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Info sheet for Peer Social and Emotional Learning

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Document control

Document history

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Document distribution list

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Info sheet of Peer Social and Emotional Learning

Basic info

Methodology name: *Peer Social and Emotional Learning*
Also known as: Peer SEL
Derived from: -
Author of the methodology: -

Explanation

Social-emotional learning is the process of developing social-emotional competencies, such as beliefs, attitudes, behaviour patterns, which help us make good decisions. Similar activities can also be included in lessons to develop students' skills to manage their emotions, communicate more easily with their peers and other people around them, make decisions, and solve problems.
Developing social-emotional skills is even more necessary for students who are exposed to additional stressors (low socioeconomic status, unstable family environment, sick relative or younger siblings to care for etc.). Social-emotional skills will help these students ask for help when needed, manage their emotions, and cope with the challenges of the environment in which they grow.
Similar activities can also be carried out individually or in a peer group without the direct involvement of a teacher, for example, the application of the 4 7 8 breathing technique for overcoming distraction and stress before an exam.

How to demonstrate it

Application of the 4 7 8 breathing technique for overcoming distraction and stress before an exam.
Steps:

1. Sit comfortably
2. Close your mouth and inhale through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale slowly through the mouth to a mental count of eight.
5. Repeat the process three more times for a total of four breath cycles.

The ability to remain calm in difficult circumstances leads to better concentration and better memory. This, in turn, allows students to focus their attention on a specific task rather than side factors.

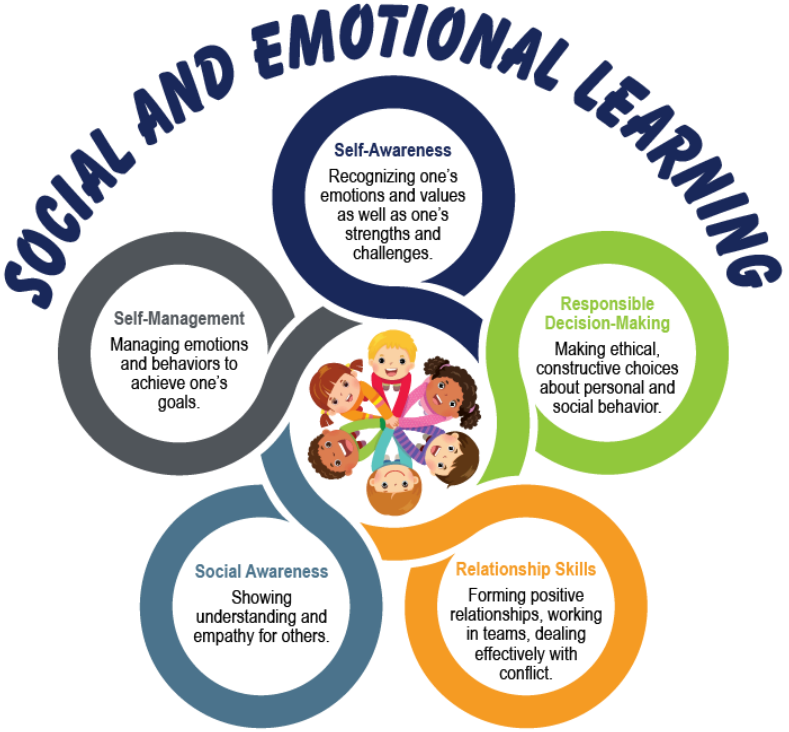


Image 1: Social and emotional process

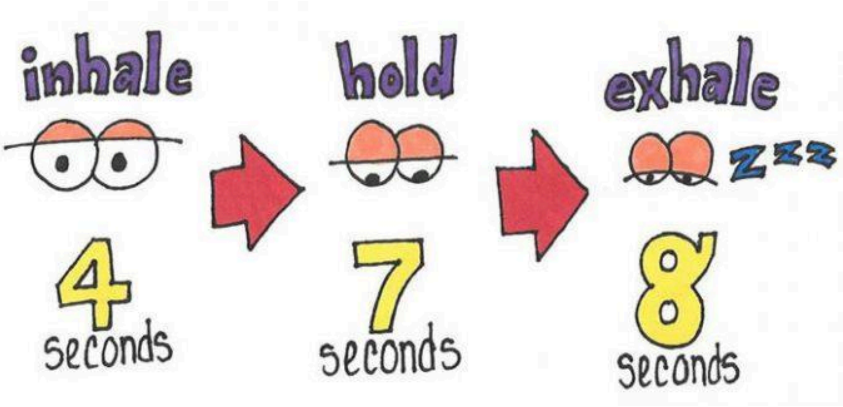


Image 2: 4-7-8 Breathing Technique – Bring the body into a state of deep relaxation

More info and sources

- https://prepodavame.bg/sotsialno-emotsionalno-uchene-kakvo-e-tova/
- https://www.healthline.com/health/4-7-8-breathing#How-to-do-it-
- https://hypnotherapycenter.co.za/4-7-8-breathing-technique-bring-the-body-into-a-state-of-deep-relaxation/