Social-Emotional Learning in Online Environments

Social-Emotional Learning for Middle Grades

Strategies to build relationships, student's sense of belonging, and a positive emotional climate in the online learning environment.

The strategies selected below are aligned with the CASEL SEL framework

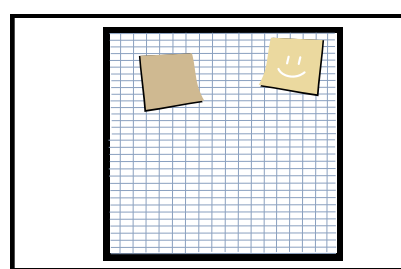*Self Awareness*   *Self Management*   *Social Awareness*   *Relationship Skills*   *Responsible Decision Making*
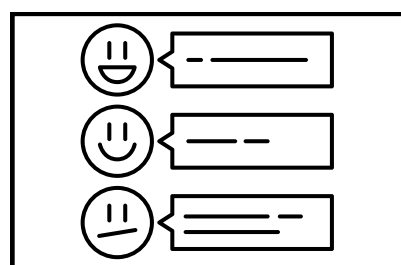
1   *Vision Boards*

Creating a vision board helps adolescents take **accountability** for their actions as they strive to **achieve** their daily, weekly, monthly, and yearly goals. Have students create **electronic** vision boards using digital tools, such as an infographic maker or **Google Jamboard**. Provide opportunities for students to reflect on their goals **periodically** throughout the year.

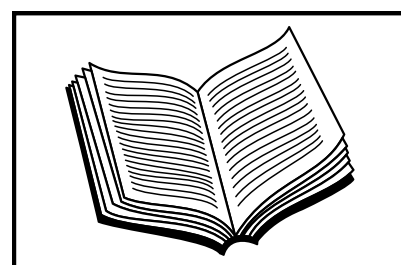### 2   *Providing Feedback*

Instruct students how to provide and receive **constructive feedback**. Integrate active listening strategies (verbal and non-verbal) that demonstrate understanding others' opinions and providing a response that is **appropriate**.

3   *Perspective Taking*

Focus on providing opportunities for students to **raise awareness** and **empathy** through thinking through how others might feel. Opportunities such as journal writing and class discussions on the negative effects of stereotypical behaviors and actions.
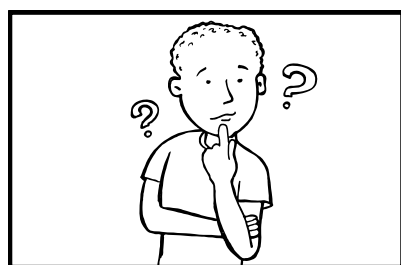
4   *THINK Method*

Instruct students to consider the **THINK method** to recognize responsible actions in face-to-face and technology-based (i.e., social media) interactions before stating or enacting.

T–is it true, **H**– is it helpful, **I**–is it inspiring, **N**–is it necessary, and **K**–is it kind

5   *Growth Mindset*

Make growth mindset instruction explicit and involve your students. Give them examples of **negative** and **positive self-talk**. Then encourage them to brainstorm with others. Activities such as the **Circle of Trust** can help students distinguish what is in their control and what is outside their control. Lead students through appropriate **decision-making** regarding what is in their control and how to seek help for the uncontrollable.

Reference:

- CASEL Collaborative States Initiative. (2017). Examples of social and emotional learning in middle school social studies instruction [PDF file]. Retrieved from https://casel.org/sel-in-middle-school-social-studies-8-20-17/?view=true