

Tools and Resources to Support Social and Emotional Learning

- ★ Mini Mood Meters- print and laminate these mood meters. They can be placed on each student's desk and students can use dry-erase markers to mark how they are feeling at certain moments. This allows them to do a quick check-in on their emotions, while allowing the teacher to continue with the curriculum. The teacher can circulate while students work on academics and can stop and talk to students that indicated they are in the "red" or "blue" to help them work through their emotions.
- ★ "Calm Corner"- create a spot in the classroom for students to go to when they recognize their emotions are not in the optimal state for learning. This zone's purpose is for students to regulate their emotions back to a state conducive to learning. Have a bin of sensory or fidget toys, a sand timer, positive affirmations, and calm down strategies in this space.
- ★ Cool down strategies- Explicitly teach students strategies to calm their bodies and minds. You can make a poster of these strategies to keep in the classroom. Some well-known methods are: take a "Meta-Moment" (part of the RULER framework), count-down (or up), finger breathing, box breathing, positive self-talk, find the colors of the rainbow around the room, draw or color, write about what's bothering you.
- ★ Keep a feelings journal- create a journal for the student or for you and the student to communicate with each other. This way, they have a place to write and express their feelings, and you are able to respond in a way that doesn't disrupt other students.