

# Vocalising Anti-Bullying ELT Class Using Social Emotional Learning (SEL) Approach

## Webinar handout

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Bullying is a common thing that happens in ASEAN teaching context. It is a serious problem rooted from harsh discipline and corporal punishment in most schools in Southeast Asia. Social Emotional Learning (SEL) approach is a good solution to make a cultural reform.

### Why must SEL approach in ELT class?

#### 1. Equipping holistic human's competencies to strive

The 5 core SEL competencies equip teenagers to regulate themselves better in social relations.

#### 2. Validating human's emotions through language learning

Accommodating emotion is also part of language learning. Students learn best when their affective factors are considered throughout a lesson.



SEL framework

## SEL values to implement inclusive classroom practices

SEL values	Definition	Task or project ideas
<b>Self-awareness</b>	The abilities to understand one's own emotions, thoughts, and values and how they influence behaviour.	Task: Making a vision board Topic on bullying: I am going to be a good friend Language skills: Writing Language focus: Future tenses
<b>Self-management</b>	The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations.	Task: Journaling Mood & Emotions Topic on bullying: How do I react to people's thoughts about me? Language skills: Writing Language focus: Simple Past
<b>Social awareness</b>	The abilities to understand the perspectives of and empathise with others, including those from diverse backgrounds and cultures.	Project: The Listening Circle Topic on bullying: Responding prompts like "What kinds of statements from my friends I do not like?" Language skills: Listening & Speaking Language focus: WH questions
<b>Responsible decision-making</b>	The abilities to make caring and constructive choices about personal behaviour and social interactions in different situations.	Project: Scenario-based role-playing Topic on bullying: school conflict Language skills: Speaking Language focus: any tenses and function possible
<b>Relationship skills</b>	The abilities to establish and maintain healthy and supportive relationships and to do tasks with diverse individuals and groups.	Project: Pen pal conference or emailing Topic on bullying: exchanging letter on how to make friends in each context Language skills: Writing & Speaking Language focus: Simple present tense

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