

TEACHING OF SOCIAL AND EMOTIONAL SKILLS

- ☐ Role playing e.g. how to make friends, how to join in a game, identifying your own emotions (use of visuals)
- ☐ Recognising facial expressions and body language
- ☐ Meditation/relaxation/mindfulness (especially after lunch break)
- ☐ PBL (Positive Behaviour for Learning) consistent approach-proactive
- ☐ Teach breathing techniques
- ☐ PD/H/PE Curriculum courses
- ☐ Social groups @ lunchtime e.g. Rock and Water, Peak Performance, Drum Beat, RAGE, Mercy (anger management), Shine, Girls lets connect
- ☐ Circle time/social skills training (Primary +high school)
- ☐ Modelling/explicit instructions
- ☐ Self-management plan/skills
- ☐ Naming your feeling
- ☐ Whole class discussion/pair share
- ☐ Friendly kids, Friendly classroom
- ☐ Skill streaming, Prosocial skills (Goldstein & McGinnis)
- ☐ Target whole school- social skill of week
- ☐ Mindmatters
- ☐ Share personal life (within reason) e.g., when I was at school-
- ☐ Accessible language to students
- ☐ Model correct behaviours
- ☐ Whole school programs
- ☐ Beginning a situation to practise-waiting your turn, public speaking, sharing. Then increasing number in small group as students' improve
- ☐ Use of social stories
- ☐ Utilising feelings cards
- ☐ Posters that help children label emotions (use of visuals)
- ☐ Rewards for students who display prosocial skills –Dojo points
- ☐ Proximity-praise-reward
- ☐ Guided social activities during break time
- ☐ Team building activities
- ☐ Feelings thermometer
- ☐ Resource-meet Mr Angry Art
- ☐ Teaching through literacy