



Enhancing Educator Wellbeing:

10 Ways to Engage in Social and Emotional Learning

Below are 10 activities that utilize high-leverage practices to build the skills and mindsets educators need to effectively embody, teach, model, and coach Social and Emotional Learning (SEL) for students, create safe and supportive classroom environments, manage stress, and achieve wellbeing.

1. Reflect on your social and emotional strengths using CASEL's [Personal SEL Reflection](#).
2. Define your values and purpose by developing a [professional mission statement](#).
3. Explore your emotions with the [Healthy Minds Innovations App](#) from the Center for Healthy Minds at UW-Madison.
4. Learn about how you respond to [stress in your body](#).
5. Cultivate empathy for others with the "[Just Like Me](#)" exercise.
6. Watch Carol Dweck's "[Developing a Growth Mindset](#)" and [reflect](#).
7. Practice changing unrealistic expectations using [positive affirmations](#).
8. Reflect on [what made you feel alive today](#).
9. Establish balance and boundaries using [compassionate boundary setting](#).
10. Consider the cost of caring by learning about the [compassion fatigue cycle](#).



Looking for more? Check out Transforming Education's [SEL for Educators Toolkit](#) or DPI's [Compassion Resilience Toolkit](#) for additional learning, reflection, and practice activities.

