AT A GLANCE

Ways That Social and Emotional Learning Can Be Integrated Throughout the School Day

Social, emotional, and academic development are intertwined. Students benefit when educators weave social and emotional learning (SEL) throughout the school day, building, and curriculum.

Students practice self-awareness by identifying how they feel throughout the day, especially when confronted with difficult academic tasks.

Students are given multiple opportunities for self-directed work and play, which develops self-management and responsible decision-making.

Teacher identifies the social and emotional competencies needed for academic work, and incorporates them into the lesson plan.

Teacher actively models social and emotional competencies, stopping at times to “think aloud” and describing how she or he feels, thinks, and acts in a certain situation.

Students develop relationship skills, such as communication and collaboration, through structured group work.

Teacher uses “teachable moments” to help guide students through social and emotional challenges, such as helping students mediate a conflict.


To illustrate how one school integrates SEL, the Learning Policy Institute created this graphic as part of a case study of Lakewood Elementary School in Sunnyvale, California. The school developed holistic SEL approaches in partnership with the Center for Reaching & Teaching the Whole Child and San Jose State University.

How does your school integrate SEL? Discuss these reflection questions with your colleagues.

- Which strategies shown here resonate with you and why?
- Which strategies would you like your school(s) to try?
- Which staff need to be involved?
- What kind of support do they need?
- What else can you do to integrate SEL and academics?
- What challenges do you anticipate, and how can professional learning help?