

SEL

IN THE VIRTUAL CLASSROOM

TEAM MEETING GUIDE



TEAM MEETING AGENDA

Total Meeting Time: 60 minutes + pre-meeting reading

Before meeting:

Read *SEL From A Distance*: Chapter 3



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SLIDE 2

During meeting:

5 minutes: Discuss Virtual Classroom Challenges for Teens

15 minutes: Discuss Why Relationships Respond to These Challenges

15 minutes: Review and Reflect on Four Relationship Skill-Building Tools

15 minutes: Do an Empathy Interview

10 minutes: Review and Choose a Tool To Try

TEENS NEED SEL MORE THAN EVER

7 OUT OF **10**

Roughly 7 out of 10 teens report struggling with mental health in some ways.

50%

More than 50% of surveyed students say they're experiencing anxiety.

45%

Roughly 45% of students are feeling excessive stress.

43%

Around 43% of students are struggling with depression.

61%

Students report loneliness at a rate of 61%.

These are results from a COVID-19 study conducted by National 4-H Council and the Harris Poll (2020) and EdWeek Research Center Survey (Harold & Kurtz, 2020)



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SLIDE 3

WHAT'S THE BEST ROUTE TO SEL?

BUILDING RELATIONSHIPS



RELATIONSHIPS MATTER

By modeling strong relationship skills, we encourage positive SEL skills in students.

“Simply put, we want our students to have the skills they need to communicate effectively, problem solve peacefully, and have positive interactions with individuals and groups in multiple settings in school and life.”

(Jessica Djabrayan Hannigan and John E. Hannigan, *SEL from a Distance*.)

QUESTIONS

1. Do you find this to be true?
2. How do you already foster these skills?

WHAT IS SEL COMPETENCY?

By modeling strong relationship skills, we encourage positive SEL skills in students. SEL competency includes four focus relationship skills:

1. Communication
2. Socialization
3. Relationship building
4. Teamwork

QUESTIONS

1. What do each of these skills look like when you see them in action during online learning?
2. What are you seeing more often?
3. Which skills do you wish you saw more often?

Many tips and ideas in this Team Meeting Guide stem (with permission) from *SEL from a Distance* by Jessica Djabrayan Hannigan and John E. Hannigan

TOOLS FOR BUILDING SEL COMPETENCY



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SLIDE 7

UNDERSTANDING THE WORLD WE LIVE IN

“Children should leave school with a sense that if they act, and act strategically, they can accomplish their goals. I call this feeling a sense of agency.”

(Jessica Djabrayan Hannigan and John E. Hannigan, *SEL from a Distance*.)

QUESTIONS

1. How can you define Choice Words in your classroom?
2. What is the difference between words used at home and words used in the classroom?
3. How can there be a shared understanding and agreement about what is expected?

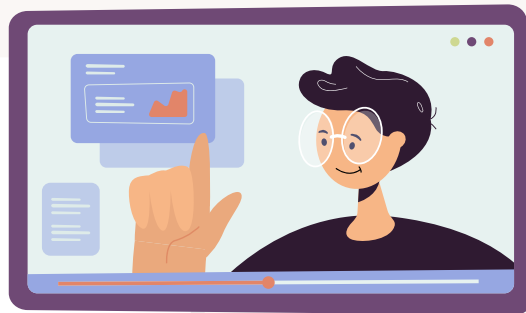
TRY THESE ACTIVITIES TO BUILD COMMUNICATION SKILLS

- **Choice Words:** Review differences between words used at home and with friends vs. those used in class.
- **Empathic Listening:** Intentionally listen to what someone is telling you.



TRY THESE ACTIVITIES TO BUILD SOCIAL ENGAGEMENT SKILLS

- **Student Self-Check Survey:** Do surveys regularly and share the results with your students. (See slide 20)
- **Classroom Mantras:** Select classroom mantras like, “You have a voice,” and reinforce them daily.



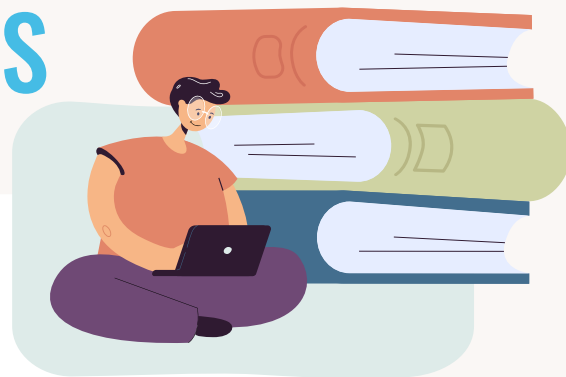
TRY THESE ACTIVITIES TO BUILD RELATIONSHIP SKILLS

- **“Getting to Know Me” Exercise:** Create a joint classroom slideshow where each person makes a slide that helps others get to know them.
- **“Getting to Know Each Other” Bingo:** Have students submit some facts about themselves and create a BINGO board to get to know each other.



TRY THESE ACTIVITIES TO BUILD TEAMWORK SKILLS

- **Classroom Challenges:** Choose a classroom challenge, like increasing virtual attendance. Remind students of the classroom challenge daily and provide updates.
- **Classroom or Individual Rewards Chart:** Get feedback from students about what rewards they'd like.



Let's try one together

EMPATHY INTERVIEWS

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SLIDE 13



EMPATHY INTERVIEWS

Empathy interviews encourage students to have a voice so educators can form an action plan in positive ways. It gives students a safe place to express their thoughts, emotions, and experiences. Here are a few reasons you might use an empathy interview:

- Student is always missing work.
- Student is always missing class.
- Student is constantly rude to you or others.
- Student never pays attention or is distracted.
- Student is hard on themselves frequently.
- And so many other reasons—you know your students best!



STEPS OF AN EMPATHY INTERVIEW

Step 1: Introductions

Introduce yourself/role (e.g., teacher, counselor, admin), and have the student introduce themselves.

Step 2: Purpose

Explain the purpose of the interview/check-in to the student and let them know their input is valued.

Step 3: Questions

Ask neutral questions. Examples: Tell me about your overall virtual learning experience? Why do you feel this way? Is there anything else you would like to share?

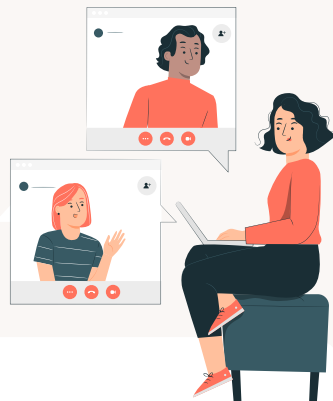
Step 4: Wrap Up

Thank them, wrap up, validate their input, and set up a follow-up to share the actions taken based on their input.



EMPATHY INTERVIEW TIPS

For the purposes of this exercise, you'll be doing this interview with adult partners but thinking about how it could be done with students.



DO

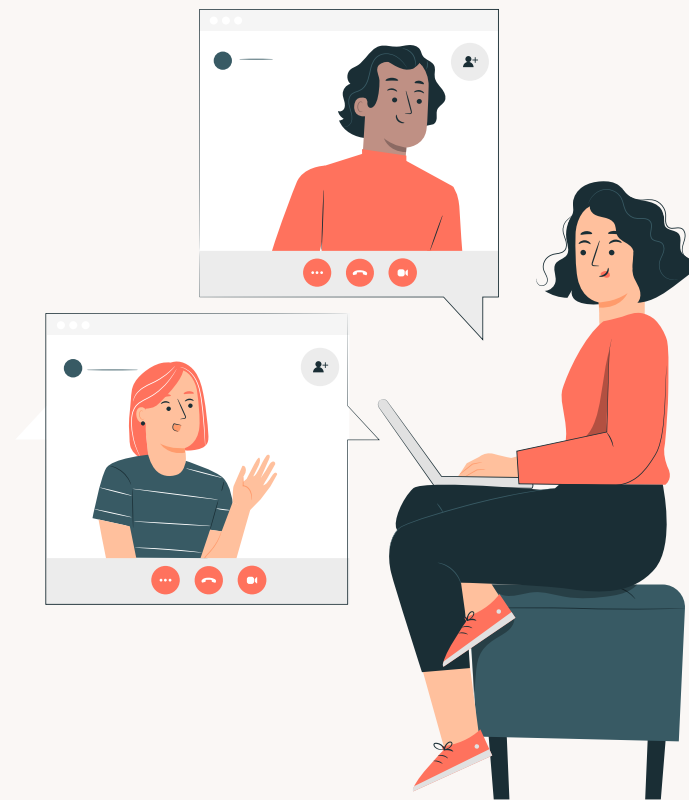
- Actively listen to your partner.
- Be authentic: seek information you're curious about.
- Let them know their input is valued.
- Ask open ended question: think about how to get your partner to dig deeper.
- Pay attention to nonverbal cues, body language, and emotions.
- Be clear and specific. Don't try to cover too much.

TRY AN EMPATHY INTERVIEW

Either in small groups (or with partners), take turns being the interviewer and interviewee. Either take scenarios your students might be facing or use scenarios you're experiencing yourself. Each person should spend 3-4 minutes interviewing the other.

Get the Empathy Interview template to use with your students (or try it with parents) at

bit.ly/EmpathyINTVW



HERE ARE
SOME OTHER
IDEAS TO USE
RIGHT AWAY



GOAL-SETTING SHEETS

Talk with students about areas necessary for successful goal setting, and then encourage them to use a sheet similar to the one here.

Prioritize goals (list)	Visualize a target	Set a date	Did I meet my goal?
<p><i>Sample:</i></p> <p>GOAL 1 (SOMETHING I CAN START TOMORROW):</p> <p>LOGGING IN ON TIME ALL WEEK.</p>	<p><i>Sample:</i></p> <p>ACCOMPLISH: WAKE UP 10 MINUTES EARLIER USING MY PHONE ALARM AND GO TO BED EARLIER</p> <p>AVOID: STAYING UP PAST MIDNIGHT PLAYING VIDEO GAMES OR WATCHING TIKTOK VIDEOS</p>	<p><i>Sample:</i></p> <p>FRIDAY</p>	<p><i>Sample:</i></p> <p>YES – MET MY GOAL OF LOGGING IN ON TIME TO CLASS ALL WEEK</p>

STUDENT SELF-CHECK SURVEY

Poll or survey your students using a self-check survey. Use the information from the class to share findings with the students. Get their feedback on improvement to help all students feel safe to engage.

Extension Idea:

Create a Google form so students have a place to leave you feedback regularly.

Student Check Survey

Please respond (True/False). The goal is to get to where you feel as though you can circle True for all the items.

I feel safe to participate in class.	T or F
I feel like I can advocate for my needs in class.	T or F
I feel like my classmates will support me if needed.	T or F
I feel like I have a voice.	T or F
I feel like my teacher will help me if I need it.	T or F
I feel like I can express myself.	T or F

SEEKING HELP

Talk to students about the importance of recognizing their own strengths, but also their areas of weakness, so they know how to get help when necessary.

Extension Idea:

Use this template to either create a Google form to gather student feedback or use it for a one-on-one check-in with students.

I Need Assistance	
Your name:	
What can I help you with?	
What is the best way to contact you?	
Thank you for trusting me and reaching out. I will help you navigate through this challenge.	

SHARE & DISCUSS

What tools are you excited try? Do you have other ideas working for you that support virtual SEL?



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SLIDE 22

RESOURCES

Use these resources to support your engagement with SEL:



The Allstate Foundation empowers young people, parents, and educators with SEL and service-learning opportunities: allstatefoundation.org



CASEL offers tips for how parents can model SEL skills at home: casel.org



Here's how to easily and effortlessly build SEL into virtual, blended, or in-person environments: corwin.com



WeAreTeachers has resources to help parents of teens to take SEL from the classroom to home: weareteachers.com