



## MASTERCLASS #4

### Teaching Techniques & Actions Steps

<b>Master Class:</b>	<b>How to help students develop social and emotional skills in hybrid learning environments</b>
<b>Education Specialist:</b>	Martha Ramirez (@martharamirezco)
<b>Overview:</b>	This master class presents techniques and action steps for educators to support students' social and emotional states in a hybrid environment. Strategies include the use of a mood meter to measure emotions, activities focused on the senses, and mindfulness activities for well-being.
<b>Technique 1:</b>	<b>Take students' emotional temperature by using the mood meter in various ways and formats</b>  Assess SS current mood by using a scale <ul style="list-style-type: none"><li>▪ Level of energy from 1 to 5</li><li>▪ Level of pleasantness from 1 to 5</li></ul> Assess SS current mood by using the mood meter <ul style="list-style-type: none"><li>▪ See the attached pdf or click here <a href="https://modelteaching.com/wp-content/uploads/2020/06/Mood-Meter.pdf">https://modelteaching.com/wp-content/uploads/2020/06/Mood-Meter.pdf</a></li></ul>
<b>Action Step 1:</b>	<b>Teach emotion words using the mood meter in a handy chart or poster format</b>
<b>Technique 2:</b>	<b>Use activities that use senses (hear, see, touch) to set the emotional mood for lessons</b>  Examples: <ul style="list-style-type: none"><li>▪ Play music that evoke different emotions</li><li>▪ Songs for mood and pacing</li><li>▪ Show and tell activities</li><li>▪ Change the class scenario</li><li>▪ Use apps that allow students to feel they are in a different place</li><li>▪ Add excitement through touch</li></ul>
<b>Action Step 2:</b>	<b>Choose one hear, see or touch strategy to activate students' senses</b>
<b>Technique 3:</b>	<b>Exercise your mind and body</b> <ul style="list-style-type: none"><li>▪ Do breathing exercises</li></ul>



	<ul style="list-style-type: none"><li>▪ Use brain breaks</li></ul>
<b>Action Step 3:</b>	Make a mindfulness routine with breathing or brain break exercises.
<b>Materials and Resources:</b>	<p>Mood meter student tool: <a href="https://modelteaching.com/wp-content/uploads/2020/06/Mood-Meter.pdf">https://modelteaching.com/wp-content/uploads/2020/06/Mood-Meter.pdf</a></p> <p>Scholastic mood meter lesson: <a href="https://www.scholastic.com/ourbestselves/pdfs/our_best_selves-lessons_1.pdf">https://www.scholastic.com/ourbestselves/pdfs/our_best_selves-lessons_1.pdf</a></p> <p>Brain breaks <a href="https://bit.ly/brainbreakpdf">https://bit.ly/brainbreakpdf</a></p> <p>GIFs for calming breathing: <a href="https://www.doyou.com/10-awesome-gifs-for-calm-breathing-59450/">https://www.doyou.com/10-awesome-gifs-for-calm-breathing-59450/</a></p>
<b>References:</b>	<p>Recommended reading: Brackett, M. A. (2020). Permission to feel: The power of emotional intelligence to achieve well-being and success. Celadon Books.</p>