

Lenovo
EdVision

Social & Emotional Learning Solutions Guide

 Windows 11

A more focused Start experience










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Educating the “whole child”

Social and Emotional Learning (SEL) is critical in helping children develop a healthy self-identity and interpersonal skills that are essential for their personal and social well-being.

It nurtures young minds through five aspects that promote emotional resilience and help them prepare for life beyond school:

-  **Self-awareness**
Recognise and manage their emotions
-  **Self-management**
Achieve personal and collective goals
-  **Social awareness**
Feel and show empathy for others
-  **Relationship skills**
Establish and maintain healthy connections
-  **Responsible decision-making**
Make constructive and respectful choices

[Learn More ▶](#)

Nurturing Smarter and healthier minds with SEL

By recognising SEL as an integral part of education and human development, we can help students develop social-emotional competencies and ensure they are better equipped to manage daily challenges, build positive relationships, and make informed decisions.

By fostering deeper connections and meaningful relationships, SEL can help create a sense of belonging and build more inclusive learning environments and communities.

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ThinkPad L13 Gen 2

With robust security, privacy features, and a rapid charging battery, there are no worries about taking your school work on-the-go with ThinkPad L13 Gen 2.



ThinkPad E14 Gen 2

ThinkPad E14 Gen 2 comes with modern innovations like one-touch power on with login, Modern Standby, and call-control keys deliver a productivity-rich, time-saving hybrid learning experience.



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By elevating young people's perspectives and experiences, SEL affirms who they are as individuals.

Students, families, schools, and communities are all part of broader systems that shape the learning, development, and experiences of young people. As such, educators should consider early on how best to prioritize, teach, and assess the growth and development of SEL. Special consideration needs to be given towards how the social and emotional competencies can be expressed and enhanced at different ages, from kindergarten through adulthood.

While SEL alone will not solve deep-seated issues and inequities rooted within the education system, it can create the conditions needed for individuals and schools to raise awareness about such issues and create more inclusive learning environments for all.

More importantly, by elevating young people's perspectives and experiences, SEL affirms who they are as individuals. It also empowers students and adults to understand how their unique identities support and shape their learning.

Enrich the learning experiences of your students

Lenovo EdVision promotes SEL in education through a wide-range of software and services to help educators engage students amid today's digital distractions. Lenovo's range of education devices powered by Windows 11 elevate your blended lesson delivery with:

- ✓ **Out-of-the-box accessibility tools for students of all abilities**
- ✓ **Engage in safe, high-quality learning at school and online**
- ✓ **Out-of-the-box accessibility tools for students of all abilities**

Augmented with digital learning tools such as Microsoft Teams and OneNote, educators can more easily nurture student's social skills, develop their emotional vocabulary, and give valuable recognition to their efforts with SEL-specific Praise Badges.

Register for Lenovo EdVision Program and get updates on upcoming complimentary workshops and more useful tips to help you inspire future education.

[Sign Up for Edvision Today ▶](#)



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Making SEL soft skills part of everyday life

Regardless of the mode of delivery in your teaching – fully online, hybrid, or in-person – the intentional weaving of SEL into the fabric of classroom learning (and beyond) is critical. Here are 3 practices educators can incorporate into their teaching practices to promote discipline, self-awareness and empathy in our daily lives:



Welcoming or inclusion activities

Rather than jumping right into instruction, start with brief routines and rituals to provide learners with interactive experiences that can give everyone a voice and connect the community of learners.



Engaging strategies

There are many SEL opportunities throughout learning experiences where educators can leverage engaging strategies that explicitly encourage SEL, such as breakout rooms, small group discussions, wait time, brain breaks, and more.



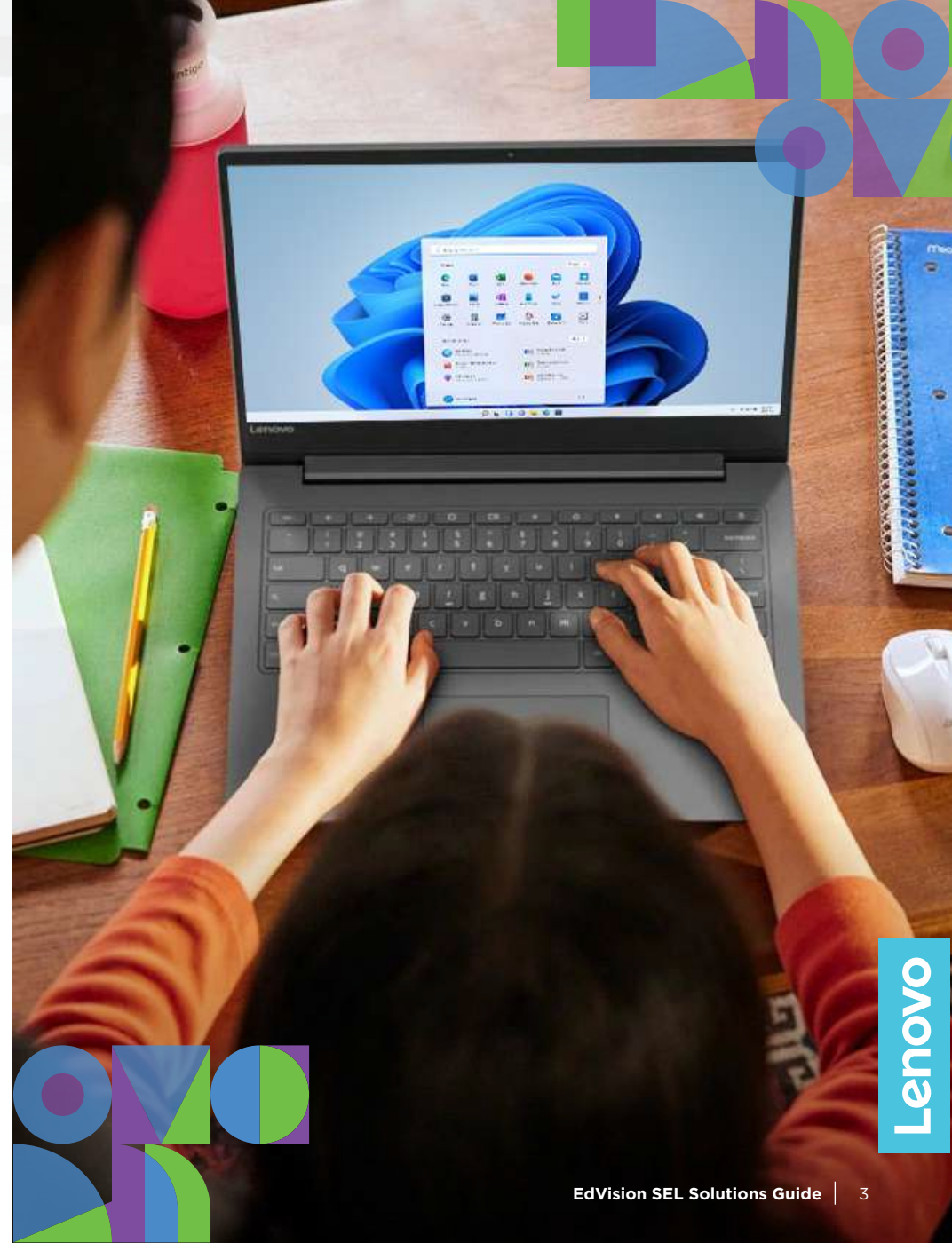
Optimistic closure

This practice promotes the intentional and authentic reflection and understanding of the learning experience. This allows us to both collectively and individually appreciate what we have accomplished and anticipate what comes next.

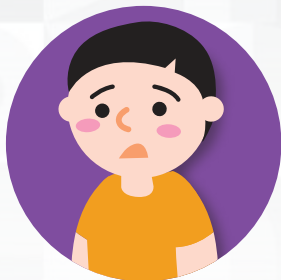
Digital tools such as Microsoft Teams can empower educators to encourage reflection and optimistic closure. Breakout Rooms in Microsoft Teams can develop listening, communication, cooperation, and conflict resolution skills; while apps such as Reflect and Flipgrid can check the emotional pulse of individual students or the class as whole by creating check-ins to reflect on their emotional well-being.



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Nearly
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anxiety disorder

Providing children with coping mechanisms through emotional learning may help reduce the prevalence of anxiety, especially if teachers introduce SEL in early childhood. Many educators view SEL as an essential piece of the puzzle that can help students learn the soft skills they need to be productive, successful adults.


Nearly 33% of teens age 13 to 18 will experience an anxiety disorder, according to the United State's National Institutes of Health. The number of children and teens with an anxiety disorder has risen in recent decades. While there are no shortcuts to monitoring student's mental wellbeing, there are tools and methods we can use to recognise when they are in need. To begin, it's important to provide students with regular opportunities to share and be heard.

Encouraging reflective conversation with students

Fortunately, modern society is becoming more aware about the importance of SEL. We now have access to software-based tools like Reflect in Microsoft Teams that can encourage reflective conversation with students, empowering them to open up and voice out any difficulties or uncertainties they might be facing.

Through such methods, educators will be able to integrate social-emotional learning into the learning environment, incorporating it side by side with STEM and other subjects. They can also implement it as an overall classroom philosophy to create a solid foundation for future learning.

[Check out STEM videos ▶](#)

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Be a better adult through SEL

For children to be healthy and happy learners, they must feel safe and supported through a relationship with a trusted adult to help children navigate the ups and downs of life.

As adults, however, how can we do the same while also balancing work, family, finances, and other aspects of daily life?

The answer: By taking time to nourish ourselves.

We all know the saying – you can't pour from an empty cup. It's therefore important to take care of your own social and emotional wellbeing by prioritising self-care, building healthy relationships, and discovering ways to better manage stress and different emotions.

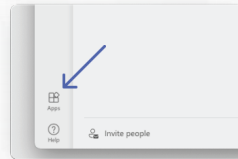


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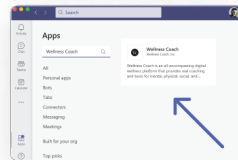
Tips to take care of yourself

With current remote work or hybrid work environments, workplace wellness has never been more important. Bring wellness into your workday with the **Wellness Coach App in Microsoft Teams**. This all-encompassing, digital wellness platform provides you with a variety of classes to help you and your team stay energised, focused, and engaged throughout the work day and beyond.



1. Wellness Coach in Microsoft Teams

Open the app directory within your Teams instance.



2. Find and install the app

Type in 'Wellness Coach' in the Search bar and click on the Wellness Coach icon. Then click 'Add' on the popup.



3. Start your wellness journey

Receive daily meditation sessions, hydration reminders, and more.



Resources:

<https://www.actionforhealthykids.org/resources-for-supportingadult-sel-and-nurturing-relationships/>
<https://appsource.microsoft.com/en-us/product/office/wa200003037?tab=overview>



Lenovo devices powered by Windows 11 are designed to help you unlock the power of creativity and collaboration in the classrooms and beyond



Accessibility for all
Gain out-of-the-box accessibility tools for students of all abilities.



Comprehensive security and privacy
Safeguard students and teachers from cyberthreats.



Built for learning, anywhere
Safe, high-quality learning at school and online.

Accessibility for all with touch, pen, and voice

With Windows 11, get a simpler, more accessible interface that lets students and teachers focus on education. Use easy gestures to move windows, type with your voice, and write with a digital pen in almost any app. Write on PDF forms and websites with digital ink, dictate an essay, and move apps with your fingers. Whether you're using touch, pen, or voice, you can move seamlessly from one interaction to the next without disrupting learning.

Enable students and educators to work securely inside and outside your school

Deploy, secure, and manage remote devices through the cloud, in compliance with your school's policies. Windows 11 provides expanded support for Group Policy administrative templates (ADMX-backed policies) in mobile device management (MDM) solutions like Microsoft Endpoint Manager, enabling IT professionals to easily apply the same security policies to all devices, whether they are remote or onsite.



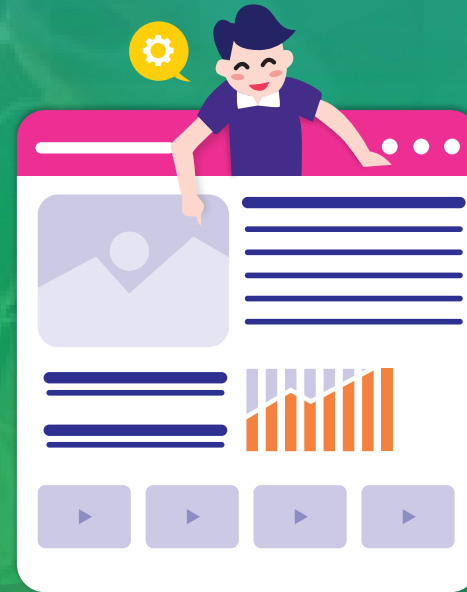
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Lenovo EdVision Program

Learn how you can delivering end-to-end solutions to inspire a new generation of learners and drive next level educational transformation

Learn More ▶



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