

# Supporting Social Emotional Learning (SEL) with Microsoft Teams

Follow our five-step journey to integrate SEL into your teaching and learning.



## Develop an emotional vocabulary

- Check-in on students' emotional states with **Reflect app**
- Develop a class SEL chatbot with no code using **Power Virtual Agents**
- Start conversations about feelings using SEL stickers and Teams whiteboard
- Use reactions (love, like, praise etc.) to show students that they are seen, heard and valued

## Help students build strategies and practice

- Introduce your class to mindfulness practices with **Minecraft's Mindful Knight**
- Set debate topics and create **Teams breakout rooms** to develop listening, communication, cooperation and conflict resolution skills
- Spark a video discussion using **Flipgrid app** where students role-play the outcomes of different behaviors



## Observe and provide feedback

- Monitor and track student engagement using **Education Insights**
- Create pop-up polls or surveys using **Reflect** to gauge how students feel about learning
- Recognise milestones and build self worth by sending **praise badges**
- Reach out to students who are struggling with friendly check-ins on video or chat



## Provide opportunities to reflect and build skills

- Install the **wellness coach app** for on-the-spot support and tailored meditations
- Use **icebreaker bot** to broaden student connections and empathy across a class
- Encourage group discussion and debate with diverse stakeholders on community/global issues using **Teams video**
- Record a **OneNote video diary** to build positivity
- Use emojis to convey appreciation or joy



## Enjoy using Teams and make it personal

- Appoint learning buddies to check in on each other
- Use **stickers, chat and conversations** to build a vibrant learning community
- Customise **desktop backgrounds** with positive affirmations
- Share praise and appreciation for classmates
- Make learning enjoyable for all with **assistive technologies and learning tools**



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