Ways to Integrate Social Emotional Learning in the Elementary Classroom

Use Journal Writing
Teach Perspective-Taking with Read Alouds
Incorporate Art Activities
Hold Class Meetings
Talk About Managing Emotions
Give Responsibilities
Practice Problem-Solving Skills
Build Community with Teamwork
Encourage Positive Self-Talk
Celebrate Diversity
Incorporate Hands-on Crafts
Encourage Reflection
Practice Mindfulness
Create a Calm Down Area
Promote a Growth Mindset
Encourage Kindness
Play Games
Provide a Daily Check-in
Discuss Empathy
Create SMART Goals
Teach Coping Skills to Manage Stress
Highlight Skills Throughout the Day
Teach Active Listening Skills
Teach Group Ground Rules
Practice Respectfully Disagreeing