

15 Activities and Lessons to Add Social-Emotional Learning in Your Instruction

1) Students can do short journal writeups.



2) Teach students how they should behave with one another while they work with partners and in groups (model and teach specific behaviors).

3) Provide an SEL problem scenario to discuss as a class and come up with solutions as a whole.



4) Give students strategies for test-taking, and dealing with stressful situations they may encounter.

5) Teach growth mindset strategies!

6) Do a weekly lesson on kindness and empathy.

7) When students are working on guide practice, walk around to acknowledge every single student to check on progress and give words of encouragement.

8) Greet students at the door as they walk into the room or exit the room.



9) Do 1 get-to-know activity with your classes once a week!

10) Incorporate games into your daily lesson plans!

11) Celebrate diversity and bring attention to people from various backgrounds who have made major contributions to your subject areas.



12) Give certificates and recognize your students for their strengths.

13) Write a social contract as a class and refer to it once a month.



14) Play music and have students do something that involves art and relaxation.

15) Encourage and discuss the importance of participation in sports, clubs, and other school activities.