

Social-Emotional Learning (SEL)/ Grade Level Activities at Littleton School

Winter 2021



Social-Emotional Activities are infused throughout the school day. Themes include the following:

- Understanding, accepting, and positively responding to emotions
- Strengthening compassion and gratitude for self and others
- Building connections and strong, healthy classroom communities

Classroom quotes from this school year include:

“We take polls, share ideas and turn and talk to each other. In addition, we enjoy the opportunity to connect through our similarities and differences by completing, ‘Would You Rather’ activities using white boards, during Language Arts writing stations, and in small groups during center times.”

“We have lively discussions about personal preferences, experiences, and diversity. The students are great at identifying the feelings of others when given scenarios during role-play sessions. Some of the Sanford Harmony-Quick Connection cards also offer team building activities that get students working together toward a common goal.”

“Students enjoy listening to social-emotional stories at the end of the school day. These stories show diverse characters facing challenges that our students can relate to. We have learned so much through these activities that we have become a classroom community who cares for each other’s well-being.”

“We focus on SEL through use of Sanford Harmony as well as multiple picture books, discussions, and interactions with peers. Using the picture books, we can often have a discussion on the different scenarios presented and how we might be able to handle them effectively. This also provides a good opportunity to role play with students, giving them the chance to model how they would handle a situation.”

“Each day our students are greeted with multiple morning messages that help encourage sharing, listening to discussions, and getting to know one another. For example, we begin with a fun fact that gets kids excited about learning new knowledge. Topics range from how to treat a friend, dealing with emotions, and how to be their best version of themselves.”

“We are learning about how our social-emotional development can help us understand more about ourselves. In Science, we have been studying the health of our bodies and how the brain is linked to an overall healthy lifestyle. The students practiced helpful breathing techniques and mindfulness in the classroom through movement.”

“SEL is implemented during morning meetings, or a lesson at the end of the day. Some days the students write on our ‘mindfulness’ board and share with the class. Some examples of this are: ‘Teachable Tuesday - What do you do really well that you can teach others?’ Students write their thoughts on a post-it, share them on the board, and read it to the class.”

“We are implementing SEL by reading books and teaching lessons utilizing the five pillars of SEL (Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision-Making). We conduct class discussions, implement time for reflection and take brain breaks to support the SEL curriculum. We are building an environment of mutual respect and civility so that all students feel welcomed and are contributors to our community”

“Our students have completed a commonalities activity, where they discovered similarities with peers. This overall helped them to develop friendships and learn more about each other. Students also collaborated in groups to design a class name and motto.”

We look forward to celebrating our Littleton students and engaging in social-emotional learning activities as the school year continues!