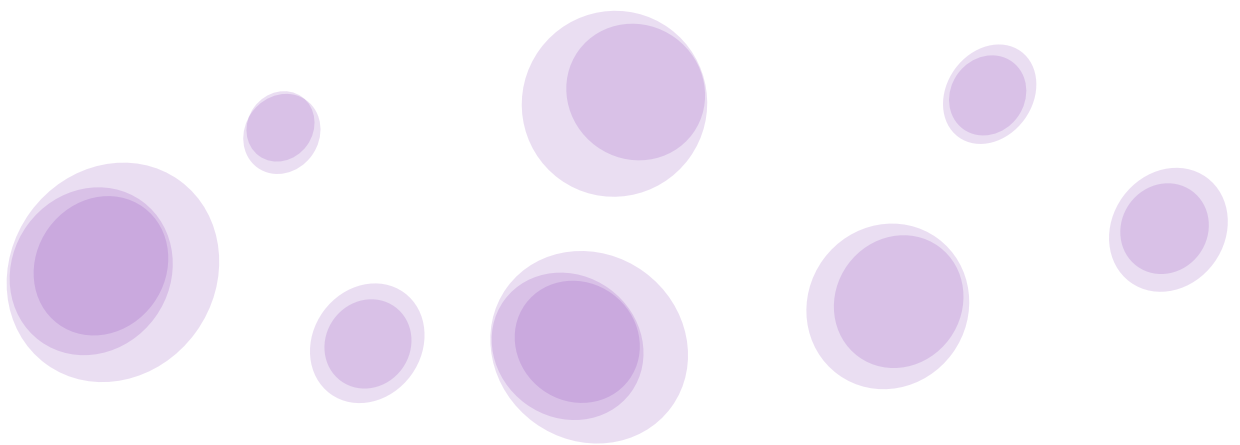




How to Integrate Social Emotional Learning (SEL) into Remote Learning



FOR CLASSROOM TEACHERS

Name Three:

- ▶ Things that you miss about life before Covid-19.
- ▶ Negative emotions that you've been having.
- ▶ Negative ways this change of life / experience has affected your relationships.
- ▶ Things that you like about your new regimen.
- ▶ Positive or neutral emotions that you've been having.
- ▶ Positive ways this change of life / experience has affected your relationships.
- ▶ New things you have tried since being home.
- ▶ Things for which you are grateful in this situation.
- ▶ Things you have learned about yourself from this experience.
- ▶ Things you have learned (in general) from this experience.
- ▶ Ways you have grown from this experience.
- ▶ Ways you have helped / supported others.
- ▶ Ways you will help / support others.

Every Week - Set a Goal For Each of the Following:

- ▶ Academics
- ▶ Physical
- ▶ Creative
- ▶ Relationships
- ▶ Personal

Extra Credit - For Any of the Lessons Given By Teachers:

- ▶ Write a song.
- ▶ Make a video (could star the student or simply include photos, videos, text from other places or stuff the student creates).
- ▶ Choreograph a dance.
- ▶ Find a creative way to showcase the lesson (experiment, cooking, etc.).

FOR PHYS ED TEACHERS

Each student must create a workout routine that others can do on their own (# of mins based on age). It should include two components:

- ▶ Stretches, breathing, meditation or yoga
- ▶ Strength training or cardio

Submit a one-sheet overview listing any equipment needed, along with the activities, including specific details needed.

***Extra credit:**

- ▶ String together videos of other workout routines
- ▶ Video themselves doing their workout
- ▶ Video themselves teaching the exercises
- ▶ Create playlists for people, for studying, for dancing, for calming, etc. Through this method, teachers have built-in lessons to share with all of their students.

Each student needs to share how they use physical activity, exercise, and/or breathing to alleviate negative or difficult emotions.

Keep a log:

- ▶ Feelings / emotions before movement.
- ▶ Rate the intensity of each emotion on a scale from 1 to 5, 1 being a little and 5 being a lot.
- ▶ Which physical activity, movement and/or breathing exercise used.
- ▶ Length of activity (time spent on it).
- ▶ Feelings and emotions afterward.
- ▶ Rate the intensity of each emotion on a scale from 1 to 5, 1 being a little and 5 being a lot.

***Extra credit:**

- ▶ Describe how your emotions affected your body (what did it feel like?)
- ▶ Describe how your body felt during & after physical activity, exercise.



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