



Lakou Kajou's
Tips for Teachers
Integrating Socio-
Emotional Learning
into the Classroom

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LAKOU KAJOU TIPS FOR TEACHERS

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Teknik Lakou Kajou pou Anseyan pou aprantisaj sosyo emosyonèl [Lakou Kajou Teaching Tips for Promoting Socio-Emotional Learning], February 2021. Catholic Relief Services and Blue Butterfly Collaborative.

Introduction



Lakou Kajou's Tips for Teachers: Integrating Socio-Emotional Learning into the Classroom is a series of short videos (each two minutes or less) with motivational messages to help teachers create a positive climate for students and to promote socio-emotional learning in their classrooms.

Socio-emotional learning is a process of developing the ability to manage emotions, establish quality relationships with others, and make responsible decisions for life. Research shows that children who can identify and regulate their emotions are better able to integrate into society and better prepared for the future. It's important that we teach socio-emotional learning in schools, as it is as crucial as reading, math and other academic subjects.

Good social emotional skills help children learn and develop in all aspects of their lives. Teachers can do a lot each day to help children gain these skills that will serve them well their whole lives.

How to use these videos

Each of the eleven videos in the series focuses on a different theme that connects with a specific aspect of socio-emotional learning that can be integrated into teaching. The videos should be used as a supplemental resource to support training programs designed to help teachers promote socio-emotional learning in their classrooms. Trainers may wish to show the videos during training sessions and/or send them to participants as "refreshers" after a training session.

Summary of socio-emotional learning themes

THEME	VIDEO SUMMARY
1. Greeting students	When students arrive at school, greet them individually, with a big smile and a lot of positive energy as they enter the classroom.
2. Inspirational messages	Each day, write an Inspriational message on the chalkboard to promote socio-emotional learning.
3. Taking responsibility in class	When you give students a job to complete in the classroom, they feel valued, they develop a sense of accountability and contribute to the class community (and it also helps keep the classroom in good order!).
4. Talking ball	Use a ball that children pass around to each other to help students learn when they can talk and when they need to listen to someone else.
5. Circulating frequently and getting on eye level	It's important to circulate throughout the classroom frequently. When you do so, engage with students and take time to get down to the eye level of individual students.
6. Transition activities after recess	When children return from recess, often they have a lot of energy. You can use simple transition activities to calm students.
7. Taking a breath	When students are feeling strong emotions, remind them to breathe in and out slowly to calm them down.
8. Movement activities	When children sit for a long time and start to lose their concentration, you can use a movement activity to provide a little energy.
9. Student activity leaders	Give students the chance to take a leadership role by leading game activities, transition activities, or other classroom routines.
10. Positive thinking	Encourage children to understand and manage their emotions, trust themselves and make good decisions.
11. Promoting growth mindset	Growth mindset is a way of thinking that helps students develop abilities, skills, and intelligence, through persistence (practice), positive strategies and asking the help of others when necessary.

1. Greeting students

Duration: 00:33

What is this strategy? Greet students individually with a big smile and a lot of positive energy when they enter the classroom each day.

When is this strategy appropriate? Each morning when the children enter your classroom and at other times in the day when they return to class.

Why Is this strategy Important? Greeting students makes them feel valued and creates a positive climate and good energy in the classroom. A positive climate will help your students feel happy and approach learning with a good attitude. This can make an impact on how your students behave. A positive relationship between students and teacher is the basis of a good classroom experience for all.



2. Inspirational messages

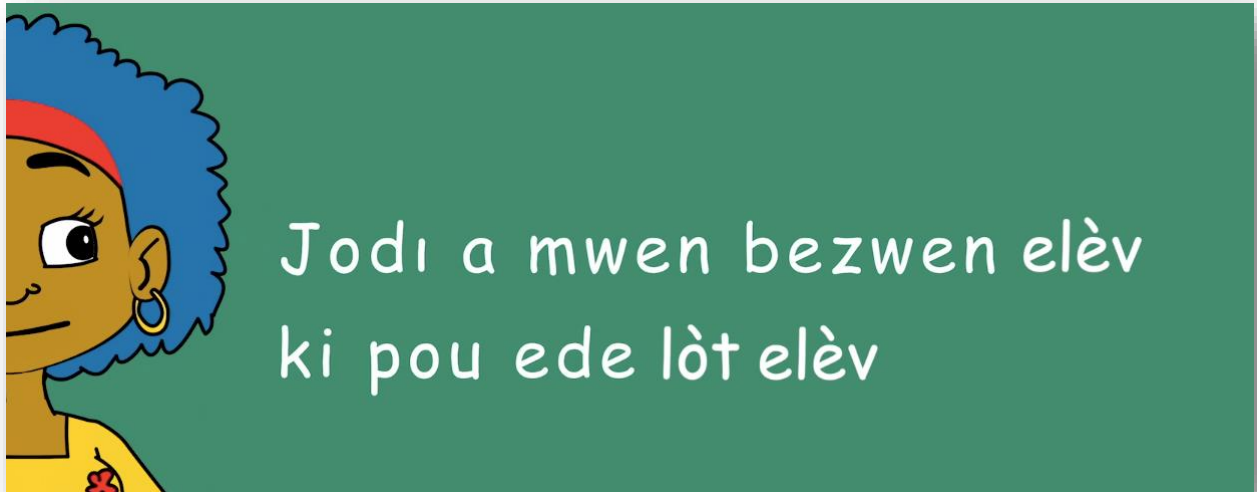
Duration: 00:46

What is this strategy? Before each school day, write a message on the chalkboard to inspire children and promote their socio-emotional learning. This will help start the day positively and can be a way to keep children motivated because you can reinforce the message throughout the day.

When is this strategy appropriate? Write a message on the chalkboard each morning and reinforce it throughout the day by showing what you are looking for in morning messages.

Why is this strategy important? An inspirational message can motivate students and help them develop positive behavior. Here are some examples:

- Today, I'm looking for students who have a lot of patience with one another.
- Today, I'm looking for students who volunteer to do an activity.
- Today, I'm looking for students who have the courage to ask a question.
- Today, I'm looking for students who are not afraid to say they don't understand.



Today, I'm looking for students who will help each other.

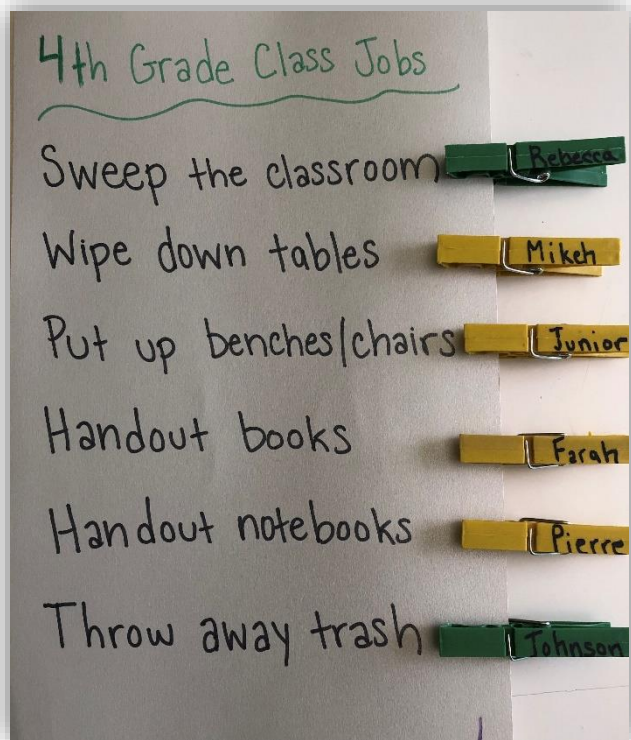
3. Taking responsibility in class

Duration: 00:45

What is this strategy? When you give students jobs to do in the classroom, they feel valued, develop a sense of accountability, and contribute to the class community. (And it also makes a teacher's job easier!) Ensure girls and boys do the same chores to avoid having students think that one job is only for girls or can only be done by boys.

When is this strategy appropriate? Assign each student a role and change the assignments each week.

Why is this strategy important? Giving jobs to students helps them feel valued, develop a sense of responsibility, and contribute to the classroom community.



4. Talking ball

Duration: 00:40

What is this strategy? When it's time for children to share their own thoughts, use a ball to designate whose turn it is for talking. Children pass the ball to one another, and only the student with the ball is permitted to talk. The ball helps children learn to be respectful of their fellow classmates and to control when they may talk and when they need to listen to someone else.

When is this strategy appropriate? It's possible to use this strategy anytime (especially when many children are willing to speak and participate). It can be done inside a classroom or as an outside activity in the school yard.

Why is this strategy important? It helps build respect and teaches children to remember to not talk at the same time as others.



5. Circulating frequently and getting to eye level

Duration: 00:43

What is this strategy? It's important to circulate frequently throughout your classroom. When you move through the room, engage with each student. Make small gestures of encouragement, and help students stay focused. Lower yourself to the student's level so you can better connect with the student and make the student feel safe.

When is this strategy appropriate? As often as possible (especially during individual or group work).

Why is this strategy important? We circulate in a classroom for two primary reasons: 1) behavior (addressing negative behavior, reinforcing good behavior), and 2) monitoring student work (making sure students understood the assignment; giving students feedback as they work). When circulating, connecting to students by getting at their eye-level will help them feel more comfortable and relaxed and will facilitate communication.

Tips for making this strategy work

- Circulate frequently
- Engage students
- Position yourself to see everyone
- Lower yourself to level of the student



6. Transition activities after recess

Duration: 00:44

What is this strategy? When children return from recess, they often have a lot of energy. Use transition activities to settle students down and make it easier for them to engage in learning. A transition activity such as drawing or writing can help students understand and manage their emotions and energy. Let students draw and write freely and choose what they want to create.

When is this strategy appropriate? After recess or other classroom break.

Why Is this strategy important? Allowing students to draw and write freely helps them transition to the upcoming lesson. It also establishes a routine that helps students feel safe and reduces bad behavior because expectations are clear. Routines help to reduce stress because they don't require the same level of attention as new activities. This helps cultivate children's ability to make good decisions.



7. Taking a breath

Duration: 00:55

What is this strategy? When students feel strong emotions, you can help them manage their emotions by reminding them to breathe slowly in and out. This breathing technique is also good for teachers as it can help you manage your own emotions!

When is this strategy appropriate? This strategy can be helpful whenever you see a student expressing strong emotions—sadness, anger, frustration, etc.— It can also be useful when students lack focus, lose their concentration, or have a lot of energy.

Why is this strategy important? Deep breathing helps everyone calm down when they have strong feelings. If children manage their own stress and emotions, they can learn better and communicate better with others (and this is helpful for teachers too!).



8. Movement activities

Duration: 00:47

What is this strategy? When children sit for a long time they may lose concentration and begin misbehaving. Use a transition activity to focus their attention and direct their concentration.

When is this strategy appropriate? When you have a transition between activities or subjects, when students have been sitting too much, when they are tired, or anytime they lack concentration.

Why is the strategy important? It is difficult for students to manage their energy when there is a transition, or they have been sitting too much, or they are tired. A short transitional activity can help children get more energy and motivation, which will allow them to redirect their attention back to the lessons.

Examples of games

- Storms of rain
- Drum pattern
- Naaa, Naaa
- Freeze!
- Marie Ange says
- Multiple
- Mirrors



9. Student activity leaders

Duration: 00:47

What is this strategy? Give students a chance to lead the class by directing a game, transition activity, or other classroom routine.

When to do this strategy? Anytime during the day, but especially during morning circle, a transition activity, or recess games.

Why is this strategy important? When students are given opportunities to guide their activities, they develop leadership skills and feel more valued in class.



10. Positive thinking

Duration: 01:15

What is this strategy? When children have negative feelings, we can help them change their negative emotions. Encourage them to close their eyes, take a breath, and imagine someone or a place that makes them happy and calm.

When is this strategy appropriate? When you notice that a child has a negative feeling such as frustration, anger, or sadness.

Why is it important? What we think and how we behave connect with each other. Feelings come naturally. While people can't control their first thoughts, they can change the way they process them. We can help children change a negative perception, which in turn can help a child behave in a more positive way.



11. Promoting growth mindset

Duration: 00:53

What is this strategy? Growth mindset is a way of thinking that can help students develop their abilities, skills, intelligence, and perseverance. It is a way to help students understand that even if they can't do something now, they can continue practicing to reach a goal in the future. Instead of students saying "I can't," you can help them begin to have a growth mindset by encouraging them to say, "I'm not able to do this YET." This way of thinking builds confidence and promotes self esteem.

When is this strategy appropriate? When children are learning something new, when children are struggling with learning, or any time to help encourage children's efforts.

Why Is this strategy important? A growth mentality helps students in many ways. It encourages them to believe in themselves and apply themselves in their work. It helps students reflect on the mistakes they make and use new strategies that will enable them to succeed.

