Building Resilience, Cultivating Care: A Workshop on Social-Emotional Learning and Student Well-Being

USU Faculty Development Workshop Series
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Sample Social-Emotional Learning Interventions

**Mindfulness/Breathing Exercises**

Breathing Exercise- 3 Collective Breaths (take 3 mindful breaths together as a class)

Mindfulness Practice- Gratitude (think about and/or write down 3 things you are grateful for)

Mindfulness Practice- Guided Body Scan (starting at toes, bring awareness to each body part, just noticing and attending to sensations, close with 3 collective breaths)

**Mindful Movement**

Power Pose (stand tall, hands down by side facing forward, take three collective breaths together)

Three-Way Neck Stretches (gently perform neck stretches to the comfort level of each student)

Chair N’ Twist (sitting in your chair, reach one arm behind you, gently twist, turn your gaze over one shoulder, return to center, repeat the other side)

**Journaling/Self-Reflection Prompts**

Quick Write: Write about a time when you misjudged someone different than you. What did you learn from the experience?

Quick Write: Reflect on the past week or so. What are some things you could be doing to be more self-accepting? How could being kinder to yourself inspire motivation?

Quick Write: What are some things you can do to be an active listener?