

TeachingEnglish

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# Harmonising EFL and Social Emotional Learning: An Innovative Paradigm for Success

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## About the speaker

Elsie Enanga, has sixteen years experience as an Ordinary Level English examiner for the Cameroon GCE Board. She is a passionate advocate for innovative technology in education. Her participation in the 2019 SUSI Exchange Program at the University of Montana, USA, further fueled this passion. In 2021, she contributed to the British Council English Connects CPD video series supporting EFL teachers. Additionally, she presents recorded lessons for the Ministry of Secondary Education in Yaoundé, Cameroon. Her work is particularly focused on low-resource contexts, demonstrating a commitment to accessible, quality education for all.



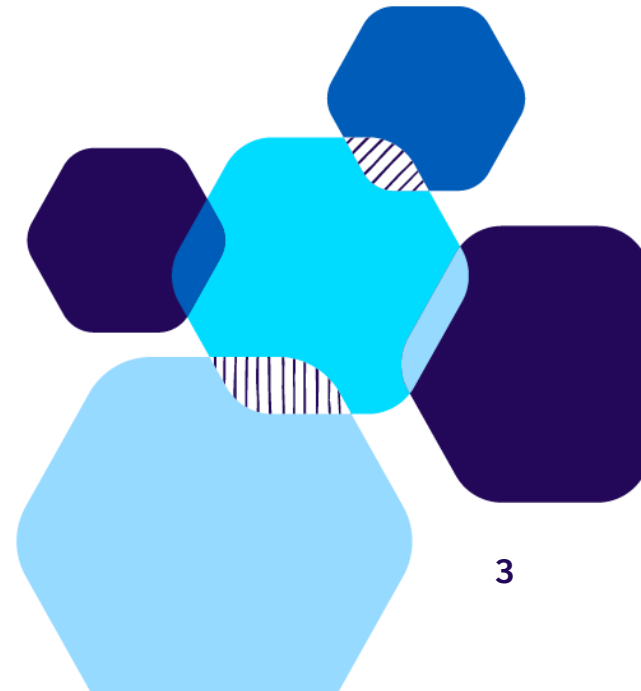
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# Harmonising EFL and Social Emotional Learning: An Innovative Paradigm for Success.

## Overview

- Definition of key terms.
- Relevance and interconnectivity of SEL in EFL contexts.
- SEL as inclusive practice in EFL classrooms.
- Integration of SEL competences in lesson planning.
- Question and session.

**First – what is SEL? Please put your ideas in the chat**



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# What is Social Emotion Learning?(SEL)

**Social Emotional Learning is the process through which all young people and adults acquire and apply knowledge, skills and attitudes to:**

- develop healthy identities
- manage emotions
- achieve personal goals
- feel and show empathy
- establish and maintain supportive relationships
- make responsible decisions.



# Features of Social Emotion Learning

**CASEL**

Collaborative for Academic, Social,  
and Emotional Learning



**The CASEL wheel is an evidence-based model which centers around five competences**

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# Some key terms in Social Emotional Learning - match

1/ Involves understanding and empathising with others' perspectives, feelings, and needs.

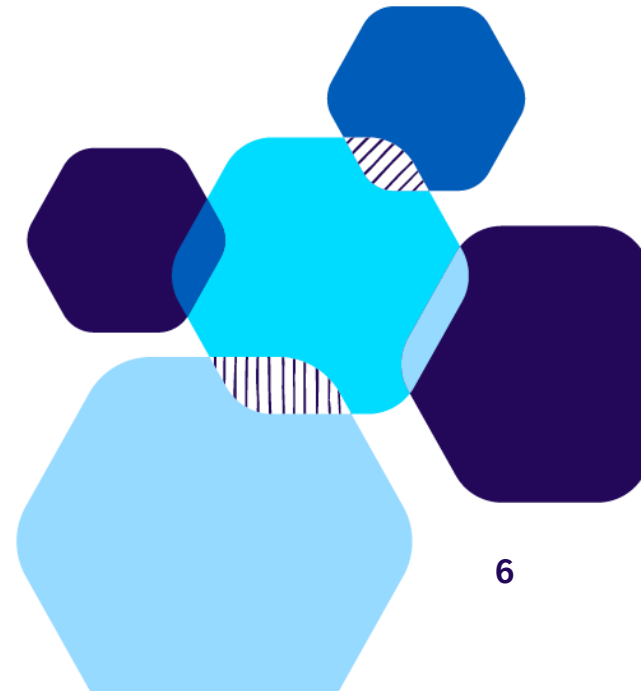
2/ This competency involves developing and maintaining, healthy relations with peers teachers, and family members.

3/ This competency involves making informed, ethical, and constructive choices about personal and social behaviour.

**a) Responsible decision-making**

**b) Relationship skills**

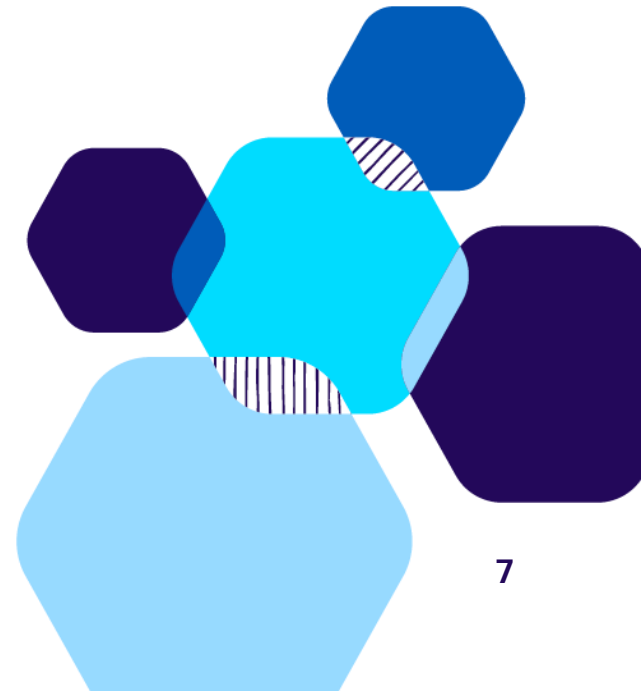
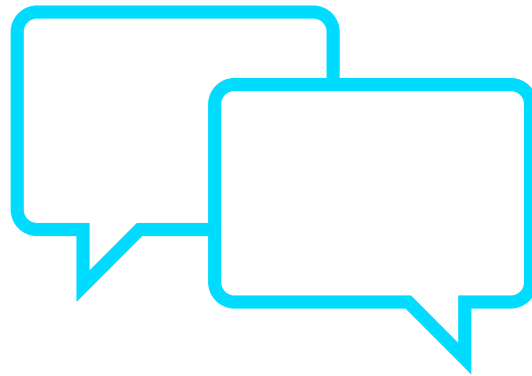
**c) Social awareness**



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**What do you think the benefits are of teaching SEL competencies in EFL contexts?**

**Please put your ideas in the chat**



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# Benefits of teaching SEL competencies in EFL contexts – again, can you match?

1/ Students who have strong SEL skills tend to have better academic outcomes. Learners are more engaged in the classroom.

2/ SEL skills help students manage stress, build resilience, and develop coping strategies, which can improve their mental health and enhances emotional intelligence.

3/ SEL skills help students develop positive relationships with their peers and teachers, which creates a more supportive and inclusive classroom environment.

**a) Better mental health**

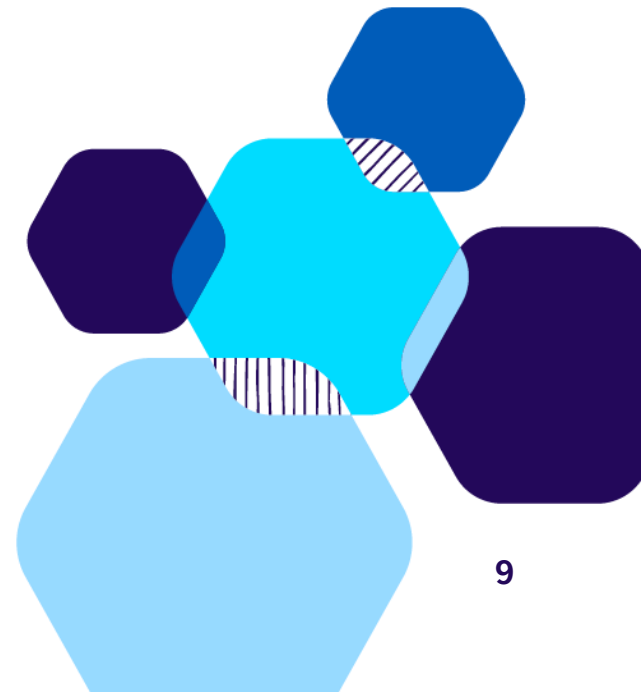
**b) Positive classroom environment**

**c) Improved academic performance**

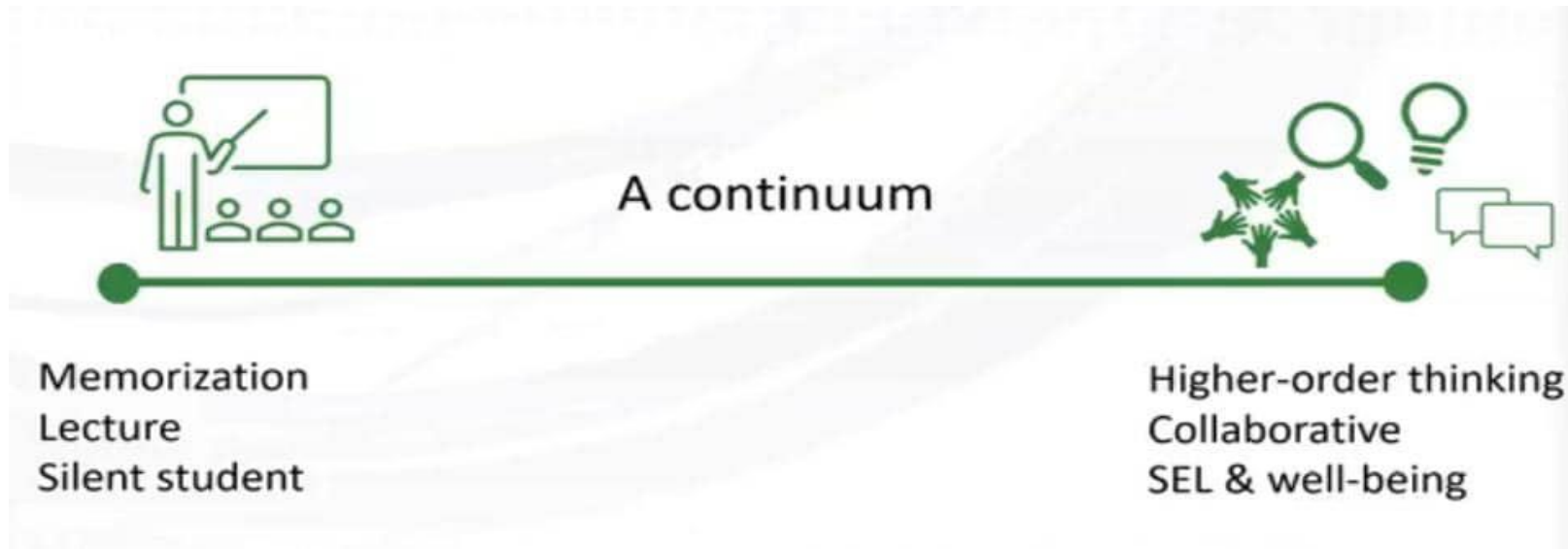




# Benefits of teaching SEL competencies in EFL contexts



# Teaching SEL in EFL Contexts



- **Teach SEL explicitly**
- **SEL allows for higher order thinking, collaboration ,wellbeing**
- **SEL is a process /continuum not a curriculum**

# Teaching SEL in EFL Contexts

"Start where you are.  
Use what you have.  
Do what you can."

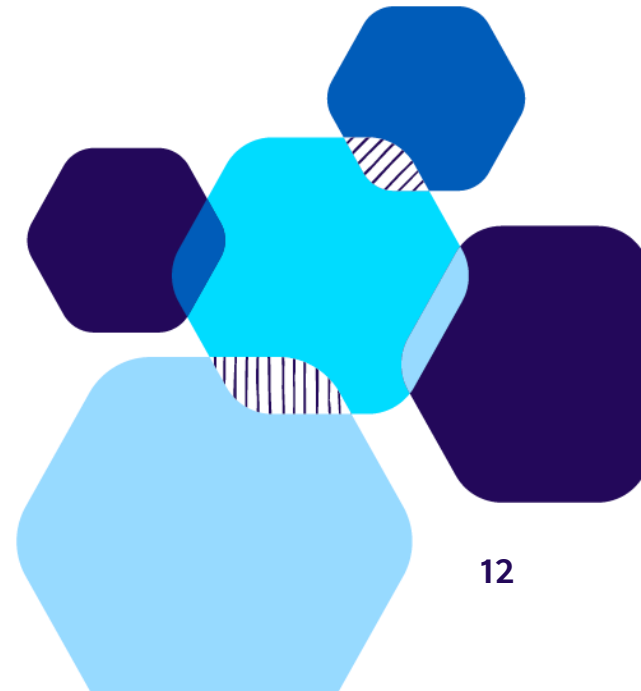
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- Contextualise depending on the circumstance
- SEL encompasses critical thinking

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# SEL as inclusive practice in EFL classrooms

- ✓ Welcoming Inclusion Activities: Begin each class with activities that build community and connect to the lesson. Such as greeting each person by name or group activity.
- ✓ Engaging Activities: Incorporate teaching strategies like ‘think pair,share’, mirror activity to promote interactive learning and consider various learning styles.
- ✓ Equitable Learning Environments: SEL strategies create classrooms that are inclusive of all learners, respecting cultures and backgrounds. SEL seeks to respect equity and diversity.
- ✓ Optimistic Closure: Classes end with a reflective activity that highlights the importance of the work and is forward-thinking.



# Integration of SEL competences in lesson planning.

## Games as warmers: starters, fillers, coolers

- Cooperative games/board games
- Conversational games
- Short – less strenuous physical exercises





# Integration of SEL competences in lesson planning.

## Group work

- Promotes collaboration
- Fosters problem-solving skills
- Enhances critical thinking

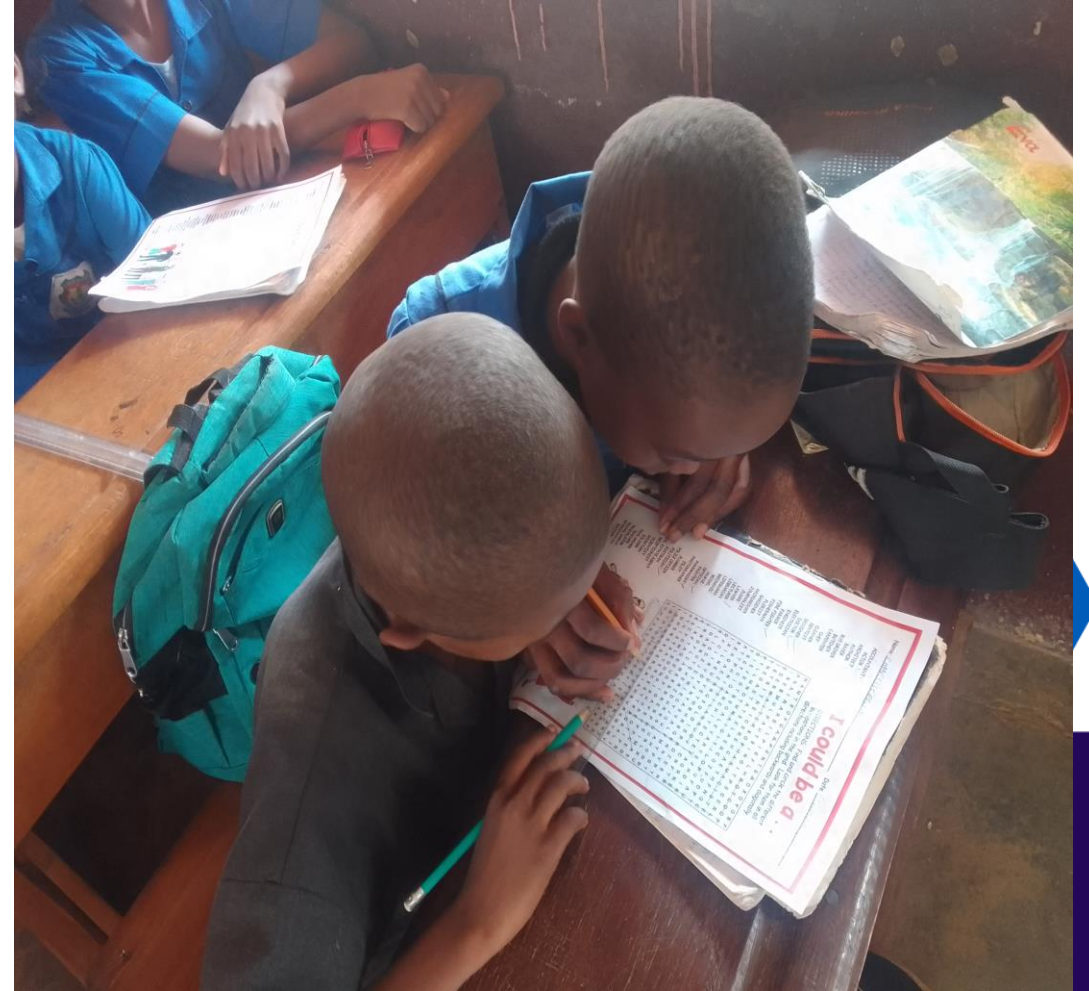


# Integration of SEL competences in lesson planning.

## Pair work

- Promotes collaboration
- Fosters problem-solving skills
- Enhances critical thinking

## Also – project-based learning



# Integration of SEL competences in lesson planning.

## Kindness / Wellbeing boards





# Integration of SEL competences in lesson planning.

## English / SEL Vision Board



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# References

- ✓ McBride Kara- <https://www.facebook.com/share/v/wSUGxhB92pT7tCyt/?mibextid=9rXMBq>
- ✓ The Casel Wheel- [What Is the CASEL Framework? – CASEL](#)
- ✓ The Vision English-[The English Club Handbook: For English Club Members \(state.gov\)](#)
- ✓ Photo Credits- Elsie Enanga and Melanie Kesiki Classroom board games

# More resources: English Connects webinars

Building rapport and social emotional competence

<https://www.teachingenglish.org.uk/news-and-events/world-teachers-day/2022/building-rapport-and-social-emotional-competence>

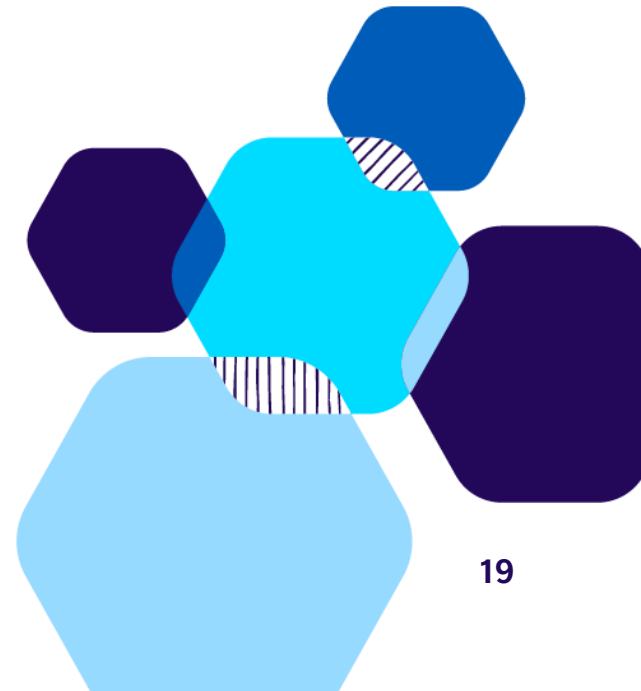
Social and emotional approaches to teaching with technology

<https://www.teachingenglish.org.uk/news-and-events/webinars/webinars-teachers/sylvia-guinan-social-and-emotional-approaches-teaching>

Watch a recording of this talk by Jose Luis De Paz about rapport and social emotional intelligence.



About the session



**Thank you for coming!**

**Any questions?**

