



My SEL Resource Book

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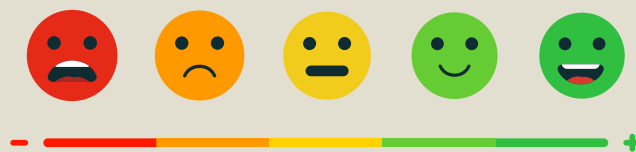


What is



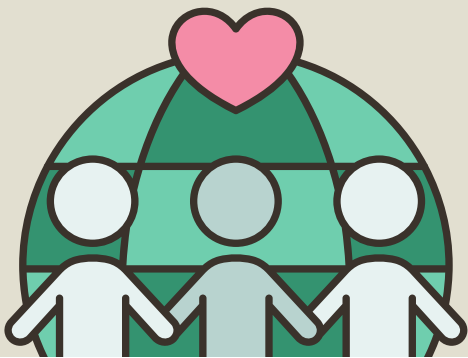
Social Emotional Learning?

Social Emotional Learning, also known as SEL, is the process of learning how emotions work and feel as well as how to regulate your emotions. SEL is also the learning process of how to work with others and how to communicate in an effective way.



The Benefits of Social Emotional Learning

1. Self Regulation
2. Enhanced Learning
3. Connecting With Others
4. Empathy
5. Respect; Yourself, Others,
& the World



SEL

IN THE CLASSROOM

How Does SEL Benefit Student Learning?

**Improved attitude
about school**

Reduced student stress

Sense of community

Emphasizes kindness

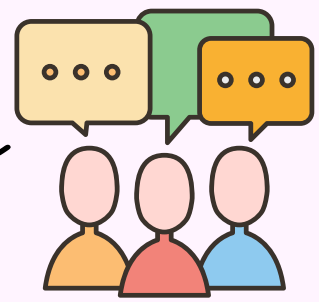


How Does SEL Benefit Teachers?

- **Enhanced Classroom Management**
- **Stronger Bonds In The Classroom**
- **Increased Communication Skills**
- **Reduce Stress & Burnout**
- **Collaboration & Teamwork**



Morning Meetings



Daily Check-In:

- How are you feeling today?
(emoji mood, colour zones, reflective journal response, etc)
- Anonymous check ins



There are a variety of ways you can run a daily check in within your classroom using art, writing, or a simple check-in

Morning Meetings can consist of:

- Daily Check-in
- Shape of Day
- How are we feeling about current learnings
- What is 1 thing we are grateful for
- Group discussion

<https://www.weareteachers.com/morning-meeting-activities/>



MINDFULNESS



MINDFULNESS WALKS

what do you hear, see, smell, feel

5 MINUTE MINDFULNESS TIME
BEFORE EACH LESSON



REFLECTIVE JOURNAL WRITING



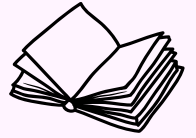
MEDITATIONS:

- THE CALM APP
- HEADSPACE APP
- CALM CONNECT



RESOURCES

- **Epic Books! SEL section**



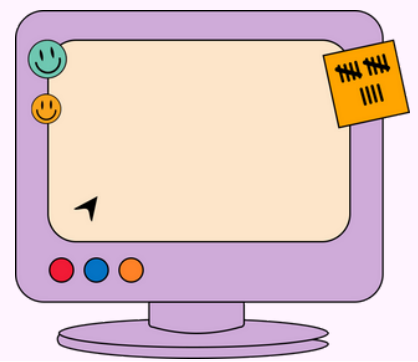
- **Common Sense.org - SEL**
in digital life

- **Calm Classroom**

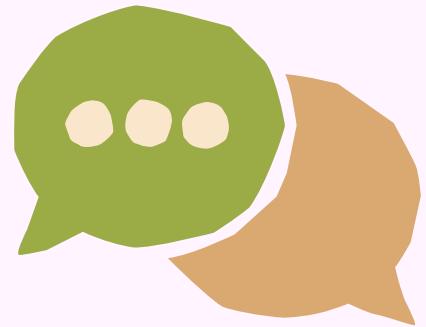


- **SEL Lessons**

- **WeAreTeachers.com**



How Can Technology Enhance SEL?



Technology & SEL

- The Calm App
- Headspace App
- Online Journals
- Collaborative Platforms
- Student-Teacher Communication
- Platforms such as Class Dojo

Mental Health & SEL

How Can SEL Help Improve Mental Health?

- SEL has been proven to decrease depression & stress
- Improves student attitude towards school
- Encourages empathy, kindness & sharing
- Builds resilience and healthy coping skills
- Fosters a safe environment
- Encourages Connection & Collaboration



DEEP BREATHING +

1 Place your hand on your belly.

2 Count to four and breathe in through your nose.

3 Notice how your belly rises.

4 Breathe out slowly.

5 Repeat.

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MINDFULNESS

Relax your muscles. Notice how your body feels.



Look around you. What do you see?



Focus on your breath and heartbeat.



Picture something that makes you feel calm and happy.



Focus your attention on a task, like drawing or coloring.



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STAYING CALM



Take deep breaths

Count backwards from 10

10



Picture your favorite things

Sit still for one minute



Challenge negative thoughts

5-4-3-2-1 GROUNDING

Can you name...



5 things you see



4 things you feel



3 things you hear



2 things you smell



1 thing you taste



NAME: _____

Check In

Feelings are reflections of the thoughts we are holding.
ALL feelings are okay! Check in with yourself right now and see if you can figure out your feelings. Then fill this container with feelings colours to show how much of each feeling you have right now.

PURPLE = Nervous

YELLOW = Happy

ORANGE = Calm

GREEN = Excited

BLUE = Sad

RED = Angry

PINK = Brave



Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

what can
I do?

I can...

calming

strategies

water and snacks



ask for a hug



read a book



use fidget toy



hug a teddy



blow pinwheel



build something



rainbow breaths



do a puzzle

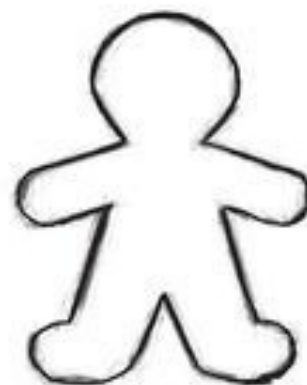


How Are You Feeling Today?

What color is your feeling?

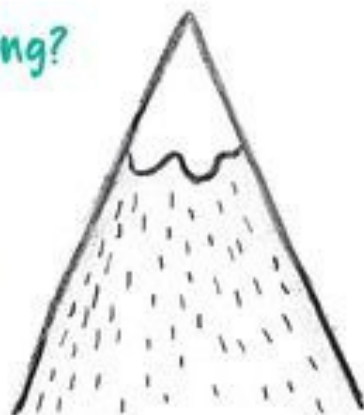


Where do you feel this color in your body?



How BIG is your feeling?

Does it feel as BIG as a mountain?



Or does it feel middle-sized ... like the size of a chair?



Or as small as a button?

If you could touch your feeling, how might it feel?



spikey



bumpy



prickly



wibbly wobbly



flat



swirly



soft

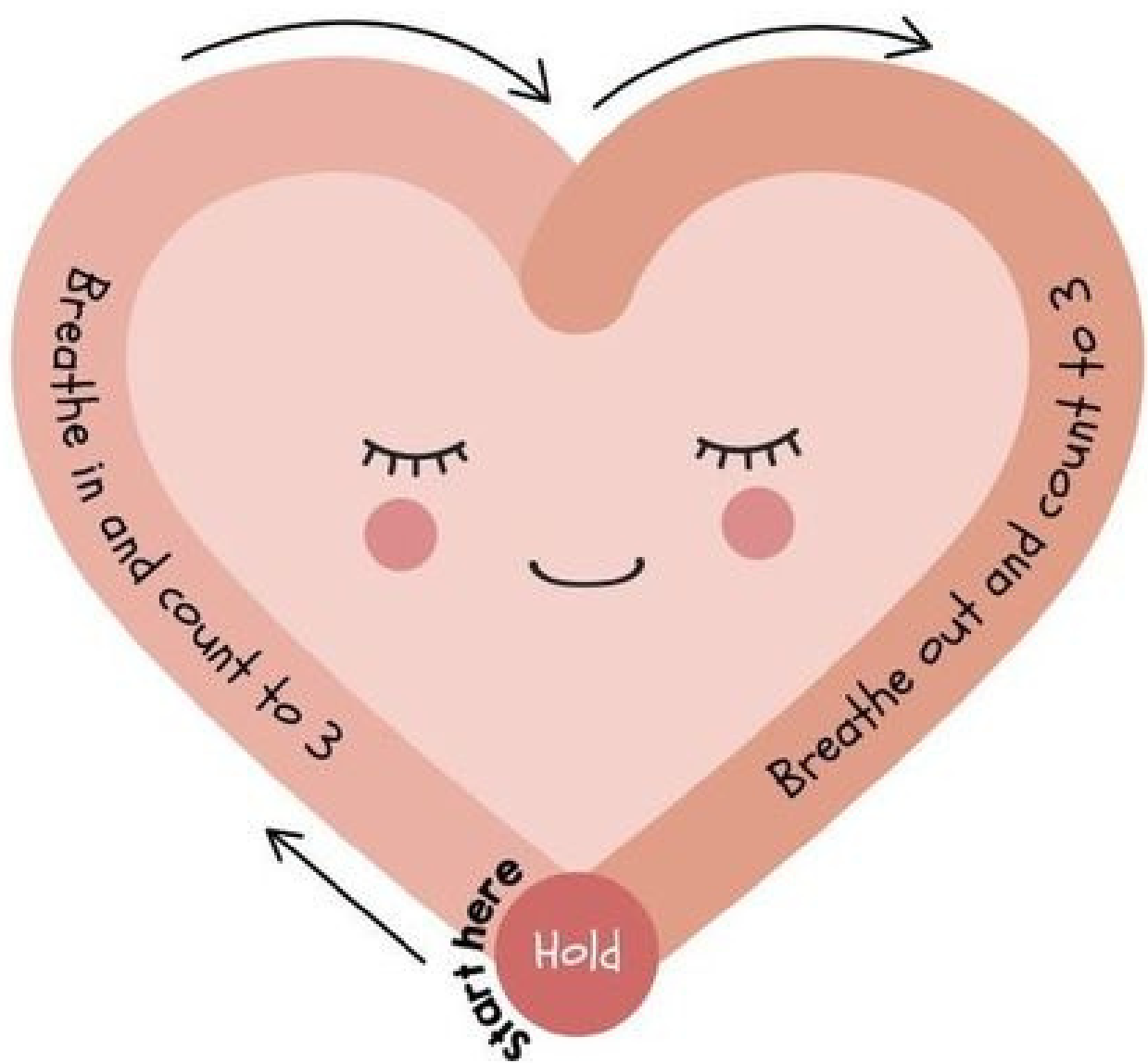


hard

What else would you like to say about your feeling?

HEART

BREATHING



Think of someone you love while breathing

Activity Ideas:

