



## Relationship Skill

secondSTEP

### ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

# Make Electronic Communication more Personal

By: Second Step



## Media Literacy

### How Can You Make Electronic Communication More Personal?

Because they lack voice inflections and body language, simple electronic communications can be easily misinterpreted or seem impersonal. Ask students to brainstorm ways they can make electronic communication more friendly and personal (such as using emoticons, abbreviations, etc.). Then have students send a friendly, personal email, text message, or other form of electronic communication to a friend, classmate, or acquaintance who needs support, encouragement, or just a friendly gesture. Remind students to show empathy in their messages (for example, let the person know you know how he or she feels, you remember what it was like to be in his or her situation, you'll give support if he or she ever needs it, or you like being his or her friend).

**Excerpted from:** Academic Integration Activities in *Second Step* Grade 7, Lesson 4: Giving and Getting Support. This lesson is part of a sequence of lessons on empathy and communication.

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Early Learning—Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.