

LANGUAGES UNITED, Bath



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Bath Life Awards
Winners in the Education
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betauk.com/awards





Teaching with Heart

Jayne Bowra
25th October 2025





Let's start with
a quick
emotion
check-in on
the squirrel
scale 😊

In today's workshop

1. What is SEL? What is SELL?
2. Why SELL matters in ELT
3. 3 research-based key signature practices
4. What SELL strategy will you try next week?

The story starts in the year 2000 ...





What do the 4 Cs stand for when we talk about 21st century skills?

1. Collaboration
2. Communication
3. Creativity
4. Critical thinking

Information literacy - Media literacy - Technology literacy
Flexibility - Leadership - Initiative - Productivity - Social skills



What do you think the 4 *Cs* should be for the second half of the 21st century?



Join at menti.com

and use code
2327 0707



Care

Culture

Community

Connection

Dru Tomlin
Association for Middle Level Education

Consideration

Commitment

Character

Charity

Kausor Amin-Ali
School principal, journalist, author



Great, but what has this got to do with SEL or SELL or me?



SEL instruction is carried out most effectively in nurturing, safe environments characterized by positive, caring relationships among students and teachers.

www.casel.org/what-is-SEL



Social and emotional learning (SEL) is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes

- to develop healthy identities
- manage emotions
- achieve personal and collective goals
- feel and show empathy for others
- establish and maintain supportive relationships
- make responsible and caring decisions





SEL 101: What are the core competencies and key settings?





SEL Social and Emotional Learning

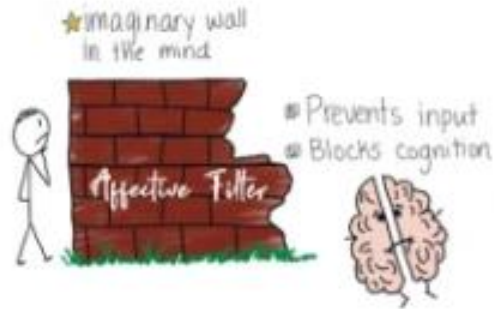


SELL Social and Emotional Language Learning

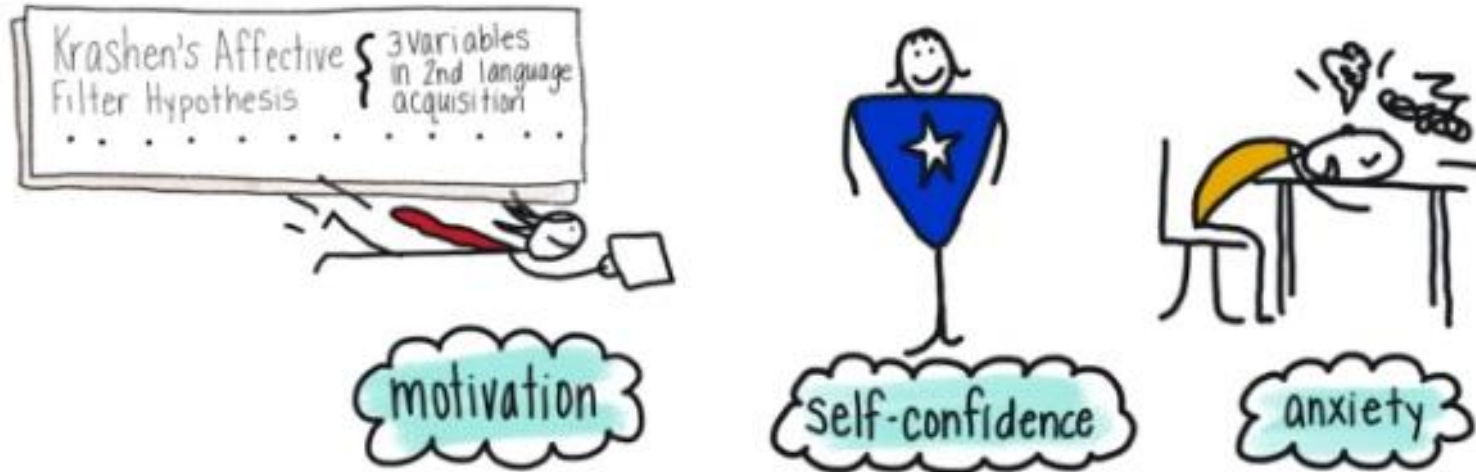


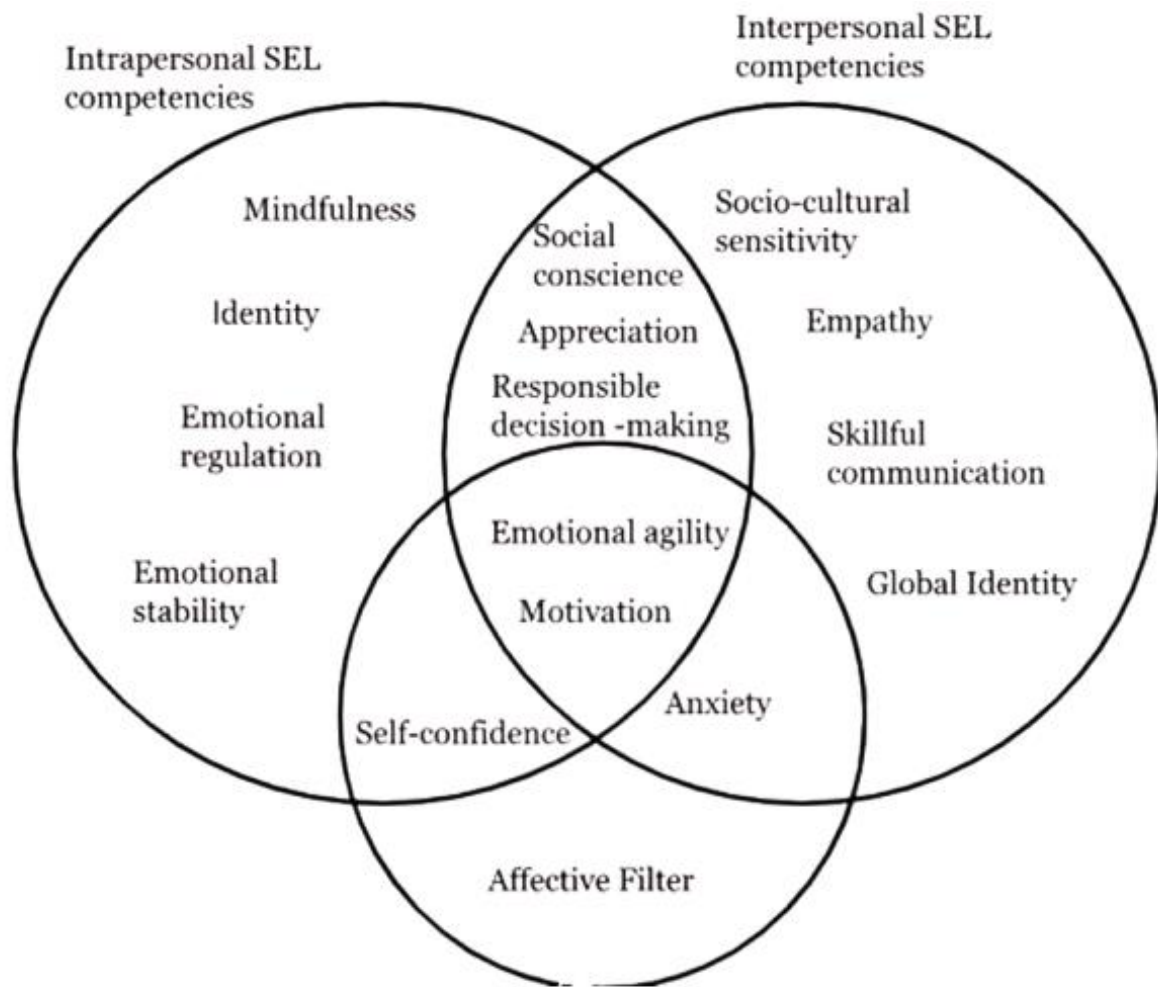
SEL and its importance in the English language classroom

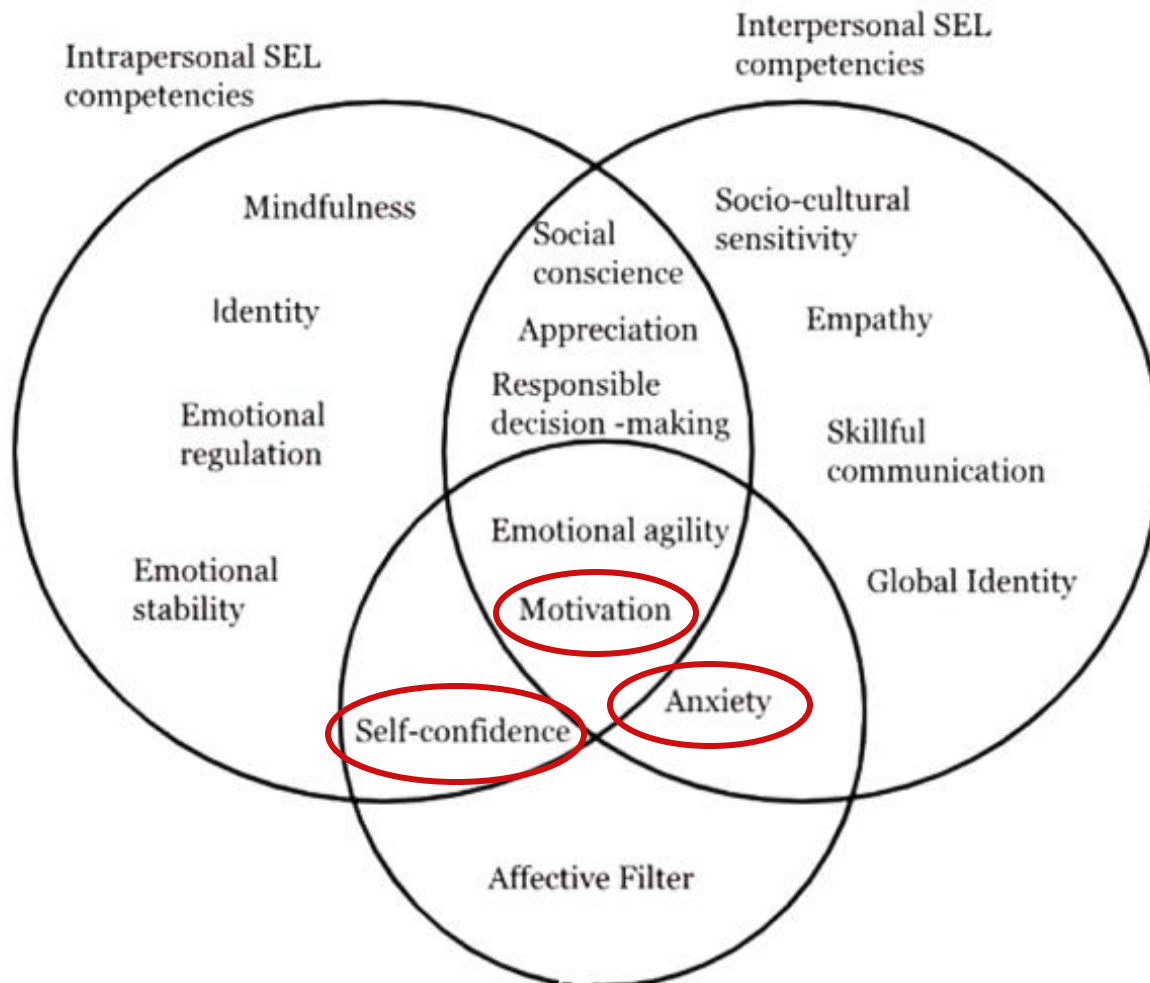
affective~
referring to
feelings ♥ or
emotions 🐛



Krashen's Affective Filter Hypothesis







3 research-based key signature practices

1. inclusive welcome
2. engaging strategies
3. intentional close

Inclusive welcome



How was your weekend? Any strawberries? Any lemons?



Last weekend, I was/had/did..
It was amazing/great because....



Last weekend, I was/had/did..
I felt sad/upset/unhappy because....

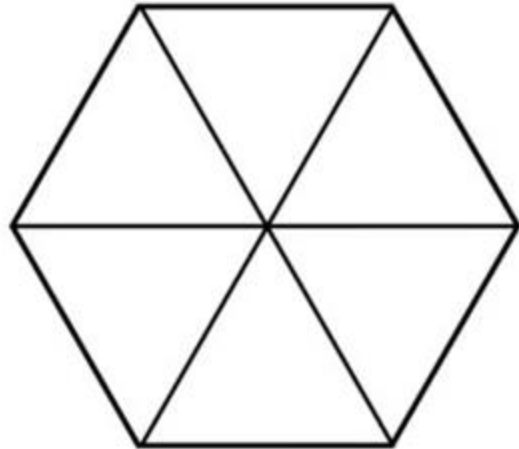


It's your turn



HEXAGONAL THINKING

Making Connections



Write a one or two-word answer to each of the following questions:

1. What activity builds the strongest relationships in your classroom?
2. What's your secret weapon for keeping students awake?
3. What is the biggest barrier to progress for your students?
4. What's your emotional response to technology that doesn't work?
5. What's the secret ingredient of great teaching?
6. What would make marking essays/exam papers more joyful?

Engaging strategies



Photo by Vitaly Gariev on Unsplash

Intentional close



<https://friendly.co/resources/exit-tickets>



Today we learned...

Pretend your best friend was absent from class and text them about your day. Include what you learned and how you are feeling.



Record your thoughts here.

Draw or write
one new thing
you learned
about yourself
today.

End of Day Roadmap

Answer each
question to reach
your end of class
destination.

1

One emotion I felt
today:

2

One thing I did really
great at today:

3

One thing I'd like my teacher to know about today:

Exit Ticket: Better Together!

Give an example of how you showed teamwork with your classmates today. Include something new you learned about a classmate.

Write here...

Share your ideas here

We Need Each Other!

What are some fun ways that we could connect as classmates during class time?

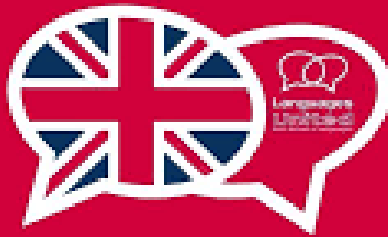
My intentional close

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For more information, please
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I ♥
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Further reading and information

- [CASEL](#)
- https://www.sdkrashen.com/content/books/principles_and_practice.pdf
- <https://friendly.co/resources/exit-tickets>