

# Summary of recommendations

## Teaching strategies

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### Teach SEL skills explicitly

- Use a range of strategies to teach key skills, both in dedicated time, and in everyday teaching.
- Self-awareness: expand student's emotional vocabulary and support them to express emotions.
- Self-monitoring: teach students to use self-calming strategies and positive self-talk to help deal with intense emotions.
- Social awareness: use stories to discuss others' emotions and perspectives.
- Relationship skills: role play good communication and listening skills.
- Responsible decision-making: teach and practise problem-solving strategies.

2



### Integrate and model SEL skills through everyday teaching

- Model the social and emotional behaviours you want students to adopt.
- Give specific and focused feedback when students display SEL skills.
- Do not rely on 'crisis moments' for teaching skills.
- Embed SEL teaching across a range of subject areas: literacy, history, drama and HPE all provide good opportunities to link to SEL.
- Use simple ground-rules in groupwork and classroom discussion to reinforce SEL skills.

3



### Plan carefully for adopting a SEL program

- Use a planned series of lessons to teach skills in dedicated time.
- Adopting an evidence-based program is likely to be a better bet than developing a bespoke approach.
- Explore and prepare carefully before adopting a program—review what is required to deliver it, and whether it is suitable for your needs and context.
- Use evidence summaries as a quick way of assessing the evidence for programs.
- Once underway, regularly review progress, and adapt with care.

4



### Use a SAFE curriculum: Sequential, Active, Focused and Explicit

- Ensure your curriculum builds skills sequentially across lessons and year groups. Start early and think long term.
- Balance teacher-led activities with active forms of learning, such as: role-play, discussion and small group work, to practice skills.
- Focus your time: consider quality and quantity. Brief regular instruction appears more effective than infrequent long sessions.
- Be explicit: clearly identify the skills that are being taught and why they are important.

## Whole School

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### Reinforce SEL skills through whole-school ethos and activities

- Establish schoolwide norms, expectations and routines that support student's social and emotional development.
- Align your school's behaviour and anti-bullying policies with SEL.
- Seek ideas and support from staff and students in how the school environment can be improved.
- Actively engage with families to reinforce skills in the home environment.

## Implementation

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### Plan, support, and monitor SEL implementation

- Establish a shared vision for SEL: ensure it is connected to rather than competing with other school priorities.
- Involve teachers and school staff in planning for SEL.
- Provide training and support to all school staff, covering: readiness for change; development of skills and knowledge; and support for embedding change.
- Prioritise implementation quality: teacher preparedness and enthusiasm for SEL are associated with better outcomes.
- Monitor implementation and evaluate the impact of your approaches.