



Strategy Tool: Using Social and Emotional Coaching

Observing and Describing Social Behaviors and Emotions - Example

Write down some times during the day (e.g., classes, activities) where you would be able to coach your students' social and emotional development.

1. Math stations
2. Group work time
3. Whole class reading
4. Free time at the end of the day

Write down some social skills that you can help your students learn in your classroom.

To practice, it is helpful to focus on those that multiple students could benefit from.

1. Learn how to play appropriately with others.
2. Learn how to handle minor disagreements with peers as opposed to always needing to tell a teacher.

Write down some examples of negative and positive emotions that you observe in your classroom. This can be tricky, so to begin, just choose some basic emotions (e.g., happy, sad, etc.). As you develop your skills, you will be able to more readily identify these in your students.

Negative: frustrated, upset, hurt
Positive: calm, excited, happy

To start, choose one social skill and one emotion to focus on. For each one, write down two ways you can explicitly describe them. If you are targeting negative emotions, include suggestions for coping strategies. Remember to coach, not judge!

Social Behavior to Observe	Descriptive Commentary #1	Descriptive Commentary #2
Handling minor conflict with peers	You are doing a great job of working with your peers to come up with ways to solve your problem!	It looks like your group is having a disagreement. In what ways can all of you work together to come up with a solution?

Emotion to Observe	Descriptive Commentary #1	Descriptive Commentary #2
Frustrated	I can see that you are frustrated. I know that reading new words can be hard sometimes. When I get frustrated, I like to take a short break. How about you take a quick break and return to work in five minutes?	Not getting to play a game that you really like can be frustrating. You are doing a great job of staying calm. How about finding a new game to explore until the one you like is available?