

# LANGUAGES UNITED, Bath



Accredited by the  
**BRITISH COUNCIL**  
for the teaching  
of English in the UK



## AWARD WINNING SCHOOL



Bath Life Awards  
Winners in the Education  
Category 2025



[betauk.com/awards](http://betauk.com/awards)

# Teaching with Heart



Jayne Bowra  
25th October 2025



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

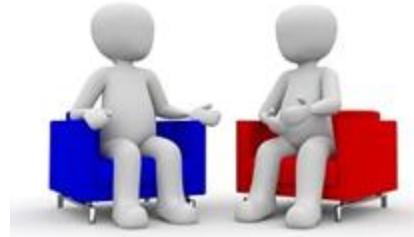
# In today's workshop

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 ...



Languages  
United  
Beth School of Languages



# 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](https://menti.com)

and use code  
2327 0707



Care

Culture

Community

Connection

Consideration

Commitment

Character

Charity

Dru Tomlin

Association for Middle Level Education

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](http://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?





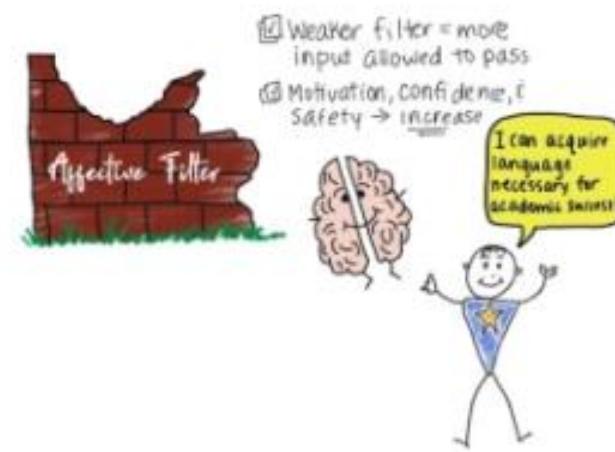
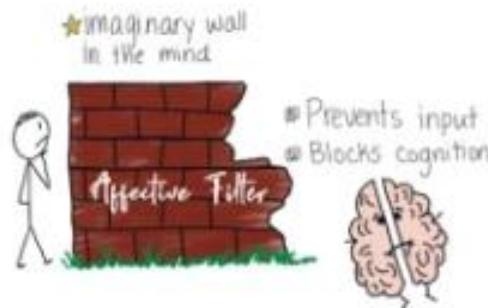
# SEL Social and Emotional Learning



# SELL Social and Emotional Language Learning

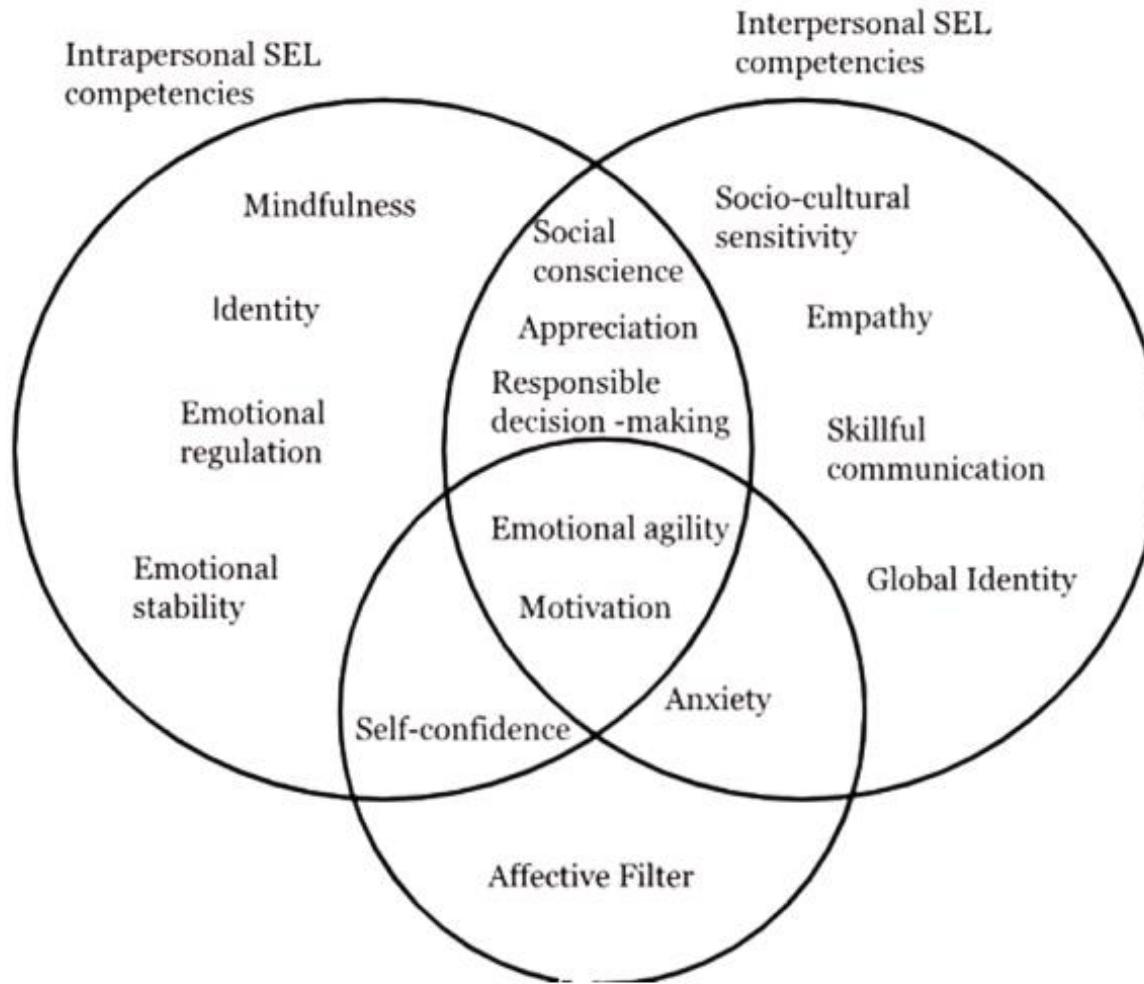


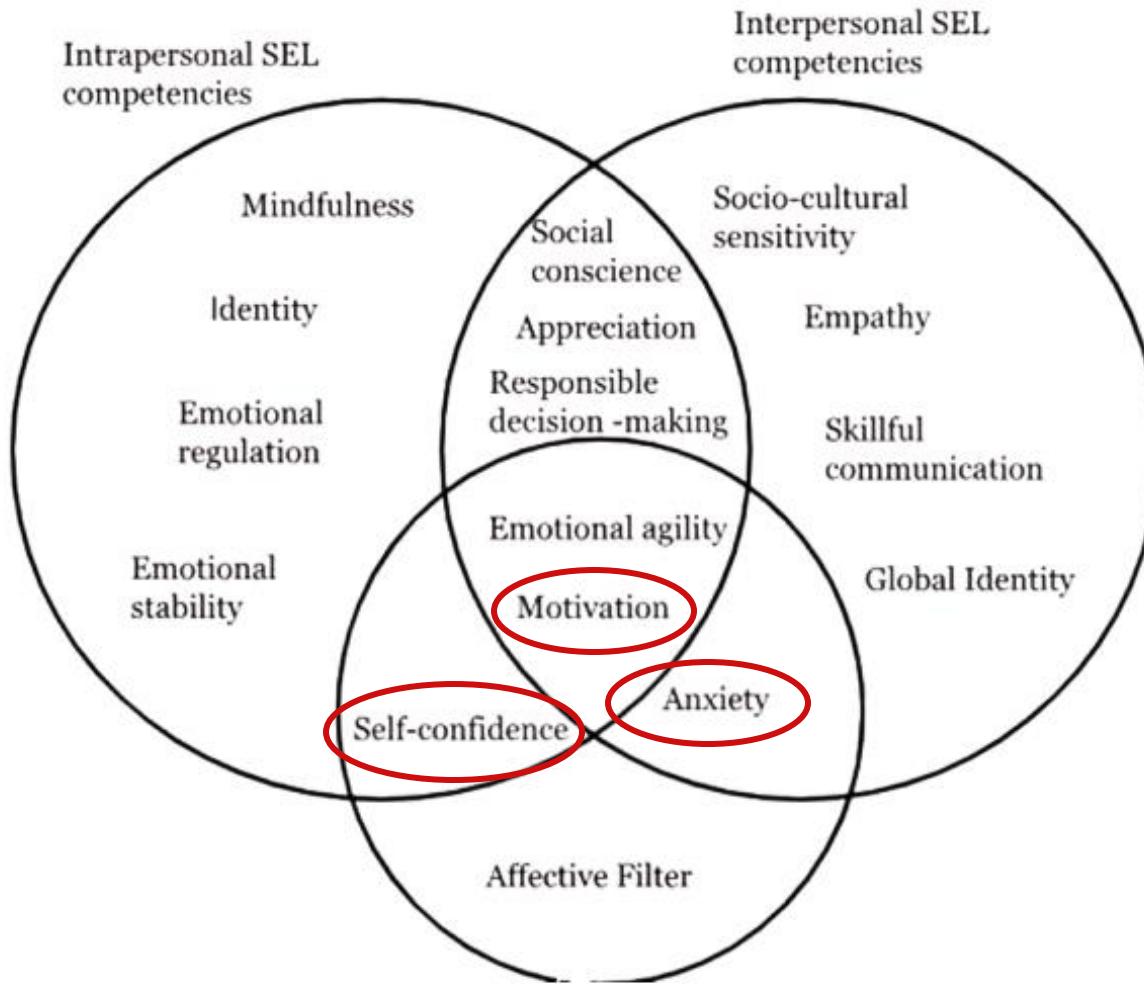
# SEL and its importance in the English language classroom



# 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....
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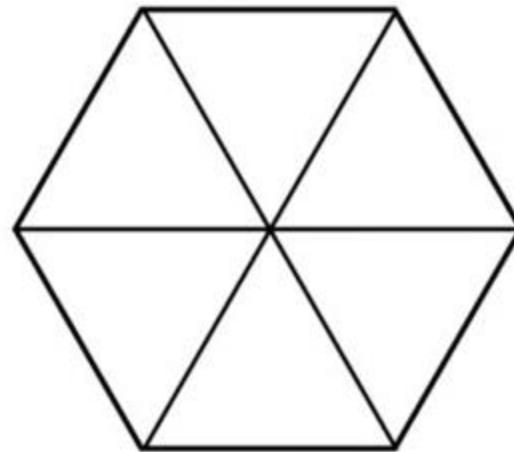


It's your turn



## 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



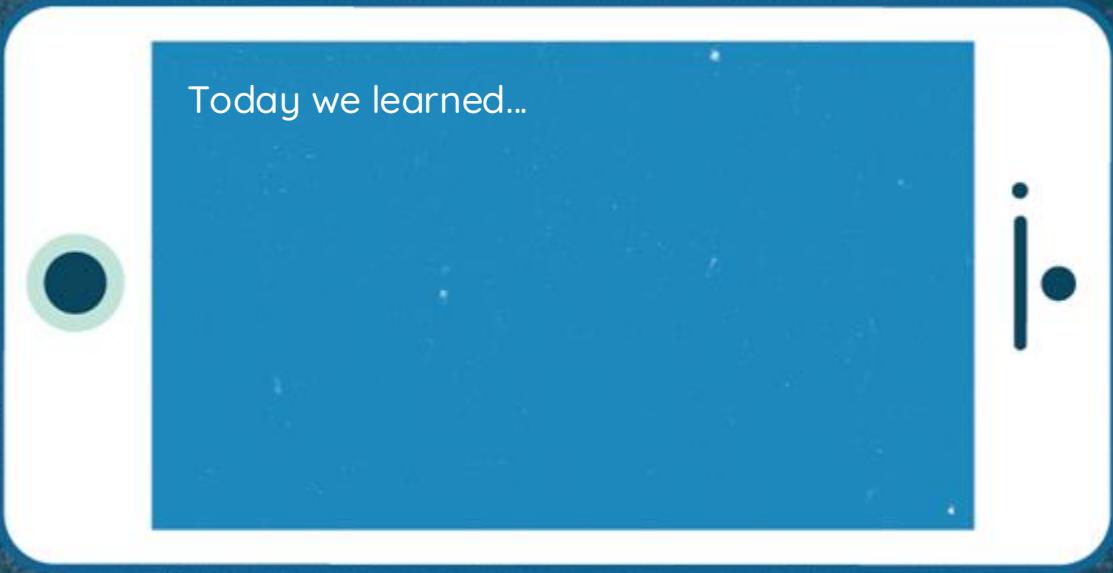
# Intentional close



## Friendzy Exit Tickets

Key into your students' emotional growth.

<https://friendzy.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.



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

Record your thoughts here.

## 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?

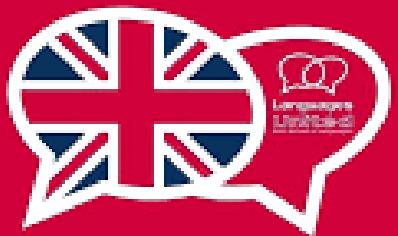
# My intentional close

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For more information, please contact Languages United and follow us on Instagram or Facebook

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[www.languagesunited.co.uk](http://www.languagesunited.co.uk)



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- English for UK visa applications
- OET preparation

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# Further reading and information

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