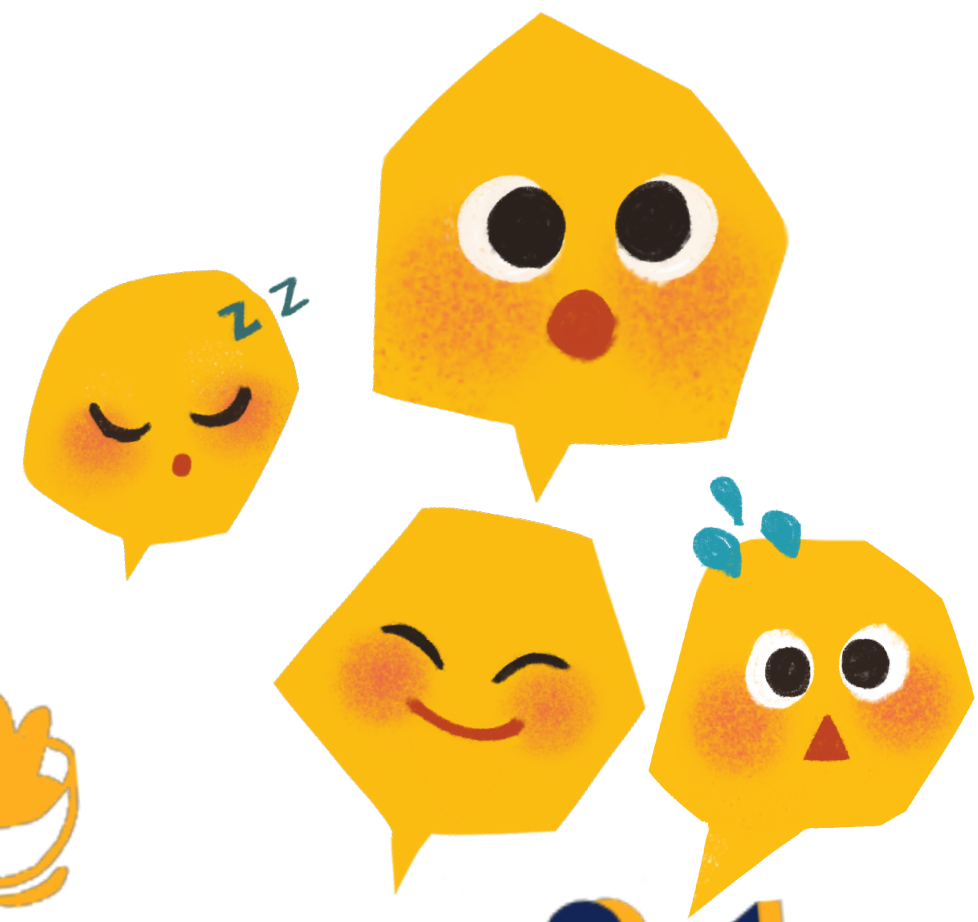


bunceee 



Your guide for integrating Buncee into your Social Emotional Learning curriculum

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An Introduction

We live in an era where changes happen regularly and rapidly. Technological advances continuously change the way we live, interact, and educate. Schools are becoming more multicultural, with students coming from diverse backgrounds. Global events such as COVID-19 challenge our traditional education system as well as students' ability to adapt to remote learning, both academically and emotionally.

Growing up in this increasingly fast-paced world, our younger generations face more social and emotional challenges that need to be addressed by today's education. More and more educators are looking for ways to integrate SEL (Social and Emotional Learning) into their classrooms to provide students with a foundation for safe and positive learning, and help enhance students' ability to succeed both in and out of school.





What is SEL?


If you're not yet familiar with Social and Emotional Learning, SEL is the process of applying "knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions." (CASEL, N.D.)

If you feel uncertain about how to bring SEL into your classroom, don't forget that there are great tools out there to help. It's easy to create interactive lessons or activities that can engage students both in the physical and virtual classroom. Take [Buncee](#) as an example: you can create your own classroom materials, or use [Buncee's Ideas Lab](#) to search for existing templates made by educators of varying grade levels and subjects.

Benefits of SEL?

Incorporating SEL activities in the classroom can benefit students in many ways, including but not limited to improving academic outcomes, helping students reach their personal goals, building stronger communities and relationships, as well as developing positive attitudes, confidence, and the ability to deal with stress. Continue reading to learn about each benefit and corresponding examples of SEL activities, or check out the toolkits linked below that are filled with template activities to help you get started.











Buncee SEL Toolkit - K-6

				
View templates here	View templates here	View templates here	View templates here	View templates here
				

[View the Buncee SEL Toolkit \(K-6\)](#)

This kit is filled with template SEL activities to help support your elementary classroom

Buncee SEL Toolkit - 7-12

				
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[View the Buncee SEL Toolkit \(7-12\)](#)

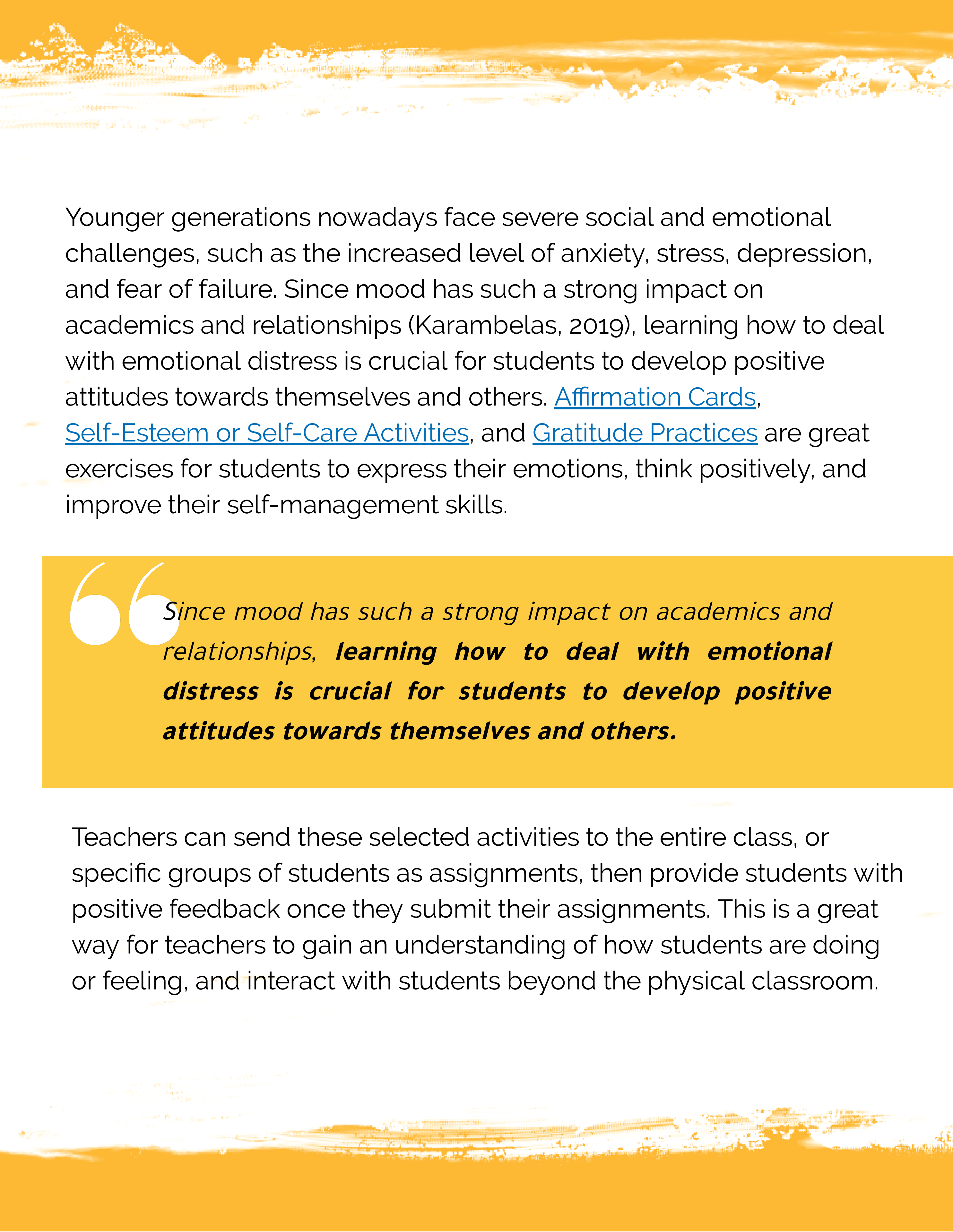
This kit is filled with template SEL activities to help support your middle or high school classroom

Improve Academic Outcomes & Reach Personal Goals

Research shows that students who participated in SEL programs improved test scores by 11-17 percentile points (Payton, J. et. al., 2008). With the help of SEL activities such as [Daily Planners](#), [Remote Learning Reflections](#), and [Goal Setting Journals](#), students can practice making better personal and social decisions, and reflect on their learning. This helps students concentrate on their learning goals, reflect on their performance, and develop time management skills, which in turn help students to improve academic outcomes and reach their goals.



[My Goals Journal](#) template from *Bunce's Templates Library*.



Younger generations nowadays face severe social and emotional challenges, such as the increased level of anxiety, stress, depression, and fear of failure. Since mood has such a strong impact on academics and relationships (Karambelas, 2019), learning how to deal with emotional distress is crucial for students to develop positive attitudes towards themselves and others. [Affirmation Cards](#), [Self-Esteem or Self-Care Activities](#), and [Gratitude Practices](#) are great exercises for students to express their emotions, think positively, and improve their self-management skills.

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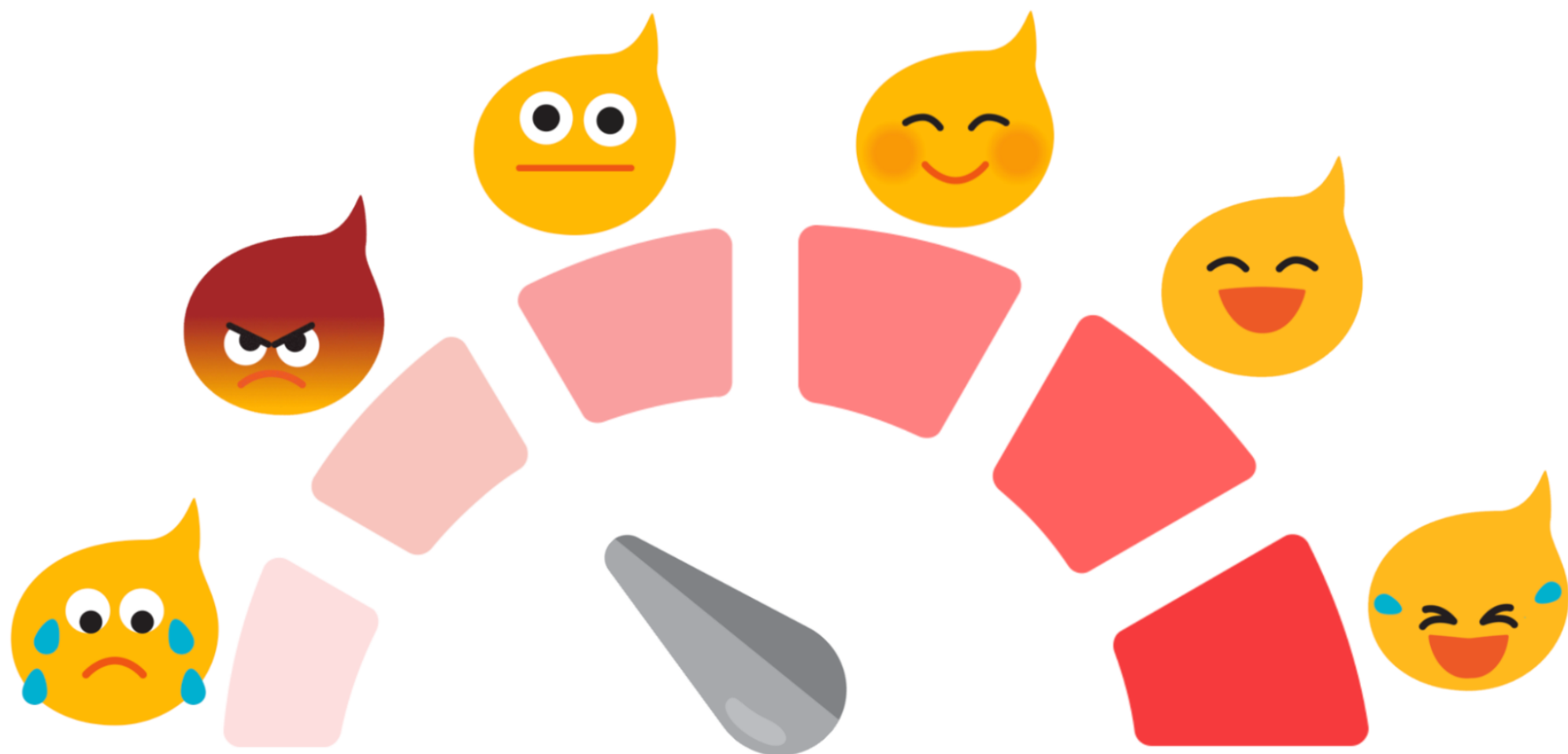
Teachers can send these selected activities to the entire class, or specific groups of students as assignments, then provide students with positive feedback once they submit their assignments. This is a great way for teachers to gain an understanding of how students are doing or feeling, and interact with students beyond the physical classroom.

Deal with Emotional Distress

Aside from completing assigned activities made by educators, students are also empowered to express their thoughts and emotions in their own way. If they'd prefer to create their own personalized digital diaries, for instance, they can choose from a variety of media options, such as video, audio, photos, or drawings. They can find fun animations to add a personalized touch to their creations, or use Buncee's cute emojis to express their feelings. Students can also be given the opportunity to start their own SEL projects, such as exchanging affirmation cards with friends by sharing their cards to [Buncee Boards](#) or other platforms.

MOOD METER

Move the gray pointer to show how you're feeling.



[Mood Meter](#) template from Buncee's Template Library



Build Stronger Communities

Practicing empathy, gaining confidence, and developing a better sense of responsibility can help our younger generations practice global citizenship and build stronger communities. Potential school problems such as cyberbullying or bullying, in general, may not only cause emotional distress, but also impact individuals' relationship skills and behavior. To solve such problems, students should be given opportunities in school to develop social awareness, relationship skills, and responsible decision making skills.

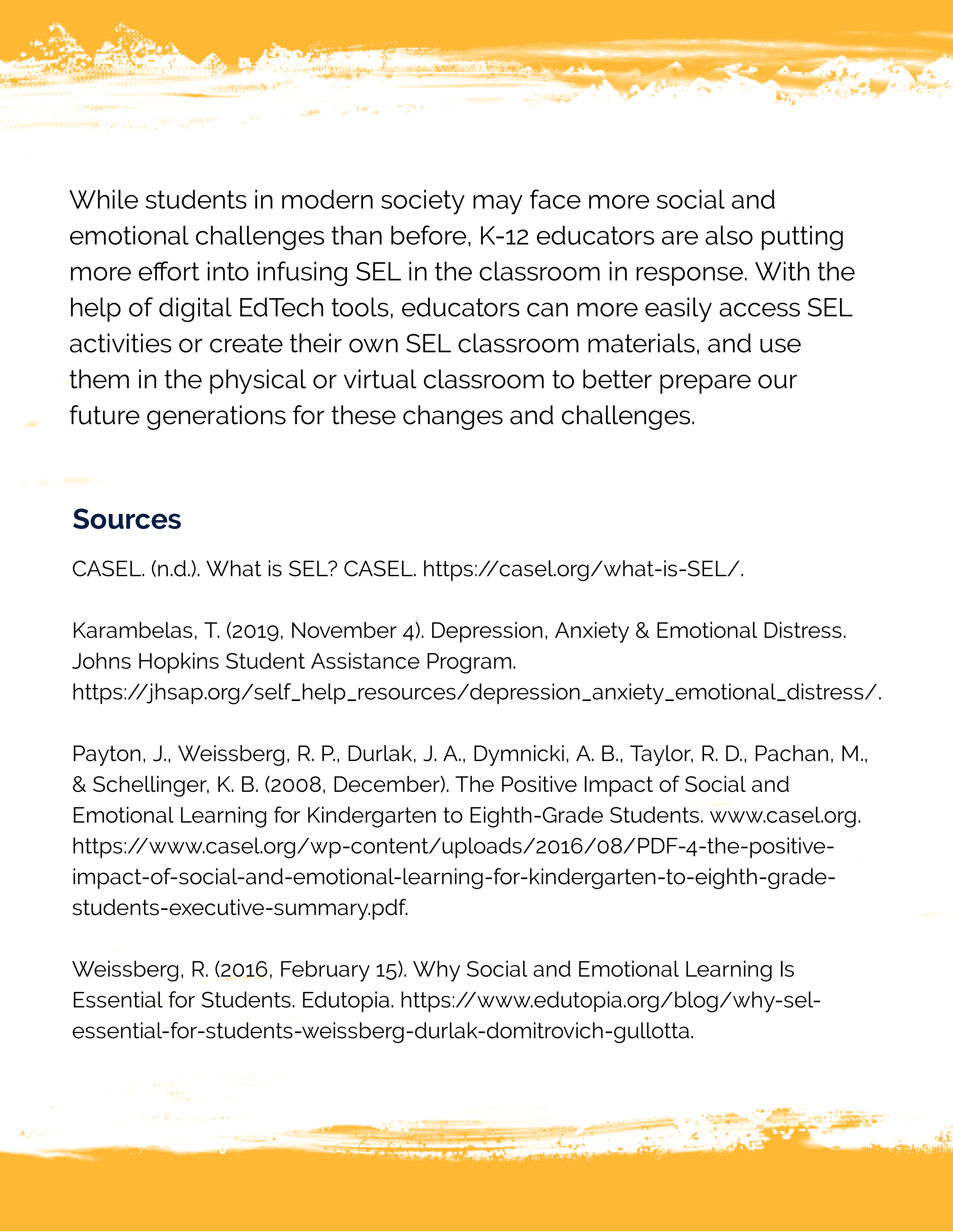
Social awareness involves understanding the perspective of others and feeling compassion for those with different backgrounds (Weissberg, 2016). As our society becomes more multicultural, being able to treat others with respect and get along with people from various cultures is essential for building a strong community. To help classrooms create a more inclusive learning environment, Buncee provides stickers and animations that represent a diverse range of backgrounds and abilities.

Similarly, it is important for students to learn how to maintain healthy relationships, and understand how to make responsible, constructive decisions. Introducing SEL activities such as [Cultural Empathy Reflections](#) and [Staying Connected to Your Community](#) into the classroom can be great for developing these skill sets.



[Share About Your Culture](#) template from *Buncees Templates Library*.

SEL activities are also great for reducing conduct problems and risk-taking behavior. Teachers can use "[Dopamine Cards](#)" that help students track their positive behaviors in the classroom. Students should also be encouraged to reach out for support. For those who are not comfortable with talking to teachers in person, they can choose to record a video or audio message on a Buncee, and send that straight to their teacher virtually. Each student can be very different, and thus giving students plenty of options to reach out for support can be beneficial, as it allows them to express any concerns or feelings in their preferred way.



While students in modern society may face more social and emotional challenges than before, K-12 educators are also putting more effort into infusing SEL in the classroom in response. With the help of digital EdTech tools, educators can more easily access SEL activities or create their own SEL classroom materials, and use them in the physical or virtual classroom to better prepare our future generations for these changes and challenges.

Sources

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