

# Social-Emotional Learning in Online Environments

## Social-Emotional Learning for Secondary Grades

### 5 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



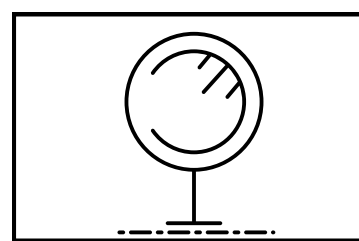
Responsible Decision Making



1

#### Personal Interests

Integrate opportunities for students to engage in their own **self-interests** and harness their **strengths**. Educators can help students express their self-interests and strengths through writing essays, creating a media project, or conducting research projects. Tasks such as these can be **reinforced** through teachers' **authentic feedback** such as, "I can tell this project idea is something that brings you a lot of joy. Please share what sparked this interest?"



2

#### Exercises for Anxiety

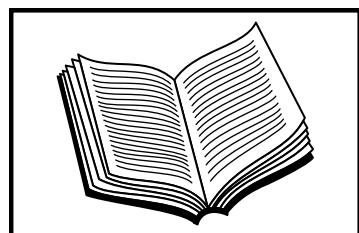
Guide students in **self-management techniques** that help reduce anxiety-provoking moments (e.g., family struggles or public speaking). Techniques such as relaxation exercises, meditation, counting to ten, and self-talk. Educators can also support students in increasing **self-awareness of their emotions**.



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, examining characters in literature, and engaging in 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.

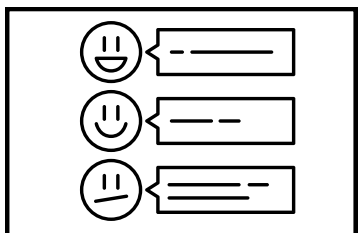
**T**-is it true, **H**- is it helpful, **I**-is it inspiring, **N**-is it necessary, and **K**-is it kind



5

#### 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**.



6

#### 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 English language arts instruction [PDF file]. Retrieved from <https://casel.org/sel-in-high-school-ela-8-20-17/?view=true>