

6 Strategies Using AI for Social-Emotional Learning

Helping students develop inter- and intra-personal skills is an essential part of learning and plays a significant role in their overall well-being and academic success. Here are our six favorite strategies for designing SEL lessons and activities with GenAI:

Reflective Journaling

Prompt: Create a list of journal reflection prompts that help students reflect on their emotions, strengths, and goals.

Mindfulness Strategies

Prompt: Design mindfulness strategies to help my students cope with stress, test-anxiety, and/or feelings of isolation.

Mindful Classroom Meetings

Prompt: Create a class meeting agenda that fosters inclusion, empathy, perspective-taking, respect for others, and/or a positive community.

Cooperative Learning to Promote Positive Relationships

Prompt: Design a cooperative learning project that includes strategies to help students develop positive relationships with their peers.

Conflict Resolution Role-Play

Prompt: Generate culturally responsive role-playing scenarios to help students practice navigating difficult situations or resolving a conflict.

Modeling SEL Competencies

Prompt: Brainstorm different strategies that I can use to model specific SEL skills and competencies for my students.



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Visit for our complete SEL prompts with examples + ideas