

## The Language of Feelings: Incorporating SEL into CEFR Mediation Tasks



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### Abstract

In this workshop, we'll consider how mediation can be more than just a language exercise — it's a stepping stone to building students' social and emotional skills, in line with the CEFR guidelines. Drawing from hands-on classroom experience, I'll share practical, engaging activities that have worked in real language classes.

I will show how role-playing, group projects, and class discussions are not just fun but also powerful ways to help students get better at understanding and managing emotions, connecting with others, and navigating social situations. We'll see how students can build language skills and SEL competencies such as empathy, teamwork, and self-awareness. Discover how discussions, peer mediations, and reflective storytelling not only meet CEFR objectives but also engage the heart and mind.

The session will suggest approachable strategies and real-life examples that have helped students not just speak a new language, but also to speak the language of feelings with confidence and compassion. Whether it's through conflict resolution role-plays or collaborative problem-solving, you'll gain insights into making emotional connections a natural part of language learning.