

3 SIGNATURE PRACTICES FOR SEL IN CLASSROOM

Social and Emotional Learning (SEL): the process through which children acquire the skills necessary to manage emotions, set goals, show empathy, maintain relationships, and make good decisions.

Here are the the three signature practices to incorporate SEL into your classroom environment:

WELCOMING RITUAL

Beginning class in a daily practice that establishes safety and routine, hears from all voices in the room, and promotes connection between youth.

Ex. Ask youth This-or-That and put them in pairs to discuss their responses!

ENGAGING STRATEGIES

Taking brain breaks and engaging transitions to build social and emotional skills, give youth a chance to reconnect to the classroom, and promote youth choice and voice.

Ex. Play a transition song and use it as a dance break between activities. Let youth pick the song!

OPTIMISTIC CLOSURES

Close each lesson by reflecting on learning, community, and looking forward to returning to the classroom environment.

Ex. Ask youth to write about one thing they enjoyed learning today and a question they want to learn more about!