

Top Ten Tips for Sparking SEL in Your Classroom This Year!

- 1. Create routines for SEL time.**
Make the space and time feel like a special part of your day that students look forward to.
- 2. Share group norms.**
Depending on age group, introduce or create shared group norms that give students buy-in and a sense of belonging.
- 3. Make learning active and interactive.**
Make use of different interactive learning structures throughout the lessons, either the ones suggested or another of your choosing.
- 4. Incorporate movement.**
Transition students from standing to sitting, rug to desk, etc to give additional movement that will help students focus.
- 5. Create an ongoing vocabulary list.**
Keep a list of the vocabulary that has been introduced and try to use it across other subjects to keep SEL relevant throughout the day.
- 6. Read-aloud at every stage.**
In the older grades, some of the readings in the student books can still be shared as read-alouds. Students of all ages still enjoy being read to.
- 7. Give relatable examples.**
Use real-life (or slightly exaggerated) examples from your own life and experiences to build student interest and create a safe space to share.
- 8. Model SEL behavior and skills.**
Demonstrate moments when you need to use the SEL skills you are teaching to your students (such as breathing when feeling frustrated or including others). Modeling these skills authentically will demonstrate that these are lifelong skills.
- 9. Plan ahead and check out the extension lessons.**
Often these are more game or activity based, which can vary up the expectations for SEL time and keep things interesting.
- 10. It's ok if things don't go "according to plan."**
Do your best and accept that not every lesson is not going to go perfectly or even how you expect. If students require a shift in the moment, go for it.