

AUGUST 2022

SOCIAL EMOTIONAL LEARNING:

BUILDING POSITIVE RELATIONSHIPS



HOW SEL PROMOTES LEARNING:

- ✓ Improves Classroom Behavior
- ✓ Yields positive attitudes about self, school, peers, and teachers
- ✓ Positive Health and Well-Being, including greater ability to manage stress and depression
- ✓ Improves communication skills, academic success, and build relationships

SEL CORE COMPETENCIES

- o Self-Awareness
- o Self-Management
- o Social Awareness
- o Relationship Skills
- o Responsible Decision-Making



RESOURCES

CLICK HERE



Mental Health

Social Emotional Learning Tips

The Calming Space

Where Is Your MHSC?

Monday: MCK (AM) & GEO (PM)

Tuesday: WOP (AM) & GES (PM)

Wednesday: GMS

Thursday: GHS

Friday: Open

Senia Powell, LMSW
334-382-2665 ext.1220

RELATIONSHIP SKILLS

Relationship Skills Include:

- Communicating Effectively
- Being Positive
- Prioritizing Team Building and Collaborative Problem-Solving
- Resolving Conflicts Constructively
- Seeking or Offering Help When Needed

Rules without Relationships
= Resistance

RELATIONSHIP BUILDING ACTIVITIES

5 Minutes

End Of The Day Exit Slip:

Students could answer in writing or in person, this gives you a great opportunity to bond with your students after a busy school day! Some questions you could ask:

- What was your favorite part of the day?
- What was the best thing you learned today?
- What is one kind thing you did for someone today?
- What do you hope to learn about tomorrow?

15 Minutes

Just Like Me:

Use whenever you need a boost to your student relationships, but only have a small chunk of time.

- Have students stand in a circle
- One at a time, students step forward and say a fact about themselves (e.g. I have one sister.)
- If that statement is true for other students, they come forward one step and say "Just Like Me!"
- The next student steps forward and says his or her fact. Continue until all students have had a chance to go. Keep going if you have time.

30 Minutes

All about me is a great way for students to share more about themselves in a fun way

Each student is given a letter for each initial (so I would get S and an P, because my name is Senia Powell). Then, students can write or draw about themselves on the pre-cut letters. You can give specific things to write/draw about (such as their favorite foods, their family, etc.) or leave it open-ended. After students complete their initials, you can share out or hang them outside or in the classroom.