# Social Emotional Learning and School Climate During Distance Learning

# Tips from the DC CoP

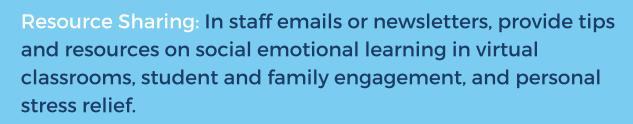
We recently asked school leaders and school mental health clinicians how they promote social emotional learning and maintain a positive school climate for all members of the school community while distance learning is in place.

Here's what they had to say:

## **PROMOTE STAFF WELLNESS**

Weekly meetings: During staff meetings, designate a time to focus on self-care, discuss work-life balance, and share mindfulness techniques.

Workshops: Offer specialized workshops focused on self-care and/or mindfulness.





### **ENGAGE FAMILIES**

Debrief Calls: Offer informal calls for families to bring up concerns or obstacles they are experiencing.

Family Activities: Transform group video calls with families into a pizza party, a fun group activity (e.g., Scattergories), or a read aloud or dance party.

Newsletters: Create a newsletter with social-emotional learning resources, mindfulness activities and educational materials to help with virtual learning.

Address Challenges: Send resources and tips on how to deal with certain challenges such as job loss, sickness, social distancing, etc.



### SUPPORT STUDENTS

Morning Check-Ins: If feasible, build routine by conducting virtual weekly community or individual check-ins with students.

Virtual Classroom: To help students focus during virtual class time, conduct mindfulness exercises, a feelings check, or a minute of deep breathing.

Stress Relief: Provide relaxation techniques or short activities to help students de-stress.



Apps and Social Media: Use social media technologies (e.g., Instagram) to offer resources specific to COVID-19, mindfulness techniques, or stress-relieving activities.

ClassDojo: Use ClassDojo to connect with students and families and designate a time or day (such as "Feeling Fridays") to share resources on emotions.

