

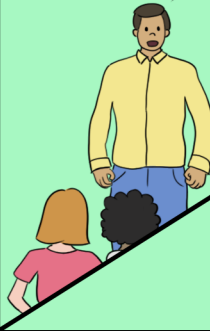
Classroom Strategies for Social-Emotional Learning

Tense & Release

Muscle exercises allow students to recognize and manage physical symptoms of stress.

YOUNGER

I'M GOING TO SHOW YOU HOW I TIGHTEN MY BODY LIKE A ROBOT. PRACTICE TENSING YOUR MUSCLES. NOW RELAX YOUR BODY LIKE A RAGDOLL.



CLENCH EVERY MUSCLE IN YOUR BODY STARTING WITH YOUR JAW & WORK YOUR WAY DOWN THROUGH YOUR ARMS, STOMACH, LEGS, & TOES. THEN, SLOWLY RELEASE EACH MUSCLE ONE BY ONE.

OLDER



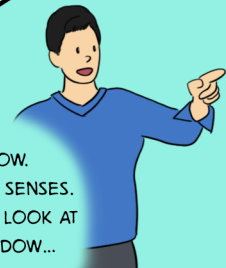
Grounding

Drawing attention to all 5 senses allows students to take a mental break.

IT'S TIME TO TAKE A BREAK TO FOCUS ON OUR SENSES. THINK ABOUT WHAT YOU'RE SEEING, HEARING, TASTING, TOUCHING, & SMELLING.



IT LOOKS LIKE YOU'RE UPSET RIGHT NOW. SHIFT YOUR FOCUS TO YOUR SENSES. LISTEN TO THE AC BLOWING. LOOK AT THE CLOUDS OUT THE WINDOW...



Breathing Exercises

Negative feelings can lead to irregular breathing. Breathing exercises allow students to relax their bodies.

PRETEND YOU'RE SMELLING A BEAUTIFUL FLOWER. THEN, PRETEND YOU'RE BLOWING OUT CANDLES ON A BIRTHDAY CAKE.



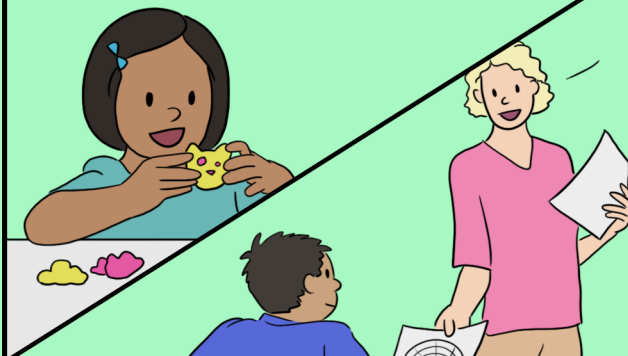
PLACE YOUR HANDS ON YOUR BELLY & INHALE. FEEL YOUR STOMACH EXPAND. NOW FEEL YOUR BODY RELEASE THE AIR.

Creative Arts

Drawing, painting, or music helps students redirect their focus from negative emotions to the colors, textures, and sounds of what they're creating.

YOUNGER

SCULPT YOUR PLAYDOUGH INTO AN OBJECT THAT MAKES YOU FEEL HAPPY.



THIS SAT PREP CAN MAKE US FEEL TENSE. WE'RE GOING TO COLOR MANDALAS TO CALM OUR MINDS.

OLDER

Visualization

Visualization helps students imagine success and happiness. This leads to positive feelings and behaviors.

IMAGINE YOU'RE WALKING DOWN A PATH & FIND YOURSELF UNDERNEATH A BEAUTIFUL RAINBOW. THINK ABOUT HOW EACH COLOR MAKES YOU FEEL.

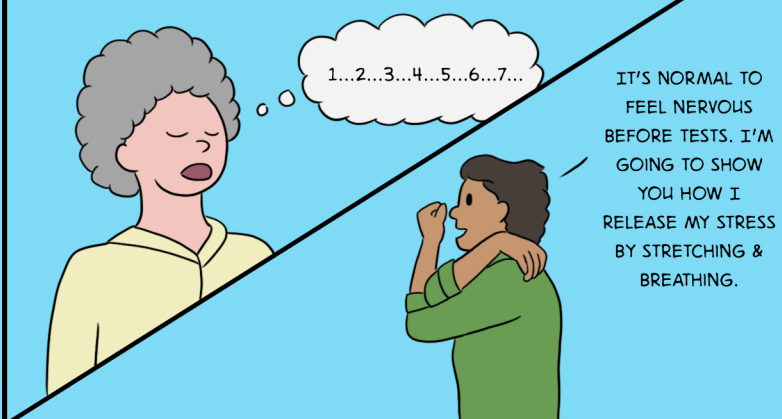


PICTURE A TIME WHEN YOU WERE STRESSED BUT MADE IT THROUGH. NOW IMAGINE YOURSELF BRINGING THAT SAME SUCCESS TO THIS PROJECT.

Modeling

Modeling teaches students how to manage difficult emotions.

I'M FEELING FRUSTRATED. I AM GOING TO TAKE A DEEP BREATH & COUNT TO 10.



IT'S NORMAL TO FEEL NERVOUS BEFORE TESTS. I'M GOING TO SHOW YOU HOW I RELEASE MY STRESS BY STRETCHING & BREATHING.