

Boost Language Learning with Social Emotional Learning (SEL)

OCTOBER 2024

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Discover the Power of SEL

“Some scientists believe that cognitive achievement is 50 percent of the equation and social and emotional skills are the other 50 percent of the equation.”

SEL Competencies

1

Self-Awareness

2

Self-Management

3

Social Awareness

4

Relationship Skills

5

Responsible Decision-Making

Foster Holistic Growth

“The affective side of the learner is probably one of the most important influences on language learning success or failure.”

The Affective Factors

1 Anxiety

Negative emotions that can hinder language acquisition, such as fear of making mistakes.

2 Self-Confidence

Belief in one's own abilities and potential to succeed in language learning.

3 Motivation

Intrinsic and extrinsic factors that drive a learner's desire to acquire a new language.



Integrate with Ease

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T | **C**
PAR+NERS

“Connections does more than teach English. It allows students to develop their communication skills in order to connect with others in personal, academic and workplace environments.”

Textbook Examples: Connections 3, p. 78

- B.** In your group, take turns reading the sentences in the Pronunciation Focus handout. After each sentence, discuss the following questions.
1. Would it be easy or difficult to adapt to that aspect of the culture? Why?
 2. Would you want to live in that culture? Why?
- C.** Choose an aspect of the culture described in the handout that would be difficult to adjust to. Discuss what could help people adjust to it.

LIFE SKILLS VIDEO ASK FOR HELP IN DIFFICULT SITUATIONS



Watch someone in a difficult situation. Pay attention to how the person asks for help. See the Life Skills Appendix, page 193, to complete this task.

1

Self-Awareness

Textbook Examples: Connections 6, p. 115



WHILE YOU LISTEN

- C.** Listen to the audio clip. Look at the disasters in the table below. For each one, fill in the missing information and write the example that was given of how people helped others.

Disaster	How People Helped Others
1. In 2005, Hurricane Katrina hit
2. In 2010 and 2011, unrest caused thousands to flee the Ivory Coast.



- D.** Choose True or False for the statements on the handout.

AFTER YOU LISTEN

- E.** Discuss with your partner how likely you would be to help people in need during a disaster situation, and if so, how and in what way.

3

Social
Awareness

Textbook Examples: Connections 5, p. 93

BEFORE YOU LISTEN

- A.** Discuss with a partner why you think each of these actions is ethical or unethical.
1. Standing up to your bully with physical force.
 2. Telling a bully to stop bullying a classmate as soon as it starts.
 3. Sharing the video of a classmate bullying another classmate on social media.

AFTER YOU LISTEN

- C.** Revisit the unethical behaviours from task A. Discuss what can be done differently.
- D.** On a separate piece of paper, write down three unethical online behaviours you are aware of. With your partner, discuss how they should be handled.

5

Responsible
Decision-
Making

Textbook Examples: Connections 2, p. 78

STEP 1

Which of the following activities do you do to stay healthy? Discuss and compare your answers with a partner.

- | | |
|---|--|
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Go to a spa |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Follow a special diet |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> A hobby |
| <input type="checkbox"/> Walk in nature | <input type="checkbox"/> Other: |

STEP 2

With your partner, brainstorm a list of problems that could negatively affect your physical or mental health. They could be related to sleep, stress, fitness, health, or general wellness.

STEP 3

Choose a problem from your list above and think of some activities that could help. Choose one of these to demonstrate to the class. Fill in the information on the handout.

2

Self-
Management

Textbook Examples: Connections 4, p. 3

A. Brainstorm with a group for ways to say hello in different languages. Use an online dictionary if necessary. Complete the table below with as many different examples as possible. Then, compare tables with another group.

Language	Word	Gesture
English	Hello	Wave hand back and forth
.....
.....
.....
.....
.....

- B.** Answer the questions below, and then share the answers in a group.
1. Are gestures universal?
 2. What are some other gestures that are different in your country than in other countries?
 3. Think of common gestures in other cultures. List them below.

4 Relationship Skills

Other Activities

Collaborative Learning

Group projects and activities encourage teamwork, communication, and empathy.

1

Journaling and Reflection

Allowing students to express their feelings and thoughts in writing helps with self-awareness and emotional regulation.

3

Social-Emotional Check-Ins

Regularly checking in with students about their emotional well-being builds trust and allows for personalized support.

5

Role-Playing

Engaging in role-playing scenarios promotes social skills, active listening, and conflict resolution.

2

Mindfulness Activities

Practices like deep breathing and meditation promote relaxation, focus, and stress management.

4

Equip for the Future

“Almost half of new hires fail within 18 months on the job – 89% of those failures are from a lack of soft skills, including 22% because they are unable to understand and manage emotions.”

Workforce Preparation

Communication

**Cultural
Competence**

Interpersonal Skills

Self-management

Collaboration

Creativity

Problem-Solving

Critical Thinking

Decision Making



To learn more, reach out

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