

# TABLE OF CONTENTS

## DEDICATION

## INTRODUCTION

### Section 1: SEL as a Class

1. CULTIVATE KINDNESS IN THE CLASSROOM
2. TEACH STUDENTS POSITIVE PHRASES TO HELP THEM BE RESILIENT THROUGH FAILURES
3. CREATE ANCHOR CHARTS WITH YOUR STUDENTS
4. ROLE-PLAY TO DEVELOP EMPATHY
5. REFLECT ON THE DAY TO SEE HOW KIDS ARE FEELING AND SET GOALS FOR THE NEXT DAY

### Section 2: Teams, Partnerships, and Groups

6. "STRATEGIC" & STUDENT-CHOICE PARTNER ASSIGNMENTS
7. GROUP ASSIGNMENTS TO FOSTER NEGOTIATION & LEADERSHIP SKILLS
8. USE PEER MEDIATION TO TEACH PROBLEM-SOLVING & CONFLICT MANAGEMENT
9. ALLOW STUDENTS STRUCTURED & UNSTRUCTURED TIME FOR TALKING WITH THEIR PEERS
10. PLAY GAMES THAT PROMOTE COOPERATIVE LEARNING

11. BUILD SMALL COMMUNITIES IN CLASS WITH STUDENT TEAMS
12. BUDDY UP WITH AN OLDER OR YOUNGER CLASS
13. GIVE INTERVIEW PROJECTS WHERE KIDS WRITE NEWS STORIES ABOUT THEIR CLASSMATES

### **Section 3: Personal Connections, Introspection, and Study**

14. MAKE A PERSONAL CONNECTION WITH STUDENTS EVERYDAY
15. CREATE A PEACEFUL PLACE FOR UPSET AND ANGRY KIDS
16. HELP KIDS CREATE PERSONAL GOALS, & ADJUST THEM THROUGH THE YEAR
17. HAVE STUDENTS CREATE JOURNALS FOR FREE-WRITING & PROMPT WRITING
18. ASSIGN ART PROJECTS THAT INVOLVE EXPLORING THOUGHTS & FEELINGS
19. ASSIGN STUDENTS A JOB IN THE CLASSROOM TO TEACH RESPONSIBILITY
20. TEACH STUDENTS HOW TO MONITOR THEIR OWN PROGRESS