

Strategies for Optimizing Student Engagement and Classroom Climate

Breakout Session



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Introductions



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Agenda

- ▶ Session Objective
- ▶ Mood-Congruent Instruction
- ▶ Emotion Co-Regulation
- ▶ Supporting Students Where They Are
- ▶ Resources
- ▶ Q&A/Closing

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Session Objective

- To equip you with tools and strategies that you can use in your classroom or school starting tomorrow!

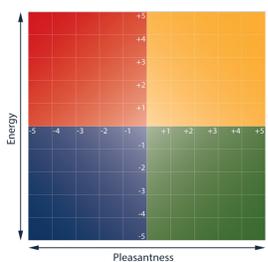
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Mood-Congruent Instruction

Strategy 1

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How are you feeling?



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Mood-Congruent Instruction

- ▶ *Why?* Research shows that certain moods or emotions enhance learning and engagement with specific topics and activities.
- ▶ *How?*
 - Identify the emotions and moods that will best serve a learning goal or activity
 - Use classroom strategies to intentionally shift the emotions or mood to match the learning goal

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What classroom lessons or activities might fit into each quadrant?

What specific strategies could you use to bring your students into each quadrant?

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Strategies to Help Students Stay/Shift

- ▶ Movement
- ▶ Lighting
- ▶ Music
- ▶ Video clip
- ▶ Water or snack break
- ▶ Intentional breathing
- ▶ Nature

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Emotion Co-Regulation

Strategy 2

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Emotion Co-Regulation

- ▶ *Why?* Student emotions and moods are influenced by the way teachers speak and interact with them (and vice versa!).
- ▶ *How?*
 - Identify the emotions and moods that will best serve a learning goal, activity, or situation
 - Use your voice, face, body, words, and behavior to intentionally shift emotions or mood

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Why Recycle?

The grid shows four quadrants: High Energy/High Pleasantness (top-right, yellow), High Energy/Low Pleasantness (top-left, red), Low Energy/High Pleasantness (bottom-right, green), and Low Energy/Low Pleasantness (bottom-left, blue).

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Your Co-Regulation Strategies

Scenario 1: You had to step away from your class for a family emergency and had a sub step in for you. When you return, the sub is yelling over students in loud conversation, ignoring her. You need to get them back to calm and in their seats.

Scenario 2: Today your school celebrates with fun, high-energy activities. On the way to the gymnasium, you see a student who is crying about something that happened at lunch. How might you approach the student?

Scenario 3: You are the coach of a team that has a major competition in one hour. They just found out that the team's star player has the stomach bug and won't be able to join. How will you approach the team?

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Strategies for Co-Regulation

- Tone/volume of voice
- Talking pace
- Eye contact
- Facial expression
- Proximity
- Body language
- Breath

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Supporting Students Where They Are

Strategy 3

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Steps for Helping Individual Students

1. Regulate your own emotions
2. Help with the child's emotions
3. Problem solve together
4. Close the conversation
5. Follow up

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Step 1: Regulate Your Own Emotions

- ▶ Check in with your own emotions.
- ▶ Know what strategies work for you.
- ▶ Consider the best time and place for the conversation.
- ▶ Ensure you are ready for the conversation.

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Step 2: Help with the Child's Emotions

Approach	Ask	Model	Remember
Approach the child as an emotion scientist.	Ask questions that invite the child to tell you how they are feeling.	Model empathy.	Remember behavior is not an emotion.



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Step 3: Problem Solve Together

Support	Model	Encourage	Help
Support helpful short-term strategies.	Model positive self-talk.	Encourage positive reframing.	Brainstorm with them about what may work.



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Step 4: Close the Conversation

- ▶ Confirm the child has strategies to try before closing the conversation.
- ▶ Plan to check in later.
- ▶ Reiterate next steps.
- ▶ End on a positive note.



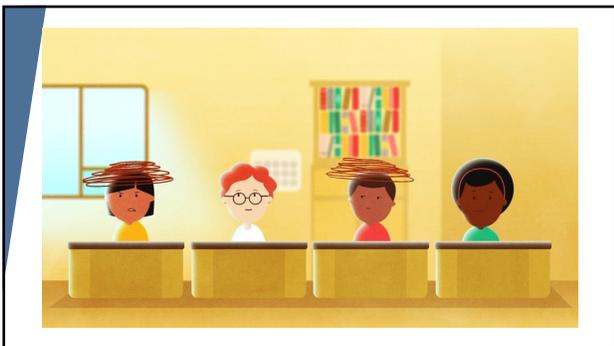
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Step 5: Follow Up

- ▶ Check in regularly and offer ongoing support.
- ▶ Consider what conditions support helpful emotion regulation.
- ▶ Respond to setbacks with compassion.
- ▶ Reach out for more support when needed.



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Resources



- Posters: Mood Meter (English/Spanish)
- Guide: Five Steps to Help Students Regulate Emotions
- Video: Mood-Congruent Instruction
- Video: Supportive Classroom Practices

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Closing

What is one thing you can add to your school climate plan or do today to enhance your classroom climate through emotionally intelligent practices?

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Q & A



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