

DISCOVER EVERYDAY

SEL STUDENT TIPS

Consider incorporating these tips to support social and emotional learning (SEL) into everyday instruction. Each aligns with CASEL's framework, corresponds to best practices from leading *Gale eBooks* authors, and is leveled for elementary as well as middle and high school students. There are even bonus resources for educators at the end.



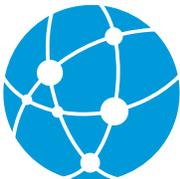
SELF-AWARENESS

helps kids understand, reflect, and practice self-control. Whereas younger students could explore feelings through **guided storyboarding**, teenagers could reflect and improve emotions through **reflective journaling**. Elementary school teachers can use titles like *Thoughts and Feelings: Identifying Emotions* or *Feeling Sad*; then in middle school and high school, teachers can transition to *The Craft of Writing: Poetry* or *A Writer* as feelings become more complex.



SELF-MANAGEMENT

includes controlling impulses, making routines, and being responsible. Students of all ages can benefit from goal setting, in particular. For young students, begin with **ownership of simple tasks like remembering supplies**; for older students, **connect tasks to their personal goals** by tracking daily assignments and encourage intrinsic motivation by having them select their own responsibilities. Start with titles like *Planning for Success: Goal Setting* or *In Charge and Unstoppable: Developing Organizational Skills*. For older students, enhance skills with *In Charge and Unstoppable: Developing Organizational Skills* or *Understanding Money Goals and Budgeting*.



SOCIAL AWARENESS

involves skills like listening, empathizing, and understanding (1) social norms, (2) cultural differences, or (3) community and family support systems. Elementary school students can grasp basic listening skills by **seeing and practicing good and bad examples**. They can also learn more skills by exploring sections from eBooks like *Quiet As a Butterfly* or *In Your Shoes: A Story of Empathy*. Teenagers can become more aware of understanding intercultural relationships by **studying different cultures and traditions through the arts and literature**. Through titles like *Appreciating Diversity* and *Transforming Self and Society with Compassion*, middle and high school students can become more considerate of the people around them.

RESPONSIBILITY



means understanding consequences and considering whether behaviors are moral or ethical. For K-5 students, the first step is learning how actions create positive or negative results. By **making lists of rules and what happens if those rules are broken**, young students can make the connection between their actions and the outcome. Titles such as *Being Responsible* and *Zoom In on Honesty* emphasize these ideas. Students in grade 6–12 need to have respect for themselves and others before they can effectively model ethical behavior; teaching about perspective is a great place to start. Include **debate activities to provide a healthy, safe way for students to have open discourse** about different viewpoints. Titles to support responsible decision-making include *Teen Voices: Real Teens Discuss Real Problems* and *Making Healthier Choices: Positive Life Decisions*.

RELATIONSHIP SKILLS



are essential for students to cooperate with each other and solve problems together. Elementary students can use the **“stop, look, think” technique**, which teaches them to observe and gather information before coming up with a solution. *Dealing with Defeat* and *Keeping Calm and Focused: Stress Management* teach young students how to interact with others when the situation may not be going their way. On a deeper level, middle and high school students can learn conflict resolution through **role playing or peer mediation**. Helpful eBooks include *Getting Relationships Right: How to Build Resilience and Thrive in Life, Love, and Work* and *Blowing Up: The Psychology of Conflict*.

BONUS RESOURCES FOR EDUCATORS



because teachers need support too. *Gale eBooks* for professional learning provide educators with practical, actionable resources to better handle the needs of students both inside and outside the classroom. Our SEL and DEI collection encompasses topics like **culturally responsive teaching, trauma-informed and mindful practices, self-management, empathy, and differentiation**. Sample eBooks include *All Learning Is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond* and *Developing Student Ownership: Supporting Students to Own Their Learning Through the Use of Strategic Learning Practices*.

LEARN
MORE



Together, we can provide private, age-appropriate mental health resources and guidance to support students of all ages. Learn more at [gale.com/sel](https://www.gale.com/sel)