

2022

# WINTER SEL GUIDE

SEL STRATEGIES

FOR THE CLASSROOM



APERTURE  
EDUCATION



SEL can infuse joy into the winter months and holidays!

Teachers, we know you have been busy getting students engaged in learning this fall. Winter is a great time to give you and your students an extra boost so everyone stays motivated during the long winter months.

Social and emotional learning (SEL) can help! An essential part of learning, SEL helps adults and students manage stress, build confidence and self-efficacy, set meaningful goals, and foster relationships based on mutual respect and trust. SEL is especially important during winter and winter break, when stress and anxiety levels can run high.

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## **WE'VE PUT TOGETHER THIS GUIDE TO GIVE YOU SOME IDEAS ON HOW TO SUPPORT STUDENTS AND INFUSE JOY INTO YOUR CLASSROOM WITH SEL. INCLUDED ARE THE FOLLOWING ARTICLES:**

- 7 SEL Strategies Sure to Spread Cheer in Your Classroom
- 3 Winter-Themed Student Voice, Choice, and SEL Activities
- 2022 Winter SEL “BINGO” Challenge

So get ready to keep the season merry and bright! We hope you enjoy these activities to help students strengthen their social and emotional skills this winter season.

Want to learn more about how to improve student engagement and academic achievement with SEL? Contact us today, and let's chat about how we can help you create a plan for supporting students through the long winter break (and all year long). [Contact us today!](#)



# 7 SEL STRATEGIES

# SURE TO SPREAD CHEER

# IN THE CLASSROOM

As fall changes to winter, many feel a change in their moods and energy levels. The days are shorter, fall colors have faded, and colder weather sets in.

Now is a great time to find ways to spread extra cheer in the classroom. Shifting your instruction and introducing new practices can boost happiness and engagement for you and your students this winter.

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## HERE ARE SEVEN WAYS TO BEAT THE WINTER BLUES.

### **1 Let students lead.**

Have students discuss math solutions or story plots in small groups, and only help guide their discussions if needed. Providing opportunities for student voice and choice in classroom discussions not only gives you a break from lecturing but also helps students take ownership of their learning and build confidence and self-esteem.

### **2 Bring music into learning.**

Music might be the quickest way to infuse joy into your classroom. Research shows that music can reduce anxiety and improve our moods, mental alertness, and memory. There are many ways to incorporate music into learning, including: making up a jingle to help students remember a concept, playing music for a few minutes while students stretch or before they take a test, and using music to help students explore different emotions.

### **3 Own and overcome mistakes.**

We all make mistakes, and it's important to know how to be ok with making mistakes — and how to learn from them. Try this activity with your students: Share a mistake you made and laugh with your students about it. Tell your students how embarrassed you were and what you learned from making that mistake. Then go around the room and ask students to share mistakes they've made and lessons they learned from making them. This can be a good activity to build relationships and trust and show students that we all have to overcome obstacles.



#### **4 Don't grade everything.**

Only grading what truly matters will cut down on your workload, reduce your stress, and give you the time and energy to focus on resting and recharging.

#### **5 Read aloud to your students.**

Besides being an enjoyable activity, there are serious benefits to reading out loud. Academic benefits include increased comprehension and listening skills. Reading aloud can also strengthen teacher-student relationships, give students a safe way to explore emotions, and increase students' focus and attention spans — all important social and emotional competencies.

#### **6 Use microlearning.**

Try out micro-assignments as a way to give students short bursts of information (3-5 minutes) that are quick, focused, and engaging. These are low-stress for both teachers and students and give students opportunities to move through a series of mini-lessons or modules at their own pace, spending more time on the content they find difficult to understand.

#### **7 Find ways to laugh.**

Have you ever heard the expression, "Laughter is the best medicine"? Well, there really are health benefits to laughter! It can boost your mood, lessen pain, and help you de-stress. Whether it's

by telling jokes, reading funny stories, or showing a silly YouTube video, bringing humor into teaching will create a more joyful learning space.

We know that finding joy in teaching and learning is a big construct that will not

be solved by simple tips and activities. But we hope these ideas will help you create more positive learning environments, lessen your stress, and make learning more joyful and fun during the winter months.





## 3 WINTER-THEMED STUDENT VOICE, CHOICE, AND SEL ACTIVITIES

There are many benefits of incorporating voice, choice, and SEL into the classroom, including improved learning experiences and achievement. It encourages students to engage in their learning and gives them the agency to develop self-regulation and become self-directed learners. Giving students increased autonomy can also help them feel valued and encourage them to realize their interests and potential.

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**THIS WINTER, BRING STUDENT VOICE, CHOICE, AND SEL INTO YOUR CLASSROOM. HERE ARE THREE SIMPLE ACTIVITIES THAT GIVE STUDENTS A CHANCE TO EXPRESS THEMSELVES AND BUILD IMPORTANT SOCIAL AND EMOTIONAL SKILLS, ALL WHILE CELEBRATING WINTER!**



### **1 Invite students to lead a winter-themed class project.**

Ask students to pick the topic of a special winter-themed project. For example, they could choose to have a bake sale, write holiday cards, or decorate the classroom. Allowing them to choose the project will increase engagement, excitement, and participation. Give them parameters and guidelines, but also give them as much autonomy as possible.

### **2 Ask students to set (and achieve) a winter goal.**

The goals could be anything from limiting social media time to making dinner one night for their families to spending more time reading for pleasure. Make sure their goal is specific (i.e., “I will only check social media once a day for the next week.”), and have students make a plan for how they will execute their goal (i.e., “Instead of checking TikTok, I will read a book, exercise or play a board game.”). Follow up with students to monitor their progress. They may need to revise their plans if they find themselves not achieving their goals.

### **3 Have students reflect on the upcoming winter break.**

The holidays and winter break can be a fun and joyous time, but it can also cause increased stress and anxiety for some. Family gatherings can be stressful, financial issues may be a concern, and not all students enjoy or celebrate winter holidays. Before break, or as a suggested activity during break, ask students to journal as a way to express their emotions, thoughts, fears, and hopes surrounding the time off. Help them understand that writing can assist them in regulating their emotions, managing stress, and increasing self-awareness.

There are many ways to give students more autonomy. This, in turn, will help them become more engaged and feel a stronger sense of ownership over their learning. We hope you have fun with these winter-themed student voice, choice, and SEL activities!

## **White Paper: Seen and Heard: Benefits of Incorporating Student Voice, Choice, and SEL Into the Academic Framework**

Read our whitepaper, [Seen and Heard: Benefits of Incorporating Student Voice, Choice, and SEL Into the Academic Framework](#) to learn more about the benefits of empowering students through student voice and choice.



# 2022 WINTER SEL

# “BINGO” CHALLENGE

Welcome to the **2022 Winter SEL “BINGO” Challenge!** This is a fun way to practice your social and emotional skills this season.

There are many ways to take on the challenge! You can complete activities straight across, diagonally, or do every task for a “blackout.” Complete as many activities as you can, and get help from your teacher or family members as needed.

# WINTER SEL “BINGO” CHALLENGE

<p><b>Set a Goal for Winter Break</b></p> <p>Goals are crucial for achieving things we want.</p> <p>Practice goal-setting by setting a small, achievable goal for yourself that you can complete before or during winter break, like:</p> <ul style="list-style-type: none"> <li>• I will spend at least 15 minutes reading every day.</li> <li>• I will journal every day for at least 10 minutes.</li> </ul> <p>After you choose your goal, create a plan for achieving it. Ask friends or family members to help you stay on task.</p>	<p><b>Explore World Holiday Traditions</b></p> <p>Learning about different winter or holiday traditions can be a great way to build cultural and social awareness.</p> <p>Try one or more of these activities:</p> <ul style="list-style-type: none"> <li>• Read a book about how different cultures celebrate diverse holidays and traditions.</li> <li>• Ask a family friend, a neighbor, or a teacher to share how they celebrate winter holidays, and then write about it.</li> <li>• Check out the short videos on this page: <a href="https://bit.ly/3Sq6BIL">https://bit.ly/3Sq6BIL</a> to learn about six different holidays celebrated around the world.</li> </ul>	<p><b>Growth Mindset Visualization</b></p> <p>Having a growth mindset means you believe people can improve themselves through hard work.</p> <p>For this activity, sit quietly for 5–10 minutes and repeat one or more of the phrases below to yourself or out loud:</p> <ul style="list-style-type: none"> <li>• “I won’t give up, even if the work is difficult.”</li> <li>• “I will learn from my mistakes.”</li> <li>• “I can do anything if I work hard and believe in myself.”</li> <li>• “If it’s too easy, I am not learning.”</li> <li>• “The more I use my brain, the smarter I will get.”</li> <li>• “I will try my best.”</li> </ul>
<p><b>Explore Family Traditions</b></p> <p>Different families have different traditions. Examining your family’s traditions and what they mean can increase self-awareness.</p> <p>Pick a special object, a book, a family photo, or a song that symbolizes how your family celebrates a holiday (this can be a winter holiday or a special holiday or event that your family celebrates during the year). Write about your item and your family’s traditions.</p>	<p><b>Practice Kindness</b></p> <p>Going out of your way to be kind to someone can really brighten their day. It also develops empathy and relationship skills.</p> <p>Practice kindness by doing something nice for a sibling, parent, caregiver, neighbor, or friend. You could:</p> <ul style="list-style-type: none"> <li>• Give them a special compliment.</li> <li>• Write them a nice note or draw them a picture.</li> <li>• Help them complete a chore.</li> </ul>	<p><b>Do Community Service</b></p> <p>Helping the community is a terrific way to develop social awareness and empathy for others.</p> <p>You could:</p> <ul style="list-style-type: none"> <li>• Make a card for folks living in a retirement community.</li> <li>• Bake a treat or make a card for a neighbor.</li> <li>• Pick up trash around a local park.</li> <li>• Donate food or time to a food bank or homeless shelter.</li> </ul> <p><i>*Be safe during community service activities. Always complete these with the help of an adult.</i></p>
<p><b>Do Deep Breathing Exercises</b></p> <p>Deep breathing exercises can help you calm your mind and de-stress.</p> <p>Sit quietly for 10–15 minutes. Focus on your breathing and try to clear your mind. Practice this every day for at least a week (or better yet, make it part of your daily routine).</p>	<p><b>Take a Break From Social Media</b></p> <p>Research shows that spending too much time on social media can increase feelings of stress, anxiety, and depression.</p> <p>Take a social media break during winter break! Start with an hour each day and build up to a full day or more.</p>	<p><b>Seasons Greetings</b></p> <p>Felices Fiestas! This is how you say “Happy Holidays!” in Spanish.</p> <p>Learn how to say season’s greetings in Spanish and 30 other languages (visit this site: <a href="https://bit.ly/3UXan7u">https://bit.ly/3UXan7u</a>) to increase your cultural awareness and spread good tidings to all.</p>





# “BINGO” DESAFÍO DE DESARROLLO SOCIO-EMOCIONAL DE INVIERNO DE 2022

¡Bienvenido al “BINGO” Desafío de desarrollo socio-emocional de invierno de 2022! Esta es una forma divertida de practicar tus habilidades sociales y emocionales esta temporada.

¡Hay muchas maneras de asumir el desafío! Puedes completar actividades en línea recta, en diagonal o hacer todas las tareas para un “apagón”. Completa tantas actividades como puedas y obtén ayuda de tu maestro o miembros de la familia según sea necesario.

# “BINGO” DESAFÍO DE DESARROLLO SOCIO-EMOCIONAL DE INVIERNO

<p><b>Establece una meta para las vacaciones de invierno</b></p> <p>Las metas son cruciales para lograr las cosas que queremos.</p> <p>Practica el establecimiento de metas fijándote una meta pequeña y alcanzable que puedas completar antes o durante las vacaciones de invierno, como:</p> <ul style="list-style-type: none"><li>• Pasaré al menos 15 minutos leyendo todos los días.</li><li>• Escribiré todos los días durante al menos 10 minutos.</li></ul> <p>Después de elegir tu objetivo, crea un plan para lograrlo. Pídeles a tus amigos o familiares que te ayuden a concentrarte en la tarea.</p>	<p><b>Explora las tradiciones festivas del mundo</b></p> <p>Aprender sobre diferentes tradiciones de invierno o festividades puede ser una excelente manera de crear conciencia cultural y social.</p> <p>Prueba una o más de estas actividades:</p> <ul style="list-style-type: none"><li>• Lee un libro sobre cómo las diferentes culturas celebran diversas fiestas y tradiciones.</li><li>• Pídele a un amigo de la familia, un vecino o un maestro que comparta cómo celebran las vacaciones de invierno y luego escribe sobre ello.</li><li>• Mira los videos cortos en esta página: <a href="https://bit.ly/3Sq6BIL">https://bit.ly/3Sq6BIL</a> para conocer seis festividades diferentes que se celebran en todo el mundo.</li></ul>	<p><b>Visualización de mentalidad de crecimiento</b></p> <p>Tener una mentalidad de crecimiento significa que crees que las personas pueden mejorarse a sí mismas a través del trabajo duro.</p> <p>Para esta actividad, siéntate en silencio durante 5 a 10 minutos y repite una o más de las siguientes frases para ti mismo o en voz alta:</p> <ul style="list-style-type: none"><li>• “No me rendiré, incluso si el trabajo es difícil”.</li><li>• “Aprenderé de mis errores”.</li><li>• “Puedo hacer cualquier cosa si trabajo duro y creo en mí mismo”.</li><li>• “Si es demasiado fácil, no estoy aprendiendo”.</li><li>• “Cuanto más use mi cerebro, más inteligente seré”.</li><li>• “Haré mi mejor esfuerzo.”</li></ul>
<p><b>Explora las tradiciones familiares</b></p> <p>Diferentes familias tienen diferentes tradiciones. Examinar las tradiciones de tu familia y lo que significan puede aumentar la autoconciencia.</p> <p>Elije un objeto especial, un libro, una foto familiar o una canción que simbolice cómo tu familia celebra un día festivo (puede ser un día festivo de invierno o un día festivo o evento especial que tu familia celebre durante el año). Escribe sobre tu objeto y las tradiciones de tu familia.</p>	<p><b>Practica la bondad</b></p> <p>Hacer todo lo posible para ser amable con alguien realmente puede alegrar su día. También desarrolla la empatía y las habilidades de relación.</p> <p>Practica la amabilidad haciendo algo bueno por un hermano, padre, cuidador, vecino o amigo.</p> <p>Tú podrías:</p> <ul style="list-style-type: none"><li>• Hacerles un cumplido especial.</li><li>• Escribirles una nota bonita o hacerles un dibujo.</li><li>• Ayudarlos a completar una tarea.</li></ul>	<p><b>Haz servicio comunitario</b></p> <p>Ayudar a la comunidad es una excelente manera de desarrollar la conciencia social y la empatía por los demás.</p> <p>Tú podrías:</p> <ul style="list-style-type: none"><li>• Hacer una tarjeta para las personas que viven en una comunidad de jubilados.</li><li>• Hornear una golosina o hacer una tarjeta para un vecino.</li><li>• Recoger la basura alrededor de un parque local.</li><li>• Donar comida o tiempo a un banco de alimentos o refugio para personas sin hogar.</li></ul> <p><i>*Mantente a salvo durante las actividades de servicio comunitario. Complétalas siempre con la ayuda de un adulto.</i></p>
<p><b>Haz ejercicios de respiración profunda</b></p> <p>Los ejercicios de respiración profunda pueden ayudarte a calmar tu mente y desestresarte.</p> <p>Siéntate en silencio durante 10 a 15 minutos. Concéntrate en tu respiración y trata de despejar tu mente. Practica esto todos los días durante al menos una semana (o mejor aún, hazlo parte de tu rutina diaria).</p>	<p><b>Tómate un descanso de las Redes sociales</b></p> <p>Las investigaciones muestran que pasar demasiado tiempo en las redes sociales puede aumentar los sentimientos de estrés, ansiedad y depresión.</p> <p>¡Tómate un descanso de las redes sociales durante las vacaciones de invierno! Comienza con una hora cada día y aumenta hasta un día completo o más.</p>	<p><b>Saludos de temporada</b></p> <p>¡Felices Fiestas! Así es como se dice Happy Holidays!” en español.</p> <p>Aprende a decir los saludos de temporada en español y otros 30 idiomas (visita este sitio: <a href="https://bit.ly/3UXan7u">https://bit.ly/3UXan7u</a>) para aumentar tu conciencia cultural y difundir buenas noticias para todos.</p>



# LEADING A LEGACY

2022 SEL VISION SUMMIT

## Watch our 2022 SEL Vision Summit On-Demand

Were you unable to attend our **2022 SEL Vision Summit?** You can access all of our great session speakers' presentations and resources by purchasing our 2022 SEL Vision Summit On-Demand package for **only \$25.**

Purchase the **2022 SEL Vision Summit On-Demand package**

## CONCLUSION

We hope you find the resources in this guide helpful in keeping students focused, engaged, and motivated this winter and throughout the rest of the school year.

Aperture Education is committed to developing the social-emotional skills of all students and educators. We invite you to learn more about the [Aperture System](#) and how it impacts districts and organizations across the country by visiting [apertureed.com](http://apertureed.com) or by [emailing us](#).

As always, we are so grateful for your continued dedication to this profession. Our goal is to be your partner in the development of SEL skills for all students and the incredible staff that support them each day!

