



READ ALOUD MENTORING PROGRAM
 MENTOR GUIDELINES FOR SOCIAL EMOTIONAL LEARNING (SEL)

What is SEL?

Social-emotional learning is the process of developing and using social and emotional skills. It's the skillset we use to cope with feelings, set goals, make decisions, and get along with – and feel **empathy** – for others. (***Understood.org definition***)

Why now? Why is this important?

As communities navigate the challenges presented due to Covid-19, school districts are increasing attention and efforts to foster and support social emotional learning. Teachers and staff are trained in methods and activities to foster connection and relationships in order to create predictability, rapport, and trust. These practices are focused, intentional, and can be woven into each learning experience through routines, rituals, and a variety of activities.

What does SEL look like in the Read Aloud Mentoring Program?

Each weekly session offers time for mentor and student to connect and discuss themes and ideas. The act of coming together each week provides **personal connection** and **interpersonal relationship building**. The discussion fosters **understanding and empathy**, as well as **enhancing cultural responsiveness**.

Tips	How does this impact SEL?
Establish a greeting and closing routine or ritual for each session. <ul style="list-style-type: none"> ▪ <i>The cover of the book tells me...</i> ▪ <i>I am curious about...</i> ▪ <i>Something I learned today...</i> ▪ <i>I look forward to our next session because....</i> 	Consistent routines help build a habit of practices that foster a supportive environment. Optimistic closure sets the tone for looking forward to the next session.
Ask questions about the book's characters emotions and actions.	Fosters understanding and empathy.
Select books together and make a plan for which genres to read.	Fosters goal-setting and decision-making skills.
Learn how to correctly pronounce names (both mentor and student) and refer to each other by name.	Fosters personal connection and cultural responsiveness.
Practice two-way sharing where mentor and student both offer thoughts and ideas to each other.	Builds trusting relationships.

Helpful activities that support SEL in the read aloud program

1. Ask an icebreaker question at the beginning of the reading session. Some examples:
 - If you could have one superpower, what would it be and why?
 - If you had to choose one food to eat every single day for the next year, what would it be?
 - What movie or book character has a personality most like your own?
 - What song makes you want to dance the most?
 - Something many people don't know about me is.....
 - Would you rather.....be really fast? Or be really strong?
2. "Show and tell." Let the student share something from his/her life – an object or an experience that may be related to a book you enjoyed. Share something from your own life.
3. Promote focus and energy by playing a quick game of Virtual Rock-Paper-Scissors (rock crushes scissors, scissors cuts paper, paper covers rock).
4. When reading, ask questions about the characters' **emotions and actions**. Encourage students to show their best "emotion" expressions, e.g., "This is what I look like when I'm excited, angry, sad, happy."
5. When reading, ask questions that **extend thinking**:
 - a. Tell me more about...
 - b. What do you predict will happen?
 - c. How do you know?
 - d. Why do you think the character is sad or happy (feels that way?)