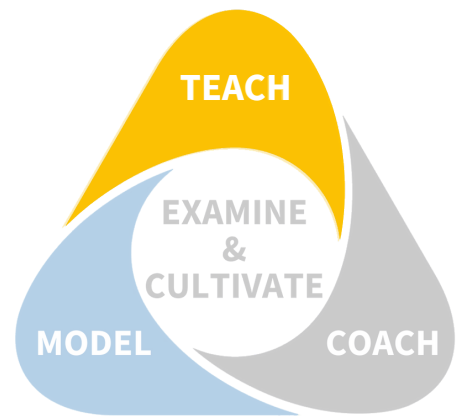


TRANSFORMING EDUCATION'S SEL Integration Approach Companion Guide

TEACH vocabulary, skills, and strategies related to SEL in explicit ways that involve input from and collaboration with families and students.



RESEARCH SHOWS

Explicitly *teaching* SEL skills has been shown to enhance student development and learning.¹ Teaching SEL, whether through a research-backed curriculum, program, or series of lessons, involves intentionally planning SEL instruction and promoting active student engagement in activities, role plays, and collaborative work. Further, investing time in teaching social-emotional competencies in a variety of settings provides opportunities for students to explore and practice these skills across multiple classes and subject areas and support students as they internalize and make meaning of social-emotional skills.² SEL lessons in particular can be adapted to many aspects of the curriculum in order to fully integrate into academic content.³ Weaving SEL lessons into existing curricula, rather than approaching SEL instruction as a standalone initiative, ensures that instruction on SEL competencies and mindsets is embedded across academic domains.⁴

Teaching SEL vocabulary, skills, and strategies must be done through a culturally responsive and strength-based lens.⁵ This means that social-emotional strengths representative of all student cultures should be highlighted and celebrated. It requires a deep understanding of the ways in which racism, power, and privilege have impacted students' lives, in order to explore and discuss these issues with students within the current sociopolitical context.⁶ Importantly, for educators to teach SEL with an equity lens, school leaders must engage with youth, families, and communities to invite their partnership and incorporate their feedback.⁷

QUESTIONS TO CONSIDER



- How can you teach SEL using a learner-centered approach that enables students to grow in personally meaningful and relevant ways?
- How do you ensure that your approaches to SEL are affirming, rather than subtractive, of students' identities?
- How do you ensure that your curriculum and expectations for behavior in school are informed by a diversity of perspectives and cultures rather than the dominant culture and narrative?
- When explicitly teaching SEL strategies or lessons, how do you make the learning accessible to all learners? How can you provide multiple ways of engaging with the content?

READ

[SEL Program Guides](#)

[SEL Booklists](#)

WATCH

[Schoolwide SEL- Explicit Instruction](#)

PRACTICE

[Sample Teaching Activities](#)

[SEL Kernels](#)



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SEL Integration Approach Companion Guide

*“The art of **teaching** is the art of assisting discovery.”*

MARK VAN DOREN



LOOK FOR

Educators who teach social-emotional competencies and mindsets...

Focus on high-quality instruction by:

- Designing lessons around evidence-based practices that are known to promote positive outcomes for youth.
- Selecting curricular resources for SEL that are supported by evidence, culturally relevant, and developmentally appropriate.
- Keeping lessons specific and targeted around one skill, or a set of related competencies.

Consider context and students' lived experiences by:

- Using approaches and materials that reflect, represent, and celebrate the diversity of students and the broader school community.
- Analyzing all curricular materials, whether pre-existing or created by your school community, for ways in which they may perpetuate dominant cultural norms, and then adjusting materials accordingly.
- Consistently connecting lessons back to students' lives, current events, and the larger sociopolitical context.
- Engaging in critical discourse and continuous learning with students, fellow staff, and families.
- Identifying examples of how SEL shows up outside of the classroom and beyond the walls of the school building.

Use inclusive design principles by:

- Co-constructing lessons and learning with students when possible.
- Differentiating lessons to meet students' varied needs.
- Providing multiple ways to access material and multiple ways to demonstrate knowledge.
- Utilizing strategies such as discussions, role-plays, read alouds, and group activities to ensure instruction is interactive and engaging.
- Incorporating students' suggestions and following up on students' questions.

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SEL Integration Approach Companion Guide: References

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