

peoals Strategies to Promote Social-Emotional Learning

Language to Use in the Classroom

- How are you feeling?
- How did that make your friend feel?
 - That made me feel _____.
 - It is okay to feel _____.
- That was an accident. Are you okay? What can we do to make this better?
 - How can I help you?
- I notice you're feeling _____, let's calm down together (can also use this with positive emotions, such as excited).
 - How can we play fair with our friends?
 - How can you make your friend feel better?
 - How can we be kind to each other?
 - Can you ask using a strong, respectful voice?
 - How can we solve this problem?

Helpful Strategies

- When struggling with a challenging behavior, the first step is to build your relationship and connection with that child. This will help you understand them better. This could look like, but not limited to, having one-on-one time with them, having a conversation with them about how they are feeling, playing with them during free play, taking belly breaths together, etc.
- Use cues to gain children's attention, like a song, a clap pattern or a call and response saying.
- Brain builders are fun games to use throughout the day and are especially helpful during transitions or wait times. Not only are they fun, but they help with listening skills, self-regulation, focusing attention, using self-talk and following directions.
 - Children love songs! Use them to teach new skills, gain attention, incorporate movement time, cue transitions or build connections in the classroom.