



Social-Emotional Learning (SEL)

Support student's social and emotional growth in SpacesEDU



Social-emotional learning (SEL) helps students develop **self-awareness, self-management, social awareness, relationship skills, and decision-making**. The [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#) coined these five core competencies to equip students with the tools they need to navigate their academics and real-life challenges. Weekly reflections in SpacesEDU provide a structured way for students to process their emotions, set goals, and connect their learning to real-life experiences.



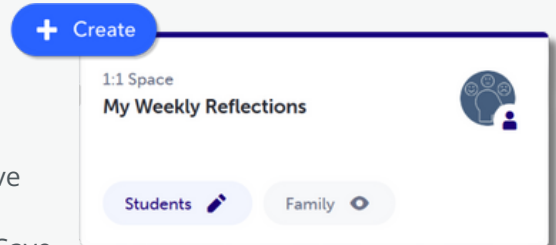
Source : CASEL, casel.org

Tips for Supporting Social and Emotional Growth in SpacesEDU

- Add the "CASEL" Tag Set**
 - Tag Posts with the CASEL competencies to keep track of students' development throughout the school year
- Set up dedicated personal learning environments**
 - Create 1:1 Spaces specifically for SEL
- Engage families in students' reflective practice**
 - Ensure families have access to these weekly reflections
- Promote creative reflection formats**
 - Encourage students to use text, images, audio, video, or drawings

How to Create a 1:1 Space

1. From the Spaces tab, click + Create
2. Select 1:1 Spaces > ✓ Next
3. Select All Students, including all future students > ✓ Next
4. Name the Space, add a description, and relevant resources > ✓ Save
5. Click on Students > Active
6. Select Family Access > Visible with Comment access (optional) > ✓ Save



Additional SEL Resources

- Learn to engage [indigenous students with SEL](#)
- Enroll in [CASEL's free course](#) to familiarize yourself with SEL
- Get inspiration from UBC's [SEL Resource Finder](#), a one-stop shop for anyone who works in educational settings
- Adapt these [lesson plans](#) from Learning from Justice to build literacy and social emotional skills





Social-Emotional Learning (SEL) Reflection Prompts

Mathematics *(Self-Awareness, Self-Management, Relationship Skills, Social Awareness)*

- Draw how math makes you feel today.
- What strategy helped you solve a challenging math problem today?
- Describe a time when you persevered through a difficult math challenge.
- How did you support a classmate during math group work?

English Language Arts *(Self-Awareness, Social Awareness, Relationships Skills, Responsible Decision-Making)*

- How does a character in the story manage their emotions?
- How do the themes in this story connect to real-world issues?
- How can we show respect when someone shares their writing?
- What does this book teach about empathy and understanding others?

Science *(Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making)*

- What experiment or discovery excited you this week? What did you learn about yourself throughout the process?
- Think about a time in science when you had to be patient or persistent. How did you handle it?
- How do scientific discoveries impact people's lives and communities?
- What's one way you could use science to solve a real-world problem?

Social Studies *(Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making)*

- What's a current event or historical story that made you think differently?
- What does community mean in your cultural context?
- How can understanding different perspectives help us solve community problems?
- What similarities and differences do you notice between your life and the lives of people in other communities?

Art *(Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making)*

- How did your emotions influence your creativity this week?
- If your week were a painting or a song, what would it look or sound like?
- Who or what inspired your creativity this week?
- How do different cultures express emotions and experiences through art?

Beyond the Classroom *(Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making)*

- What's a life skill you practiced outside of school this week? How did it help you?
- What's one challenge you faced at home or in your community? How did you respond?
- When did you apply something from school in your daily life?
- What did you learn today that you'd like to share with your family or Elders?