

Social Emotional Learning During Distance Learning Formats

This document provides teachers with tangible tips to naturally infuse SEL into their day with students in a distance learning format.

Note: All Kindness check-ins and graphics are derived from lessons found within our FREE lesson plans available at <https://www.randomactsofkindness.org/for-educators>

Kindness Check-Ins

These are used to generate open ended conversations around each kindness concept. There are several ways to incorporate the check-ins, depending on grade level:

Option 1

Grades K-2 or Special Ed

Provide the generalized question at the beginning of class.

Option 2

Grades 3-8

Turn the check-in into an online survey. Use results to generate a conversation.

Option 3

Grades 6-12

Email the check in to students ahead of time and have them respond in your online discussion group, formulating an entire paragraph response to the check-in.

Kindness Concepts

Depending on the concept, here are some sample questions you can use for your check-ins:

Respect

- How can our words and actions disrespect someone? How can our words and actions uplift someone and ensure we are showing them respect?
- What can we do if we hurt their feelings?
- What is one new way you can respect yourself later on today?

Caring

- What qualities do you look for in a friend?
- What might happen if we commit to consciously showing gratitude to those we live with?
- What might happen if we choose to ignore others that need help?
- When you hear the word emotions, what do you think of? How can understanding emotions help you show more compassion towards others?
- Why is it important to think about what we do, what we say, and how we act from a variety of perspectives?

Inclusiveness

- How can you include others when they don't share your interests?
- How can you, as a kid, help out when you see a situation that isn't equitable?
- What risk can you take this week to help make something (or yourself!) more inclusive, fair, or equitable?

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Integrity

- Why should we avoid telling a white lie, even when we use it to avoid hurting someone's feelings?
- Why is it important to use integrity when you are trying to reach a new goal?

Responsibility

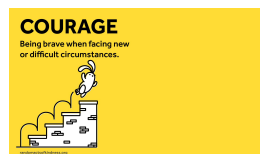
- How does it help others when I take ownership of my responsibilities?
- What is one way you will incorporate self-discipline into your days this week?

Courage

- What is one way you can lead others towards kindness this week?
- What is one step I will take this week towards sharing my hidden talents or passion with others?
- How can I exhibit humility as a competitor even when I am obviously better than my opponents?
- Why is responding in kindness so important in our world today?

Kindness Concept Graphics

Use these graphics to welcome your students to the day, or to customize your online learning platforms e.g. Google Classroom or Zoom. These are simply our kindness posters resized for an online environment.



Download Zoom Backgrounds

https://assets.randomactsofkindness.org/downloads/zoom_backgrounds.zip (1.9 MB)



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