

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.

Resource Sharing: In staff emails or newsletters, provide tips and resources on social emotional learning in virtual classrooms, student and family engagement, and personal stress relief.



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.

Classroom-to-Home: Encourage students to use classroom techniques outside of class.

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.

