Best practices for integrating social-emotional learning are not limited to the physical confines of a school building. Research-supported strategies for promoting social-emotional development within the classroom setting can be translated to a virtual learning environment as well.

**TransformEd’s SEL Integration Approach** outlines five key components for authentically embedding SEL into all aspects of the educational experience. In 2020’s abrupt transition to virtual learning, educators and leaders began seeking ways to bring the same (or more!) intentionality and commitment to students’ social and emotional needs development. In recognizing the countless demands on educators, we have distilled recommendations for virtual settings into three simple, high-leverage, research-backed areas.

When educators **cultivate** and nurture relationships, students experience ongoing support, build trust, and develop a sense of belonging. When educators intentionally **teach** and continuously **model routines**, students experience predictability and consistency, key elements of trauma-informed and healing centered work. When educators **examine** their own emotions and **reflect** on their practice, as well as, **model** and **coach** students to do the same, opportunities arise for identity development, self-awareness, and growth.
Discuss current events and the ways in which social emotional skills and topics are showing up in the world, at any age.

Incorporate discussion prompts into reading assignments for families to engage in supportive conversations.

Encourage discussion around podcasts such as The Imagine Neighborhood or movies that address social emotional topics.

Have students create a Toolbox of Care and consider engaging in discussion about the universe of obligation.

Integrate self and social awareness by incorporating gratitude practices for elementary or middle/high school students.

Assign journaling to promote self-awareness, self-reflection, processing of emotions, and as a mode of connection.

Share ways you are caring for yourself during this time and try our strategies to manage your own emotions.

Engage in self-reflection and learning, independently or in collaboration with colleagues, using the Educator SEL Toolkit.

Reflect on your practice using the SEL Integration Approach Self-Reflection tool.