



Enhancing Educator Wellbeing:

Eight Ways to Engage Staff in Social and Emotional Learning

Below are eight activities that leaders can intentionally integrate into staff processes to promote adult Social and Emotional Learning (SEL). These activities utilize high-leverage practices to build the skills and mindsets educators need to effectively embody, teach, model, and coach SEL for students, create safe and supportive classroom environments, manage stress, and achieve wellbeing.

1. Watch the [Schoolwide SEL: Focus on Adult SEL video](#) from the Collaborative for Academic, Social, and Emotional Learning (CASEL) that introduces SEL and provides examples of how schools are promoting adult SEL.
2. Utilize the Adult [Growth Circles](#) protocol with staff to foster self-efficacy, build a growth mindset, and hone professional goal-setting skills while building capacity to model these skills for students.
3. Watch the [SEL 3 Signature Practices: Adult SEL video](#) about CASEL's 3 Signature Practices and use the [Playbook](#) to implement them during staff meetings to foster a supportive environment and promote SEL.
4. Consider how to provide opportunities for staff to develop [stress management skills](#).
5. Incorporate the American Institutes for Research (AIR)'s [Self-Assessing Social and Emotional Instruction and Competencies: A Tool For Teachers](#), into professional learning time.
6. Email monthly content and activities to staff from the [Compassion Resilience Toolkit](#) to create a compassionate staff culture.
7. Integrate the guiding questions, sample practices and resources from one of DPI's [Equity Mindset Cards](#) each month into coaching or professional development opportunities.
8. Take the [SCARF assessment](#) to learn about your social motivation and experience more effective interactions as a school leader.

