

**Write down some times during the day (e.g., classes, activities) where you would be able to coach your students' social and emotional development.**

**Write down some social skills that you can help your students learn in your classroom.**  
To practice, it is helpful to focus on those that multiple students could benefit from.

**Write down some examples of negative and positive emotions that you observe in your classroom.** This can be tricky, so to begin, just choose some basic emotions (e.g., happy, sad, etc.). As you develop your skills, you will be able to more readily identify these in your students.

To start, choose one social skill and one emotion to focus on. For each one, write down two ways you can explicitly describe them. If you are targeting negative emotions, include suggestions for coping strategies. Remember to coach, not judge!

Social Behavior to Observe	Descriptive Commentary #1	Descriptive Commentary #2

Emotion to Observe	Descriptive Commentary #1	Descriptive Commentary #2