



Social Emotional Learning During Distance Learning Formats

This document provides teachers with tangible tips to naturally infuse SEL into their day with students in a distance learning format.

Note: All Kindness check-ins and graphics are derived from lessons found within our FREE lesson plans available at <https://www.randomactsofkindness.org/for-educators>

Kindness Check-Ins

These are used to generate open ended conversations around each kindness concept. There are several ways to incorporate the check-ins, depending on grade level:

Option 1

Grades K-2 or Special Ed

Provide the generalized question at the beginning of class.

Option 2

Grades 3-8

Turn the check-in into an online survey. Use results to generate a conversation.

Option 3

Grades 6-12

Email the check in to students ahead of time and have them respond in your online discussion group, formulating an entire paragraph response to the check-in.

Kindness Concepts

Depending on the concept, here are some sample questions you can use for your check-ins:

Respect

- How can our words and actions disrespect someone? How can our words and actions uplift someone and ensure we're showing them respect?
- What can we do if we hurt their feelings?
- What is one new way you can respect yourself later on today?

Caring

- What qualities do you look for in a friend?
- What might happen if we commit to consciously showing gratitude to those we live with?
- What might happen if we choose to ignore others that need help?
- When you hear the word emotions, what do you think of? How can understanding emotions help you show more compassion towards others?
- Why is it important to think about what we do, what we say, and how we act from a variety of perspectives?

Inclusiveness

- How can you include others when they don't share your interests?
- How can you, as a kid, help out when you see a situation that isn't equitable?
- What risk can you take this week to help make something (or yourself!) more inclusive, fair, or equitable?

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