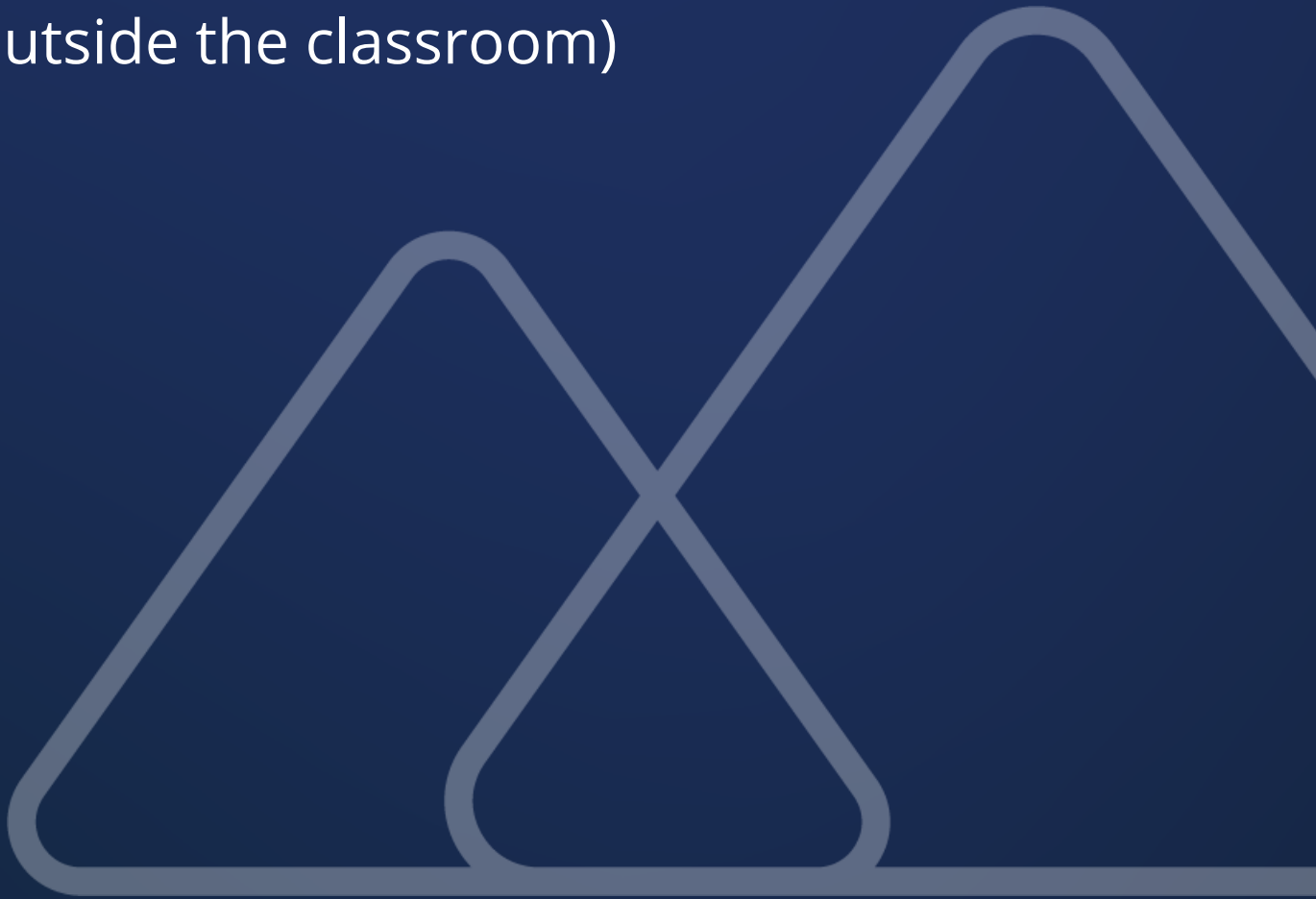
6 Conclusion

Investing in adult social emotional learning skills is a powerful way to build strong relationships with students and create a lasting positive impact. By prioritizing these skills, educators establish trust, enhance communication, support students' emotional wellbeing, encourage a growth mindset and resilience, and sustain lifelong connections. These efforts not only foster a positive learning environment but also contribute to students' holistic developments, empowering them to reach their full potential. Recognizing the importance of an adult's social emotional skills is key to building thriving educational communities where strong teacher-student relationships lay the groundwork for a lifetime of success.



Chapter 2

How to incorporate social emotional skills into everyday routines (inside and outside the classroom)



How to incorporate social emotional skills into everyday routines (inside and outside the classroom)

The following pages offer ways for educators to incorporate social emotional skills into both their classroom practices and behavior outside of it.

How to use this guide

Boxes with this icon help define the suggested strategy.



Boxes with this icon offer examples of the suggested strategy.



This icon indicates suggestions for further reading and useful resources to help you put these strategies into practice.

Text in blue indicates a link to a source or relevant page.

In The Classroom

Morning Check-In's

Start lessons with a check-in to allow your students to express their emotions and share experiences.

Check-ins are a strategic practice that encourage students to pause and explore their emotions. They are a great way for teachers to gauge where their students are at emotionally at the start of the day or lesson.



Mindful Transitions

Incorporate short mindfulness activities during transitions to help your students refocus and regulate emotions.

Community Circles

Implement community circles and reap their benefits by building a sense of belonging, empathy, and communication.

"Circles can be used to build a sense of belonging and trusting relationships, strengthen communication skills... to introduce academic content, access students' knowledge, and collectively set goals for learning."

- CASEL



Integration in Lessons

Infuse social emotional skills concepts and discussions into your daily lessons across all subjects.

- Make sure to practice your own social emotional skills during class, eg. emotional regulation.
- Implement *CASEL's 3 Signature Practices* into lesson plans as an easy way to infuse SEL into any subject.



- *Appreciating Diversity resource pack*
- *Emotion Wheels for Young Learners*
- *Targeted Social Emotional Skills Learning for Your Classroom*

Outside The Classroom

Staff Wellness Activities

Don't forget your own self-care and the wellbeing of your colleagues! Activities such as guided mindfulness exercises or wellness challenges can be beneficial.

- Meditation sessions
- Five minutes of allocated journal time
- 10,000 daily steps challenge
- Leave appreciation sticky notes on classroom doors



Collaborative Planning

Take part in collaborative planning sessions with empathy, open communication, and active listening.

"Collaborative lesson planning refers to the joint efforts of teachers to plan their lessons in scheduled meetings. Based on their reflections, examination and discussion, teachers design lessons and activities to continually improve the teaching and learning process."



- TDTrust

Professional Development

Remember the importance of ongoing PD on social emotional skills by attending workshops or training sessions.

Try our [monthly PD lessons](#) for new teachers that include help guides on critical topics, a new teacher discussion board, short vlogs to learn helpful hints, and live support from a virtual, experienced mentor.



Family Engagement

Involve families in your social emotional practices by suggesting activities and resources for them.



- *Our reading recommendations for social emotional skills building*
- *Social Emotional Skills Practices for Adults*
- *Four Tips for Schools To Improve Communication with Families*

Model As Leaders

Leading by Example

Be a social emotional skills role model by practicing skills such as active listening, empathy, and conflict resolution.

"What is leadership all about? Leadership is not simply about having a title... it's about how you behave on a regular basis. It's about courage, teamwork, about being dependable, helping others. All of those things are social emotional skills."

- Stacey Montgomery



Transparent Communication

Foster open and transparent communication channels, allowing everyone to express their emotions and concerns.

Recognition and Appreciation

Recognize and appreciate other staff members' contributions, promoting a positive and supportive culture.

"Circles can be used to build a sense of belonging and trusting relationships, strengthen communication skills... to introduce academic content, access students' knowledge, and collectively set goals for learning."

- CASEL



- *Strategies for Teacher Leaders: SEL and Student Trauma*
- *Make Your Case For Social Emotional Skills Learning presentation*
- *Improving School Community Engagement*