

## Easy-to-Implement Social-Emotional Learning Strategies

When looking for an evidence-based SEL curriculum, schools should consider the specific needs of their student populations. However, schools do not necessarily need to have a fully integrated and expensive program to help their students develop SEL competencies. Here are some specific actions teachers can easily implement:

- Greet students by name every day (all grades).
- Directly praise students' prosocial behaviors.
- Give clear expectations for behaviors.
- Explain the reasons behind rules and expectations, and repeat as often as necessary.
- Discuss, notice, and teach about emotions (be understanding and supportive).
- Identify others' emotions (mind-mindfulness), even negative emotions.
- Identify the root problem of unwanted student behaviors (often has nothing to do with the current situation).
- Outwardly, remain emotionally neutral when personally feeling negative emotions.
- Teach problem-solving techniques.
- Allow breaks, particularly when students' self-control is fatigued.
- Be interested in students' feelings.
- Treat students with dignity.

The above evidence-based strategies can be easily embedded in the current classroom without any add-on curriculum.