

THE SEL MONTHLY

Building Positive Relationships



What are Relationship Skills?

Relationship skills include the ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms, the realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others. In the classroom, forming and maintaining positive relationships is key when working in teams, dealing effectively with conflict, and clearly communicating with others.

(Collaborative for Academic, Social, and Emotional Learning)

Why are Relationship Skills Important?

Relationship skills are the key to creating a positive classroom and school culture, which leads to more effective teaching and learning. Positive relationships between the teacher and student, among students, and within the faculty are essential to the success of school as a whole, as described in the Harvard Graduate School of Education article to the right.

Tips for Building Positive Relationships in the Classroom:

- Greet every student by name daily
- Clearly outline and demonstrate procedures for daily routines
- Facilitate frequent activities for students to interact on a social level, offering guidance as needed
- Celebrate the positives in students' personal lives and practice empathy for others



[Click here to read:](#)

HARVARD
GRADUATE SCHOOL OF EDUCATION

What Makes a Good School Culture?

It starts with connections — strong and overlapping interactions among all members of the school community

Educator Wellness

As the first half of the school year and holiday breaks draw near, it is important to continue recognizing the necessity for balance and self-care for educators. One way to practice strengthening educator SEL and overall wellness is to recognize when educators may be internalizing the struggles and challenges of their students. This is often referred to as secondary trauma and can lead to physical, mental, and emotional fatigue if educators do not intentionally create time to take care of themselves. In this heartfelt TED Talk, teacher Sydney Jensen shares the importance of recognizing and prioritizing educator emotional wellness.



TED Talk: How Can We Support the Emotional Well-Being of Teachers?



To learn more, [click here](#) for the **Edutopia Article:** "When Students Are Traumatized, Teachers Are Too"

SEL Resources

SEL in Action:

Create a Kindness Tree in your classroom to teach children how they can make relationships bloom!



Edutopia Article:
The Importance of Teaching Through Relationships



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Research:

CASEL's SEL Trends

