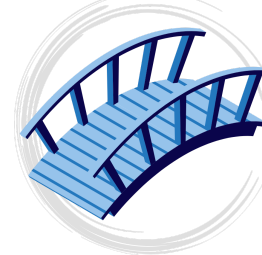# Designing interactive learning with SEL & UDL

Purpose

Be intentional in designing interactive sessions for true learner engagement using CASEL's SEL 3 Signature Practices as well as principles for Universal Design for Learning (UDL). Below are examples that are simple, portable, and customizable. Consider your scenario as well as the needs and size of your group when deciding whether to take turns sharing out loud, use a digital chat, or break into small groups or pairs.
Resource: 3 SEL Practices Teachers Can Use Every Day // Early Childhood Version

Examples

1. WELCOMING INCLUSION ACTIVITY	2. ENGAGING STRATEGIES	3. INTENTIONAL CLOSE
❏ Opening Check-In - How are you feeling today? (e.g. Mood Meter, Dictionary of Emotions; Additional ideas here) ❏ Grounding and Centering Exercise (aka Mindfulness Practice - calming, uplifting) ❏ Permission Slips (inspired by Brené Brown) ❏ Write down, rip up, and throw away your stress. ❏ What are you happy about? What are you challenged by? ❏ Kindness Conversation - "Share an act of kindness you have experienced recently (given or received)."	❏ Project Zero's Thinking Routine Toolbox ❏ Question Formulation Technique (QFT) ❏ Collaboration (e.g. Jamboard, Shared Slidedeck) ❏ Non-Verbal Participation (e.g. Polls, Word Clouds) ❏ Inquiry-Based Design (e.g. Discover, Discuss, Demonstrate) ❏ Movement Breaks / Brain Breaks (e.g. via OCDE) ❏ Continuum of Discussion-Based Protocols ❏ Breakout Rooms (e.g. Small-Group Discussion, Waterfall Chat)	❏ Gratitude Practice - Notice, Think, Feel, Do ❏ Self-Affirmations ❏ Appreciation, Apology, Aha ❏ Reflecting and Looking Ahead (e.g. set a reminder to try something new, FutureMe.org) ❏ Closing Check-In (e.g. "What 1-2 words sum up your feelings about our time together?") ❏ "As you reflect on your learning today, please share an idea, thought, or point of view that grew for you."