## Summary of recommendations

### Teaching strategies

1. **Teach SEL skills explicitly**
   - Use a range of strategies to teach key skills, both in dedicated time, and in everyday teaching.
   - Self-awareness: expand children’s emotional vocabulary and support them to express emotions.
   - Self-regulation: teach children to use self-calming strategies and positive self-talk to help deal with intense emotions.
   - Social awareness: use stories to discuss others’ emotions and perspectives.
   - Relationship skills: role play good communication and listening skills.
   - Responsible decision-making: teach and practise problem-solving strategies.

2. **Integrate and model SEL skills through everyday teaching**
   - Model the social and emotional behaviours you want children to adopt.
   - Give specific and focused praise when children display SEL skills.
   - Do not rely on ‘crisis moments’ for teaching skills.
   - Embed SEL teaching across a range of subject areas: literacy, history, drama and PE all provide good opportunities to link to SEL.
   - Use simple ground-rules in groupwork and classroom discussion to reinforce SEL skills.

3. **Plan carefully for adopting a SEL programme**
   - Use a planned series of lessons to teach skills in dedicated time.
   - Adopting an evidence-based programme is likely to be a better bet than developing your own from scratch.
   - Explore and prepare carefully before adopting a programme—review what is required to deliver it, and whether it is suitable for your needs and context.
   - Use evidence summaries (such as those from EIF and EEF) as a quick way of assessing the evidence for programmes.
   - Once underway, regularly review progress, and adapt with care.

4. **Use a SAFE curriculum: Sequential, Active, Focused and Explicit**
   - Ensure your curriculum builds skills sequentially across lessons and year groups. Start early and think long term.
   - Balance teacher-led activities with active forms of learning, such as: role-play, discussion and small group work, to practise skills.
   - Focus your time: quality matters more than quantity. Brief regular instruction appears more effective than infrequent long sessions.
   - Be explicit: clearly identify the skills that are being taught and why they are important.

### Curriculum

- Use a planned series of lessons to teach skills in dedicated time.
- Adopting an evidence-based programme is likely to be a better bet than developing your own from scratch.
- Explore and prepare carefully before adopting a programme—review what is required to deliver it, and whether it is suitable for your needs and context.
- Use evidence summaries (such as those from EIF and EEF) as a quick way of assessing the evidence for programmes.
- Once underway, regularly review progress, and adapt with care.

### Whole-school

5. **Reinforce SEL skills through whole-school ethos and activities**
   - Establish schoolwide norms, expectations and routines that support children’s social and emotional development.
   - Align your school’s behaviour and anti-bullying policies with SEL.
   - Seek ideas and support from staff and pupils in how the school environment can be improved.
   - Actively engage with parents to reinforce skills in the home environment.

### Implementation

6. **Plan, support, and monitor SEL implementation**
   - Establish a shared vision for SEL: ensure it is connected to rather than competing with other school priorities.
   - Involve teachers and school staff in planning for SEL.
   - Provide training and support to all staff, covering: readiness for change; development of skills and knowledge; and support for embedding change.
   - Prioritise implementation quality: teacher preparedness and enthusiasm for SEL are associated with better outcomes.
   - Monitor implementation and evaluate the impact of your approaches.