

PROACTIVE APPROACHES TO SUPPORTING SOCIAL-EMOTIONAL LEARNING

Proactively teaching Social-Emotional Learning (SEL) skills equips children with the tools they need to navigate relationships, manage emotions, and make positive choices. When educators intentionally create a supportive environment and embed SEL into daily routines, students develop self-regulation, resilience, and social awareness.

<p>Create Safety</p> <p>Safety can be found in predictable, supportive, and trusting environments</p>	<p>Offer Choices</p> <p>Choices gives children a sense of control and autonomy</p>	<p>Celebrate Strengths</p> <p>A strength based approach boosts confidence and helps children feel valued and motivated to learn.</p>	<p>Use Visuals</p> <p>Visuals support understanding, and helps all learners, especially those with diverse needs, stay engaged</p>
<p>Front-Load Changes</p> <p>Frontloading helps children feel prepared and reduces anxiety</p>	<p>Teaching and practice routines</p> <p>Practicing routines helps children develop independence</p>	<p>Teach pro-social behaviour</p> <p>Pro-social behaviors helps children build positive relationships, develop empathy, and navigate social situations</p>	<p>Consider your tone</p> <p>Educator’s tone of voice sets the emotional tone of the classroom, influencing children's sense of safety and emotional regulation</p>
<p>Use common language between home and program/school</p> <p>Common language creates consistency, reinforces expectations, and helps children feel supported across environments</p>		<p>Give positive individualized feedback</p> <p>Individualized feedback builds confidence, reinforces growth, and helps children feel seen and valued</p>	

Proactive strategies—such as modeling expected behavior, front-loading changes, and using common language between home and school—set children up to thrive.