

### Teaching strategies

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#### Teach SEL skills explicitly



- Use a range of strategies to teach key skills, both in dedicated time, and in everyday teaching.
- Self-awareness: expand children's emotional vocabulary and support them to express emotions.
- Self-regulation: teach children to use self-calming strategies and positive self-talk to help deal with intense emotions.
- Social awareness: use stories to discuss others' emotions and perspectives.
- Relationship skills: role play good communication and listening skills.
- Responsible decision-making: teach and practise problem-solving strategies.

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#### Integrate and model SEL skills through everyday teaching



- Model the social and emotional behaviours you want children to adopt.
- Give specific and focused praise when children display SEL skills.
- Do not rely on 'crisis moments' for teaching skills.
- Embed SEL teaching across a range of subject areas: literacy, history, drama and PE all provide good opportunities to link to SEL.
- Use simple ground-rules in groupwork and classroom discussion to reinforce SEL skills.

### Curriculum

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#### Plan carefully for adopting a SEL programme



- Use a planned series of lessons to teach skills in dedicated time.
- Adopting an evidence-based programme is likely to be a better bet than developing your own from scratch.
- Explore and prepare carefully before adopting a programme—review what is required to deliver it, and whether it is suitable for your needs and context.
- Use evidence summaries (such as those from EIF and EEF) as a quick way of assessing the evidence for programmes.
- Once underway, regularly review progress, and adapt with care.

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#### Use a SAFE curriculum: Sequential, Active, Focused and Explicit



- Ensure your curriculum builds skills sequentially across lessons and year groups. Start early and think long term.
- Balance teacher-led activities with active forms of learning, such as: role-play, discussion and small group work, to practise skills.
- Focus your time: quality matters more than quantity. Brief regular instruction appears more effective than infrequent long sessions.
- Be explicit: clearly identify the skills that are being taught and why they are important.

### Whole-school

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#### Reinforce SEL skills through whole-school ethos and activities



- Establish schoolwide norms, expectations and routines that support children's social and emotional development.
- Align your school's behaviour and anti-bullying policies with SEL.
- Seek ideas and support from staff and pupils in how the school environment can be improved.
- Actively engage with parents to reinforce skills in the home environment.

### Implementation

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#### Plan, support, and monitor SEL implementation



- Establish a shared vision for SEL: ensure it is *connected to* rather than *competing with* other school priorities.
- Involve teachers and school staff in planning for SEL.
- Provide training and support to all school staff, covering: readiness for change; development of skills and knowledge; and support for embedding change.
- Prioritise implementation quality: teacher preparedness and enthusiasm for SEL are associated with better outcomes.
- Monitor implementation and evaluate the impact of your approaches.