SEL in a Virtual World
Promoting social connection amidst physical distancing

transforming education
Mission

Transforming Education partners with school systems to support educators in fostering the development of the whole child so that all students, particularly those from underserved populations, can thrive.

We partner with school and system leaders to identify and implement evidence-based practices and policies that create positive learning environments and support students’ social-emotional development.
Transforming Education

We’ve partnered with over 1500 schools in 20 states, helping improve student outcomes for over 1 million students.
Guiding Questions

• How do we support the social-emotional development of students and staff while we are physically apart?

• What best practices in social-emotional learning can we leverage for distance learning?
Settle In
Three Key Takeaways

SEL for Distance Learning
RELATIONSHIPS
ROUTINES
REFLECTION

Similar to the guidelines put out from Turnaround for Children Turnaroundusa.org
Do things that require silliness, foolishness... Do fun things! The laughing brain is not an anxious brain, the laughing brain is a learning brain.

JEROME SCHULTZ PHD
Relationships

Staff to Student
- Relationship Mapping
- Quick planned check-ins
- Morning Message
- Read Alouds
- Question/Problem of the Day
- Developmental Relationships Checklist

Staff to Staff
- Stakeholder Engagement Map
- Self-Care “Accountability” Buddy
- Empathy Interviews

Student to Student
- Utilize interactive elements for online teaching: breakout rooms, polls, chats, whiteboard, etc.
- Create collaborative assignments
- Write a group story
- Identity Artifact Share
- Virtual Crew/Advisory

Student to Family
- Oral History Project
- Scavenger Hunts
- Family Interview
- Family movie recommendations
- Family Charters
Routines

Structured, Predictable, Consistent, Routine

Consistent Norms
Structured Routines
Predictable Responses

Atmosphere of Support

Flexible, Adaptable, Understanding, Accommodating

Staff voice & choice
Student voice & choice
Space for discussion & dialogue with families
Routines

Predictability and Consistency

Try to recreate elements of:
- Schedules
- Learning Spaces
- Rituals
- Celebrations
- Visuals

Communicate clear plans:
- Communication
- Grading
- Assignments

Flexibility and Adaptability

Decrease stress
- Modify assignments

Increase joy
- Get creative about projects

Consider what previous “must dos” should shift to “can dos”
Reflection

“To be reflective means to mentally wander through where we have been and to try to make some sense out of it.”

LEARNING & LEADING WITH HABITS OF MIND
Reflection

Discuss Emotions
- Mood Meter
- Zones of Regulation
- Emotions Wheel
- Emotions Response Planner
- Toolbox of Care

Practice Mindfulness
- RAIN, HALT, STOP, SNACK
- Compassion Practice
- Body Scans
- Leverage free apps and online programs*

Encourage Journaling
- Gratitude Practice
- 5 Minute Entries
- Dialogue Journal

*suggestions in notes
Three Key Takeaways

SEL for Distance Learning

RELATIONSHIPS

ROUTINES

REFLECTION

Similar to the guidelines put out from Turnaround for Children [Turnaroundusa.org]
Considering **relationships, routines & reflection**...

- What is one bright spot & one challenge you experienced this spring?
- What was something you learned during the past spring that you will bring into the fall?
- What are you currently thinking of trying when it comes to SEL this fall?
## Bonus!
### Practice & Application

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<th>Early Childhood</th>
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| **Caring for Each Other:**  
  Sesame Street support during COVID      | Newsela’s SEL Collection                    |
| **The Imagine Neighborhood—**  
  SEL focused podcast for kids & families | WideOpenSchool free Emotional Well Being content |
| **SEL Stories & Games with Daniel Tiger** | The Imagine Neighborhood—  
  SEL podcast for kids & families            |
| **Breathe, Think, Do**—Sesame Street app |                                             |

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### Activities that translate to remote learning

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(transforming education)
Additional Resources

Student-Focused

- [3 Tips for Humanizing Digital Pedagogy](#)
- [Social Connects Matter Now More than Ever](#)
- [Trauma Informed Approach to Teaching through COVID](#)
- [Learning Through Reflection](#)

Staff-Focused

- [Teachers Need SEL Now More than Ever](#)
- [Stress & The Brain](#)
- [How to Teach SEL When Students are at Home](#)

Family-Focused

- [SEL in an Unplanned Home Setting](#)
- [TurnAround USA Podcast & Three Rs](#)
- [SEL Activities at Home – Play Games!](#)
Contact

To access our newsletter, toolkits, or downloadable papers, visit us at: www.transformingeducation.org

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