

# Social and Emotional Learning, Mental Health and Wellness, & Community Building Work Group

In planning for the return to school following COVID-19 school closures, we must prioritize efforts to address social emotional learning and mental health needs of all members of our school community with the knowledge and tools to support our students and families in these challenging and uncertain times. Emotional safety and wellbeing is at the forefront of our work.

## Core Belief:

- ☐ We believe the heart of all learning is grounded in connection, community, and relationships.

## Reflective Questions:

- ☐ How do we embed intentional social emotional learning into our school culture, daily instruction, and curriculum?
- ☐ How do we support the mental health and wellness of our students, staff, and families?
- ☐ What are best practices in creating connections, community, and relationships.

## Social and Emotional Learning (SEL) Practices

- ☐ Integrate SEL through continued development of systems currently in place in our school communities.
- ☐ Allow time for transition and relationship building experiences at the beginning of the school year.
- ☐ Establish ongoing morning meeting routines and procedures that focus on helping students understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions.
- ☐ Continue to provide professional development and supports.

## Mental Health and Wellness Practices

- ☐ Support students, staff, and families in generating at home learning routines and organization systems.
- ☐ Provide access to mental health and trauma support.
- ☐ Share resources with students and families.
- ☐ Provide professional development and supports.

## Building Community Practices

- ☐ Strengthen adult-student and peer relationships.
- ☐ Re-establish supportive learning environments where all students and staff can enhance and develop their social and emotional competencies, feel a sense of belonging, heal, and thrive.
- ☐ Continue to provide professional development and supports.

## To Learn More

- ☐ [CASEL: Social Emotional Learning Competencies PDF](#)
- ☐ [Student Mental Health](#)
- ☐ [Building Relationships and Increasing Engagement in the Virtual Classroom](#)